

# WHAT STORIES DO GUESTS TELL ABOUT... 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!*

## TABLE OF CONTENTS

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“Table of Contents” for Our Hygiene Homestead in The Woods — Page 1 & 2 & 3

BEFORE Victoria & GetWell Friends: 2001 & AFTER: 2010 — Page 3

#1 — John Bardaro’s Visit in 2003: “Don’t Be Wary! BE AWARE!” — Page 5

#2 — 2003: The Taming of the Shrews! (The Shrews Being #1... a Wildly Out-of-Control Eating Disorder & #2... a Wildly Controlling Husband! — Page 7

#3 & #4 — Sarah & Kristin Find a New Appreciation for Their Grandfather! — Page 10

#5 — Canadian Greg Crook Visits Our Hygiene Homestead in the Winter! — Page 12

#6 — My 25-Day Fast in 2007 at The Fairytale House in The Woods: Daniel Johanson of Denmark — Page 17

#7 — “Victoria Has Made It Interesting!” — Eric Jaklitsch, Page 19

#8 — “Little HighJoy” Makes a Deep Connection with Natural Hygiene at Our Hygiene Homestead, Page 22

#9 — Hazel Duncan Connects Ellen White to the 2009 Natural Hygiene Teachings at Our Homestead! Page 26

#10 — About “Complete Rest” & Barry Duncan’s Short & Sweet Fast — Page 29

#11 — Robin Hartland Quits Smoking, Reconnects with Her Spiritual Essence & Goes Raw! — Pages 31

#12 — Shirley Partito Ends Her Enchantment with Restaurant Foods! — Page 33

#13 — Mary Reeney Quits Smoking & Goes Live! — Page 35

#14 & #15 — Dr. Vivian Virginia Vetrano & Dr. Greg Haag Visit Our 2 Homesteads in July, 2009 — Bringing “HELP!” to Launch Our [www.health4thebillions.org](http://www.health4thebillions.org) Campaign! — Page 38

#16 — Holly Kallner Kicks Crohn’s & Colitis: “It Was So WOOONDERFUL!” — Page 44

#17 — The Sandra Mann Story: “How to Get Halloween-Skeleton-Skinny on Raw Foods & Almost Dies! — Page 56

**#18 — Isolda from Ireland Autolyzes a Fibroid Tumor: “You Did Everything Right!” — Page 64**

**#19 — Ethan’s 32-Day Fast-on-Water-Only- &-Live-Food-Feast! — Page 66**

**#20 — Little Debbie Horvath: “In Just 4 Weeks, The Slim & Happy & Fun Debbie Is Back!” Page 68**

**#21 — Diane Boros: “The 3 Weeks I Spent at Your Cottage Retreat Were 3 of the Most Life-Changing Weeks of My Life!” — Page 70**

**#22 — “The Roy Hopkins Story” — Page 74**

**#23 — Karen Wilson Learns How to Stop Riding The Food Pendulum from “Omnivore” to “All-Raw” & Back Again! — Page 78**

**#24 — Barry Duncan’s 43-Day Fast, Followed Up with Yummy Live-Foods: Summer of 2012 — Page 79**

**#25 — Andrea Blossoms Forth into Spring & the Rest of Her Life! — Page 80**

**#26 — The Kim Andrews Fast Unto The Lord — Page 85**

**#27 — Denise Travels from France on Pitch-in Prices & Missionary Rates — Page 88**

**#28 — Carl The Nature Lover Loves Nature at The Guesthouse — Page 92**

**#29 — Christine Roseberry’s First Fast of 2 Weeks — Page 94**

**#30 — Gyata Cries Out: ““I’M HAPPY! MY CABOOSE IS GONE!” & “I’M HAPPY! MY BLOOD PRESSURE IS IN THE NORMAL RANGE!” — Page 95**

**#31 & #32 — Jane & John in a 2-Day Visit Get Far More than They Expected! Page 98**

**#33 — RHODORRA’S VISIT, SPRING OF 2011— from 2 pounds gone in 6 weeks on Dr. Furhman’s Program to 25 pounds gone in 6 weeks — WHAT A DIFFERENCE OUR HYGIENE HOMESTEAD MAKES! — PAGE 99**

**#34 — Living the High Light on the Hygiene Diet • March 12, 2013 • Sierra Hooshiari — Page 103**

**#35 — Marvin Moses Declared: “I Could See It Comin’” — Victory over High Blood Pressure & His Buddah Belly! — Page 106**

**#36 — Karen Gets Off Insulin & Turned Around of Victoria’s Green Drink: From 500 Blood Sugar at Its Highest to 88 at Our Hygiene Homestead — Page 108**

**#37 — Terry Svolto’s Transformation: Awakening to The Nature Cure! — Page 109**

**#38 — Phillip Saarinen’s Complete Healing from the Misery of Ischemic Colitis — Page 118**

**#39 — Eric Hoenigmann’s Short & Sweet Stay at GetWell★StayWell, America! — Page 120**

**#40 — The Happy Family Enjoys Fasting & Raw Foods & Ponies & Kangroos in Washington State! — Page 120**

**#41 — Yohannes Gamlak Finds The Raw-Foods-Only Diet To Be “The Missing Factor” in Trying to Recover from Psoriasis & Psoriatic Arthritis! — Page 121**

**#42 — Val Kim: City Slicker Turns into Nature Girl at Our Hygiene Homestead — Page 124**

**#43 — “GLORIOUS” Wessel: The Emotional and Spiritual Experiences at Our Hygiene Homestead Brought about a True Cleansing & Healing of My Soul as Much as the Fasting Brought about a True Cleansing & Healing of My Body! — Page 127**

**#44 — ALAN — Page 129**

**#37 — Mary’s Love & “Ode to The Wilderness Woman & to HighJoy & to My Hygiene Homestead in The Woods” — Page — 133**

**By Victoria BidWell: “I Am Called to Help Health Seekers! I Also Live & Love to Get High & Go Back into Nature Everyday High & I Can!” — Page 135**

## 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*

# **John Bardaro in 2003 — Years before Our Grand Opening — Visits Our Hygiene Homestead: “Don’t Be Wary! Be Aware!”**

I am writing this letter of gratitude on July 1st, 2003, from the little veranda of the home where I have lived for the last 8 days at God’s Guest House (in 2006, renamed “Our Hygiene Homestead in The Woods”), directed by Victoria BidWell. From this vantage, one sees GREEN LIFE EVERYWHERE! Bushes, plants, small evergreens, and large evergreens that absolutely touch the sky! The front grounds are secluded and privatized by natural wood and barrel fences 6 feet high at both sides of the property and in front by 10 foot tall, young “arbor vitae” trees, as I am told. In the foreground, beyond this “God’s Little Half Acre,” one views all sorts of stately, green trees, and off into the distance, the majestic green Cascade Mountains. Inside the sanctuary, one dwells amongst an art collection, with a Nature Lover’s theme and reminders everywhere that The Lord has His Hand in this property and its purposes. The colorful setting for rest and relaxation is truly a museum of art. The setting is quiet. The inside of the house is conducive to Rest and Sleep. All is poised for the enjoyment of peace of mind and body. Only a truly neurotic person determined not to make any improvements whatsoever could make oneself unhappy here!

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

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

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

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

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



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

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

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

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

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

#4 Veronica’s cousin Ida had been plenty overweight all her life. Her greatest fear was that she would finish her life out of control with food and fat both. She opted to have her stomach stapled. Her last, living, conscious act was to check herself into the hospital and submit to the knife. The anesthesiologist was an incompetent. Her greatest fear had come true.

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



Victoria’s Note: At their insistence, I took a very few guests well before our guesthouse was ready. Cindy had been a year in counseling with me and wanted to visit. In 2006, I changed the name of God’s Guest House to “Our Hygiene Homestead in The Woods.”

## 2003: THE TAMING OF THE SHREWS!

— AS TOLD BY CINDY —

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

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

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

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

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

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



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

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

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

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



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

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

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

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







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

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

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

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

What followed were years of uncontrollable diarrhea, frequent bleeding and weight loss, and the constant anxiety and even undesirable personality changes that accompany this pathology for most people. How I continued working, I don’t know. Just after the onset of the active colitis symptoms in the mid-70s, I became very weak throughout my body, and after 2 years of this, was finally admitted to a hospital specializing in neurological disorders. I was diagnosed with a condition called “polyneuropathy,” whereby one’s muscles atrophy from a lack of Nerve Energy, leaving one weaker and thinner. Though the specialists could not determine the cause, I have since learned from naturopaths that the most likely one is that toxins from the malfunctioning bowel got into my peripheral nerves. Chronic Enervation and the toxic bowel have likely resulted in some other conditions I have had, including liver damage.



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

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

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

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

The appealing interior of The Homestead reveals Victoria's cheerfulness: intriguing knick-knacks are everywhere. A small but well-organized kitchen makes food preparation easy. (It is well equipped with a Vita-Mix blender and a Champion juicer, including dozens of other tools and machines.) The comfortable, cozy living room is equipped with DVD and CD and cassette tape players and a television. In one corner, a stone hearth awaits the installation of a wood burning stove. The ceiling is open-beamed. On one of the beams, Victoria has placed artistic cut-out words that are designed to lift one's spirits: "smile," "love," "peace," "joy," "faith," "prayer," and many others yet to come, she tells me. Like the fence, the beam-art is a work in progress that may never end! The inspir-

ation for each word choice stems from Victoria’s Christian beliefs, which are also evident on her website. Currently, three people can stay at one time at Our Homestead. A double and a single bed for two are upstairs, with a private bedroom for one just off the deck. Another private room soon will be finished beside the library. I stayed in the room off the deck — featuring a large window beside the bed with a view of the back lawn and the natural forest that is behind Our Hygiene Homestead in The Woods.

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

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

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

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



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

Very early in my stay, Victoria and I memorized The 10 Energy Enhancers in the Natural Hygiene system. It might be very useful to readers for me to list all Ten Enhancers and comment on each in relation to how well “The GetWell★StayWell Homestead in The Woods” meets them:

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





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

By Daniel Johanson of Denmark in Spring & Summer of 2007



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

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

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

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

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

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



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

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

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

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

Speaking of “eating,” Dear Readers, you have no idea how blessed you are to have all these wonderful foods available! We don’t have so much variety with so many brilliant flavors in Denmark. I was going to take home just a 1/4 pound each of a few kinds of nuts. But Victoria taught me how to repack so that my little carry-on back-pack took home full pounds of each and weighed almost as much as my big suitcase! And now, I am enjoying the many pounds of nuts I took home. I will never forget eating fresh peas right off the vine. Or getting to sample at will all the berries and cherries at the fruit stand, because the owner lets Victoria have the run of his place.

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

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



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

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

6 Frozen bananas

1 Pound frozen, mixed berries

2 Frozen Mangos

1 Cup almonds (or a favored, chosen nut)

• Use the homogenizer plate on The Champion Juicer.

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

• For 3 separate flavors, alternate 1/2 frozen banana with frozen mango slices, then frozen berries, then almonds. Use all the ingredients. Budget accordingly the mango, berries, and almonds between banana halves. The ice cream will come out just like it is leaving the spout at Dairy Queen!

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

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



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

“Victoria Has Made It Interesting!” — Eric Jaklitsch, 2009

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



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

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

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

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

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

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

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

Victoria and I often ate in the new room she has been finishing: it is named “The Eagle’s Nest.” On the mantle, a life-sized Eagle with wings half spread rests in his nest. This room, although still needing moldings, new flooring, window sills, and other finishing touches, is the most unique of all her decors on both properties: when you go through the door, you step straight back into an 1800’s wilderness, one-room cabin. Here we enjoyed our meals and after-dinner drinks and had long fireside chats, mostly about what I had been reading or watching that day to move me forward and on how I could best go back with a resolve to do The 10 Energy Enhancers all the way.

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

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

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

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

# FROM THE VICTORY KITCHEN...

## Little HighJoy Beet Dip with Veggies

SO YUMMY — IT IS HARD TO BEET!

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

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



## In 2009, “Little HighJoy” Makes a Deep Connection with Natural Hygiene at Our Hygiene Homestead

Dear livefoodfactorfriends...

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

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

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

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



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

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

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

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

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

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

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



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

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

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

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

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

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







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

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

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

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

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

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

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

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

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

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

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

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

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

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

## BARRY'S SHORT & SWEET FAST AT OUR HOMESTEAD

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

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

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

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

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

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



# LIVEFOODFACTORFRIEND ROBIN HARTLAND QUITS SMOKING, RECONNECTS WITH HER SPIRITUAL ESSENCE & GOES RAW!

It was so great to finally meet Victoria after all our e-mails and phone calls back and forth before my arrival. What a beautiful place Victoria has prepared for us! Our Hygiene Homestead in The Woods is so cute and comfy! Victoria has poured her heart and soul into every nook and cranny. This started out to be a 14-day fast on water only and 1 week of eating raw. My main goal was to quit smoking at Victoria’s Homestead. The prices were so good compared to anywhere else I looked! This made it very affordable for me.

Here is what I have to say about the town of Concrete: “WHAT A BEAUTIFUL PLACE TO LIVE!” Victoria took me sight-seeing my last day. And I immediately wanted to move there! The air is so pure. I am from San Diego County, and our air stinks. You may as well keep smoking when you are living in filthy air. But the Concrete Mountain air is rare. It seemed like a crime to smoke in that pure air. In Concrete, you want to just gulp the air in. I had already made up my mind to stop smoking once I got to Our Homestead. But the energized, rare air just made it so much easier!

Now, about my 14-day fast. One other guest was already there: Shirley Partito. She had already been on a fast on water-only for 16 days. She looked great! I’m thinking to myself at that point: “Maybe this won’t be so bad after all.” I had already read that after 3 days of fasting, the hunger goes away — then, you’re good to go.

When Victoria picked me up, she gave me this great, big jar of fresh-squeezed orange juice. So I was pretty full that evening. I’m not a really tall person, and I have no extra fat on my body: no reserves! I pick a lot at food during the day instead of eating 3 square meals. After meeting Shirley and visiting with Victoria, plus getting all situated in my luxurious, private room, I went to bed. But very early in the morning, I wake up. And I am starving! I mean, so hungry, I could eat a cow, if you know what I mean! And the hunger pangs and panic never let up for 5 days! When I asked to break my fast on the second day with some of the dried fruit and nut bars that Victoria has, first she got amused because she was sure I was kidding. After all, I had originally planned a 14-day fast! I had read all about The Natural Hygiene Fast in The Live Food Factor, right? When I begged for bars and she saw I wasn’t kidding, she did get a little upset and clearly communicated: “NO!” Evidently, it is against the law to break The Natural Hygiene Fast on candy bars. I had offended her sense of Natural Hygiene feelings! But I was starving! Victoria talked me in to going at least one week. After all, for about 6 weeks, we had planned a 2-week fast on the

phone. And now, I could not make it 2 days! Well, on the fifth day, I just plain demanded that I get fed and warned I was going to go to a neighbor and ask for food if I did not get fed. I then asked to break my fast on nut butters. And again, Victoria said: “NO!” Evidently, that is not a good choice, either, to break a fast. So, later that 5th day, I did get break my Natural Hygiene fast — “properly.”

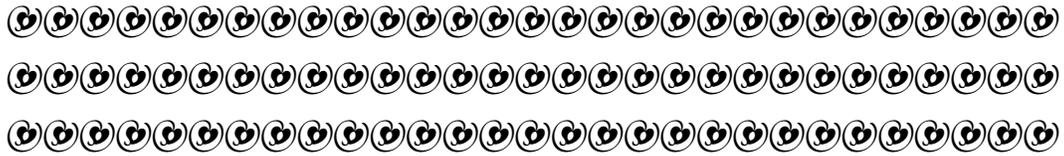
Some of my friends had told me on the phone that maybe I was trying to do too much at once. Smoking is not an easy thing to quit. Most people that I have known got so fat once they quit smoking. So they would go back to the appetite suppressants, which is what cigarettes are. Or will power alone was just not enough, so they would go back to the smoking.

But before I left my home, I made a promise to myself: “THIS IS IT AND NO GOING BACK!” This was my one and only chance I could afford to leave home, hold out in the woods, and quit smoking! It has now been almost 50 days. And I still want to smoke all the time. BUT A PROMISE IS A PROMISE! RIGHT? Now, back to my fast. As I said, after 3 days, I was still so hungry it was unbelievable. So I lasted 2 more days. And then Shirley was breaking her fast after 21 days. So, I’m thinking: “If she's going to eat, so am I!” So, I only lasted 5 days. Then Shirley and I started eating yummy melons at first. And then Victoria started making the good stuff! She brought baskets of fresh fruit and then vegetables, and she made soups and nut butters and beverages, and I was in Heaven.

Another great thing at Victoria’s was Our Homestead Library building. She has tons of books covering all the information you could need for recovery by Natural Hygiene. Once I started sharing my story with Victoria on my very first day, I started crying. And I cried many times every day. It was very emotional: quitting smoking and getting in touch with my feelings and rebuilding my spiritual connections broken so long ago. On the third day, when Victoria came over to Our Homestead, I announced to her, “There is really no point putting on my eye make-up until this is over. All I am doing is crying at the slightest provocation!” So, I got connected again to my feelings and my essence. I started talking about The Lord with my best friends. And then, all I wanted to do was leave — after just 9 days. I had long-lost relatives in Eastern Washington I had been telling about my “Quit Smoking Adventure!” And since I never go anywhere and I had fasted and I had quit smoking, I decided to be a robin and take flight. Victoria was convinced my spiritual awakening and reconnection were for real and urged me to... “GO, GIRL, GO!”

So, all in all, I didn’t do too bad. I didn’t do 14 days of fasting. But I came away with a new outlook on life, THANKS TO VICTORIA! She spent so much time counseling me and picking out books for me to learn from and just — “BEING VICTORIA!” You won’t find another person more dedicated to The Natural Hygiene Cause. She truly has all of our best interests in her heart. THANK YOU SO MUCH, VICTORIA! Also, THANK YOU, SHIRLEY, for being there to help me, also. Shirley just happens to live close to me, so we will be able to continue our friendship, in person, at home.

One last thing. To meet Victoria’s horse — HighJoy — is a wonderful experience! He’s all Victoria says and more! He is truly beautiful, so alive, and crazy for super sweet corn and great big carrots.



# **“DEER” LIVEFOODFACTORFRIENDS... Shirley Partito Ends Her Enchantment with Restaurant Foods!**

## **A Little about Me:**

My name is “Shirley.” I am 74 years old and have been in reasonably good health. However, recently, I have begun to degenerate. X-rays show that I am a candidate for knee surgery. I do not want to have surgery for a number of reasons, including all the toxins that would be invading my body such as anesthetic, epidural, morphine, other pain killers, intravenous blood thinners, etc., etc. Not to mention the possibility of pneumonia and the pain involved after the surgery. Also I have mild arthritis, osteoporosis, cataracts, obesity, as well as an addiction to the restaurant experience and restaurant foods. I believe that my overweight condition is contributing greatly to the problem with my knees. I have read a lot about fasting written by Dr. Herbert Shelton (as well as others). I have been wanting to fast for a long time because I firmly believe fasting allows the body to heal itself. But I did not know where to go for the proper atmosphere where I could fast in peace and comfort. Then, in going through some papers I had been saving, I came across a flyer I had kept for a long, long time which described Our Hygiene Homestead in The Woods. (It was just what the doctor in me ordered!) So I made arrangements for my 21-day fast and proceeded to the wilderness beauty of Concrete, Washington, just last month, September, 2009.

## **About Our Hygiene Homestead in The Woods:**

It is both picturesque and unique. There is not another place in the world like it. Surrounded by woods, the trees are magnificent. The one-half acre itself is filled with interesting displays. The lawn is green, the sky is blue, and the air is pure. The building itself is truly “a little homestead,” with everything a guest needs for pleasure and comfort provided. There is no question about the cleanliness! Victoria's cleaning lady friend is fanatical about our Energy Enhancer #1: Cleanliness!

## About Victoria BidWell:

Victoria is a veritable encyclopedia of information on Natural Hygiene fasting, as well as on Natural Hygiene: “the most superlative health care system.” She is very generous with her time and information and provides multitudes of educational reading material, as well as videos. She is willing and able to help anyone who comes her way. I cannot go into detail describing Victoria, as this would take a book to do properly.

## About My 21-Day Fast:

There is not a lot to say about my 21-day fasting period. I simply did not eat for 3 weeks. It was not unpleasant for me. I felt no hunger, nor did I have any so-called “healing crises.” However, I did lose 24 pounds, which I know is going to help my knees a lot. Naturally, there was some weakness towards the end. This weakness will be gone after my fast has been broken for a period of time.

## About Breaking My Fast:

My fast was broken with 6 different kinds of delicious melons the first 2 days, eating more on the second day than the first. On the third and fourth days, Victoria prepared raw food (mostly veggies) into appetizing meals. I am leaving on the fifth day, so that is the end of my story here.

## About My Future:

I am looking forward to my next “check-up” to see all the improvements in my knee, my arthritis, osteoporosis, and cataracts. (My allopathic doctor is going to be surprised!) I know my restaurant addiction is gone. Altogether, Victoria spent many an hour helping me to see that going into restaurants works against me. My food, from now on, will be as close to 100% raw as can be.

Good-bye for now, “DEER” LIVEFOODFACTORFRIENDS. And I wish all of you a wonderful experience like I had at Our Hygiene Homestead in The Woods!

**WISHING YOU... DAYS WITHOUT A CARE IN THE WORLD,**  
**Shirley Partito**





# “DEER” LIVEFOODFACTORFRIENDS...

## Mary Reeney Quits Smoking & Goes Live!

“It’s Easy to Quit Smoking! I’ve Done It Thousands of Times!”

Mark Twain

At the age of 50, I decided it was finally time to embark on a journey to wellness. This body had been crumbling for years with various illnesses, surgeries, overwork, stress, chronic fatigue, and a strong addiction to nicotine and whatever else they put into cigarettes. I could no longer dance or even exercise. I was sick all the time and felt a sense of hopelessness about my current situation. I prayed and meditated for answers.

The first question was: "Where do I start on my road to health?"

They say: “A journey of 1,000 miles begins with the first step.” My first step was reading a book called Roger’s Recovery. The second step was listening to my friend who told me about Victoria BidWell and her retreat. The third step was reading The Live Food Factor. And so, my journey had begun with these 3 steps!

I learned about a diet of raw foods. I learned about Nerve Energy and how you need to restore energy and conserve energy in order get well. This regenerated and conserved energy, as the theory goes, is used by the body for detoxification and healing. I was inspired! I began to read other books on Toxemia (The 2nd Stage of Disease) and on The Natural Hygiene Fast (for fastest recovery). It was time for me to act or become totally incapacitated and go from walking with a cane to living in a wheelchair. I knew what I had to do: change my diet, quit smoking, and regain my health. These 3 steps had woken me up, gotten me out of denial, and given me inspiration!

The fourth step was to start researching various clinics and centers that could provide me with a place to rest and learn. After calling many centers, my friend recommended calling Victoria BidWell who had a center in the State of Washington. Her cost per week was just a fraction of 2 other Natural Hygiene centers. And neither of those were in a natural setting! (Since I am an animal and a nature lover at heart, my decision was easy when my alternatives were an institute in a city and a revamped hotel on busy, noisy streets.) Victoria and I engaged in many telephone conversations about Natural Hygiene, The Natural Hygiene Fast, and giving up addictions. I decided to go to Victoria’s “Our Hygiene Homestead in The Woods” for 4 weeks.

My fifth step lasted these 4 weeks and began with my pick-up at the airport. I will never forget my first encounter with Victoria! She wore a puffy headband with little glittering stars embedded in it and drove a truck with American flags painted on the hood and the roof! “Patriotism Personified” was my thought! Well, I might have also been thinking: “This woman is a nut case!” They both turned out to be true, as I was about to have a wellness adventure of my lifetime — with a nut who lives outside the shell!

During our drive to Our Homestead, I learned a little bit more about Natural Hygiene and The 10 Energy Enhancers as I took in the beauty of the scenery around us. Nature! I could hear and see birds and see squirrels and butterflies, too! Going down the long driveway, I saw the house had a wonderful wilderness theme enhanced by life-like statue “critters” everywhere! My private “Howling Wolves’ Den” off the back deck continued the theme, and my big window looked out to the back yard where I spent many hours resting and watching birds and squirrels forage for their live food and play.

Due to certain health issues, I could not fast. But instead, I could juice and take other beverages and eat raw foods with an emphasis on vegetables and lesser sweet fruit. Victoria made the most delicious drinks. Later in the stay, she gave me instructions and demonstrations. At the end, I was making my own. Victoria showed me not only how to make great beverages from her Health Seekers’ BeverageBook manuscript, but how to make the most simple yet delicious raw food dishes. I loved her Banana-Pecan Ice Cream and Unsplit Pea Soup. And everything was served in the cutest glasses and dishes!

I am coming to clearly understand now, the differences between The Raw Food Movement Recipes and Natural Hygiene Recipes. Since Victoria is going to make a list of the differences, I won't go into that except to recount my "A-Ha Light Bulb Experience" with a lone piece of Romaine lettuce. Who would think that a moment with a piece of Romaine lettuce would be a highlight of one's visit?

Victoria may be "The List Lady" in Susan's book, but she is also "The Basket Lady" at Our Homestead. She had just brought over her usual basket of mostly vegetables. I had just gone from mostly juices or beverages and was easing into more and more whole, raw foods with an emphasis on vegetables. As she unpacked the basket, Victoria put a head of Romaine on the table. I was eager to eat and picked off one lovely leaf and ate from the top down to the base. We talked. Victoria watched. With just a few inches of the lone leaf left, I entertained mind-expanding questions: "Just a plain leaf of lettuce? Just 'as is'? With nothing with it? With nothing on it? Could taste so good?" I uttered these questions — shocked!

And Victoria simply stated: "That is Natural Hygiene. I'll never forget Dr. Vetrano saying, 'When you are genuinely hungry, even an old piece of dry lettuce tastes scrumptious!' Natural Hygiene ain't called 'Natural' for nothin'! Simple, quick, easy-to-fix, with few food items, with no toxic ingredients, and full of flavor when you are genuinely hungry! These are just some of the qualities of The Natural Hygiene Recipes. And they are wonderful!" We savored the moment as my consciousness altered to this new input. After that day, Victoria would occasionally introduce me to another "veggie" and ask me casually, "How is your love affair with veggies going?"

I have to confess that the first 3 days of my road to recovery were very rocky hard and bumpy and with huge stumbling boulders of anxiety at every turn. I smoked 5 cigarettes in a row before entering "the straight and narrow gate" at Our Homestead — and got dizzy and sickly. The next day, I threatened Victoria with leaving if I could not have "just 1 cigarette." After 3 days, the very worst was over. The road had turned from bumpy and full of boulders to an underlying, muddy matrix of cravings to "Smoke, smoke, smoke that cigarette." I started chewing on plastic straw surrogates — kind of like Kojak sucked on his Tootsie Rolls. It worked good enough! I recall my talks with Victoria on the phone before coming. I told her, "Quitting smoking is going to be so hard." She playfully answered back: "No! It is going to be easy! There won't be any cigarettes here! So, how could you possibly smoke? It will be easy because it will be impossible!"

Through 3 days of sweats and shakes and other miserable tobacco withdrawal symptoms, Victoria held my hand and encouraged me, assuring me: "You will get through this and be victorious!" We spent many hours talking about the nature of addictions. Through all this counseling and assignments that sometimes made me feel like a child not too happy with her teacher, Victoria gave me many helpful tools — both concrete and abstract — to combat this devil that had held me in its grip for 35 years. Slowly, I came to see that "to smoke or not to smoke" was a choice that, through the years, had turned into a physiological and psychological addiction with no choice at all — that had now, at Our Homestead, turned back into a choice. I could keep seeing "to smoke or not to smoke" as a choice. I could choose to be free! FOREVER FREE!

During Victoria's counseling, I learned about "triggers" that set off my reaching for a cigarette. I learned how to use any one of many "tools" when temptation came knocking at my door. Some of these tools were found in books, videos, and audios. Some tools were gifts that Victoria brought to me ceremoniously to symbolize "Mary's Victory!" One was a fancy, beaded cigarette case filled with plastic-straw cigarettes. Some tools were kitchen utensils: I am going home to a new VITA-MIX and Green Star Juicer and numerous new gadgets, garnishers, cookie cutters, and 1 of most every flavor of Victoria's special recipe seasonings and The Vittles! "But when all is said and done, your greatest tool," Victoria teaches, "— after getting a Natural Hygiene education — is attitude! Attitude then becomes everything. Where there is a will, there is a way to stay with The 10 Energy Enhancers.'

Our Homestead has an amazing library on wellness and Natural Hygiene and overcoming addictions. While I did pick out many a book on my own, Victoria would hand-pick certain books, videos, and audios for my special needs. I was further amazed at some of the books with titles such as [So, You Want to Quit Smoking?](#) that had come from The Doctor Vetrano Library! They dated back to the late 1800s and to the

early 1900s! I was amazed that they knew even back then that smoking was so bad for you. I remembered that 1950's Congressional Hearing where America's doctors sat there and lied through their teeth to the public, telling them that tobacco use was not harmful to health.

I watched "right-on," wonderful videos that entertained, inspired, and educated. I got a deeper understanding of how the stresses of life, poorly handled, set us up for addictive habits. I got a crash course in psychoneuroimmunology: on how positive thoughts completely change brain and body chemistry and develop hope and a sense of "I can do it!" — while negative thoughts, by contrast, completely change brain and body chemistry and develop hopeless and helplessness. Victoria even got excited showing me artistic renditions of bright yellow fireworks going off in the brain that scientists say are quite accurate. The tool to carry home here is easily summarized: to get positive changes in the direction of health, we need to get excited about the positive futures our positive thoughts and feelings will create!

On my first outing, I met the infamous "HighJoy!" A beautiful, white, Arabian horse. HighJoy honored me by allowing me to feed him a few carrots. These local carrots were 10 - 16 inches in circumference at the base, and it took serious effort for HighJoy to break off bites and chew them. I am an animal lover and vegetarian. And being so close to this amazing creature was a real "high joy" for me! We fixed meals 2 more times at The HighJoy Homestead, where he and I bonded with big boxes of fruits and vegetables that The Red Apple Produce Man puts out for High. Yes. This horse really does jump up and down for live-food, as Victoria has been telling us! And yes, he really is a live-food eating machine: all business, with methodical chewing and eyes half-closed in happiness while savoring each bite!

Victoria and I also took the famous, scenic drive up into the Cascade Mountains — all this while the fall colors were at their "Who turned on the neon lights?" heights. The leaves on the trees shimmered in bright yellows, reds, and oranges. The air was so clean and fresh. At the lookout destination of our drive, thousands of feet high and with a deep gorge jeweled by a long, meandering, green lake, I felt I could reach out and touch the mountains! The majesty sort of put things in perspective for me. When I looked to the ground and saw cigarette butts, the question went through my mind: "How could anyone feel so stressed when up in all this spectacular, natural beauty and want to inhale smoke in all this clean air?" Upon sharing this with Victoria, she observed: "Your subconscious is moving in the direction of health and happiness for you to have such a wonderful thought! Good Work! Keep It Up! GO, GIRL, GO!" On another outing, I watched a herd of elk in the mist graze of a protected field. The Concrete, Washington, area truly is a protected world.

I have to admit that I also have gained a certain, enhanced appreciation of second-hand stores thanks to Victoria! This tickles me when I think about it — all those years, I just drove right past so many treasures in the stores in my area. I am sure to stop in on occasion after the adorable, 1-of-a-kind finds like I see at Victoria's.

At the end of my stay, I had gone 31 days without cigarettes. And I now have no desire or inclination to take up this deadly habit again. I also lost about 10 pounds. I regained some of my emotional and physical strength due to practicing The 10 Energy Enhancers. This experience has changed my life and allowed me to take my 6th step on this life-long journey to wellness: going home and "DOING RIGHT!"

On a final note, I have to say that I was truly blessed in finding Our Hygiene Homestead in The Woods. Victoria is full of love, she is high-spirited, and she has the capacity to turn negatives into positives! Her perceptiveness and good insight have helped me to look at my personal areas that need upgrading and have helped inspire and motivate me to make the needed changes. I leave tomorrow. But Our Hygiene Homestead in The Woods and Victoria — "The Wilderness Woman" — BidWell will always stay in my heart.



## **ALL THE FLOWERS OF TOMORROW ARE IN THE SEEDS OF TODAY.**



# **Dr. Vivian Virginia Vetrano & Dr. Greg Haag Visit Our 2 Homesteads in July & Bring “HELP!” to Launch “Our [www.health4thebillions](http://www.health4thebillions) Campaign!”**

## **From Dr. Vivian Virginia Vetrano...**

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

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

www.health4thebillions.org!” I can see that this is too big a project for just 1 dedicated woman and 1 white horse!

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

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

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

Only her third guest Hazel has remained from the near-full-house in June. So both Greg and I are privy to especially private rooms. My “Howling Wolves’ Den” sports a wolf motif with a small electric-flame fireplace and with heat on or off, as I might wish. My bed is soft and inviting, and I sleep like Goldilocks

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

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

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

## From Greg...

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

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

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

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

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

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

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

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

And finally, we leave the offices at The HighJoy Homestead and travel to the rustic, romantic, and totally embracing, enchanting retreat house 5 miles down the river road. The grounds are eye candy everywhere we look — from the majestic, skyscraping 70 foot pine and cedar evergreens to the Americana memory-fence with its Paul Bunyan-type lumberjack saws and rusted pulleys and with all the Pacific Northwest look-alike-life-like animals all placed in just the right places. The fence is a work of art. And its height gives the guests many private areas to catch some rays or to just enjoy the sanctuary solitude in the natural peace and quiet.

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

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

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# **Holly Kallner Kicks Crohn's & Colitis at Our Hygiene Homestead in The Woods! Then She Sends Her Husband to Get Him Rejuvenated! She Says: "IT WAS SO... WOOOONDERFUL!" I Say: "WELCOME TO YOUR NEW LIFE!"**

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It's me! The Wilderness Woman — so happy to share another "I Got Well Story!" with ya'll! The following is a transcript from a taped interview recorded on March 12<sup>th</sup>, 2010, from The Eagle's Nest at Our Hygiene Homestead in The Woods. Right now, the electric-flame home fires are burning in our cozy, new room. My assistant Karen Adcock and my guest Holly Kallner from Arkansas, and her sister Cherie from Seattle, and I have just finished a long, drawn-out, YUMMY 4-course celebration meal in Holly's honor! Holly leaves Our Homestead tomorrow — victorious over a medical doctor diagnosed Crohn's and my speculation of classic colitis. Holly conquered both and after just a short 6-week visit! But she is more than a conqueror: she is leaving her many years of anti-depressants behind and is happy on her own biochemistry! Cherie is laid out on the little bed. Karen is comfy on the floor with big pillows. Holly in the rocker and I in my leather chair, we 2 share a huge footstool. And our tape is rolling — the 1<sup>st</sup> of an endless stream of Fireside Chats to be made in this wild, warm spot as the years flow by. THANKS TO YOU, DEER GETWELL FRIENDS!

I did ask Holly 8 questions. And I did interject comments several times: most of these are not in this transcript, however. Because Holly has the gift of gab, she grabbed free rein and went running with her story! It was all I could do to keep her focused on the chronological sequence of events. Such spontaneity happens when a Health Seeker is so thrilled she can hardly think straight! Because Holly chose to tell her story to Karen, Holly refers to me throughout in the 3<sup>rd</sup> person pronouns ("she" and "her"), instead of the 2<sup>nd</sup> ("you" and "your"). I rather like her point of view, talking as if I am not even in the room — it gave her complete freedom of speech!

I know this transcript will be a blessing to all of you who are interested in claiming victory over any and all digestive disorders you or your friends may have — and in as short a time as possible and with as much ease — and even FUN — as possible! And I also know that this transcript will generate many questions. So, please, feel free to contact me with your questions. Finally, if only you could hear the tape! You would witness us 4 girls laughing and clapping and cheering throughout, you would hear Holly choked up as she is brought to tears a number of times, and you would hear the victory shouting from her heart! Blessings! Enjoy! Now Holly:

I first met Victoria BidWell on the telephone — about 2 months ago. By the end of the half-hour call, I realized that she and I were a couple of old hippies, exactly the same age, who had been there and done that 60's thing. But I also got the idea that she could help me like none other I had read in books or researched on the Internet or talked to on the phone or in the gastro-enterologist and gastrologists' offices! During the call, I ordered the new YearBook, now renamed "2 BOOKS IN 1: The Health Seekers' YearBook with The Best of Common Health Sense" and, at her urging, The Live Food Factor. During this call, I did not even know she had a retreat. The next day, Victoria called me to talk about my misery. She showed me how to find Document #3 after subscribing to [www.4livefoodfactorfriends.com](http://www.4livefoodfactorfriends.com). And today, because of this website and what happened after that 2<sup>nd</sup> phone call, I am healed! I thank God that all of you subscribed and encouraged Victoria enough to keep her inspired so she would keep posting help for Health Seekers at your private place! This 2<sup>nd</sup> phone call was just minutes: "You have a lot of reading to do on Document #3!" she

instructed. Then, she cut the conversation short. I confess, I did not read everything. Half-way through, I called her back to make my 6-weeks' reservation, paid by credit card, and hung up to get ready to "DO RIGHT" until the day I got on the plane. I told her to just hold the books till I got there. Hope and determination filled me up!

Victoria just stopped my train of thought to get me to back up and start my story at the beginning with these questions: "Where did you first hear of The YearBook? Why did you need to contact me and act so swiftly? What has happened to you since the day you met me on the phone?"

"Ah, distinctly, I remember — it was in the bleak December — of 1991" — a little Edgar Allen Poe interjected into this horror story! I had just moved to Arkansas with my husband. An older lady was paying me to drive her to some class across town. She was very ill. I was smoking cigarettes, drinking Diet Pepsi, taking anti-depressants — my life was under control! Being this lady's taxi was a great way to make pocket money. I had started the trips in October. But by December, it had gotten too cold to sit out in the car while I waited for her. And so, the irony of it all! The forces of Nature and Energy Enhancer #7 — Right Temperatures — drove me into the house — just to keep warm! I met Benjamin and Elaine Russell, a spry and loving couple in their 80s. He was running Natural Hygiene meetings, while Elaine was more the hostess. When I walked in, I set my Diet Pepsi on the table. And everybody just looked at me with blank stares. So I took the can and put it between my legs. I noticed nobody else had anything to drink. And I just thought they were staring because drinks weren't allowed and they thought I was being rude! I soon figured out that bringing in a can of Diet Pepsi was like bringing in a can of garbage and sitting it before them! Besides, I'm sure I reeked of cigarettes and smelled horrible!

As the meeting progressed, I heard these wonderful stories of people who had been deathly ill, who had been told by their doctors to go home, put their affairs in order, and get ready to die. All avenues of help had dead-ended. But to look at them — these people were all full of life, and not a one of them looked ill! Being a recovering alco-

holic, I really enjoyed the stories. (My last drink was March 18<sup>th</sup> of 1982.) I felt at home immediately. Except, for my Diet Pepsi and no one smoking cigarettes and drinking coffee, except for nobody talking about being "powerless" over their problems — It was almost an AA Meeting. So, I started going, week after week.

At Benjamin's meetings, the focus was on Natural Hygiene. Benjamin did not want to talk about food. The meetings were about the other 9 Energy Enhancers. I didn't have a clue. I just walked into the middle of something and didn't know what they were talking about. But with Elaine, I came to see and taste The Natural Hygiene Diet. She invited me over several times to have lunch. And she gave me a copy of The Health Seekers' YearBook. It had just come out in 1990.

Well, I quit taking the woman to the meetings. I quit completely going to the meetings. But I kept The YearBook. Never really read the whole thing. Looked through it. It was interesting. But I wasn't ill. Nothing was wrong with me! I could understand why these people had to do Natural Hygiene. Their backs were up against the wall. The doctors had informed them they were going to die. So they looked for alternatives. And they found it. But I wasn't ill. I was young, in my 40s, feeling good! Obviously, I had not gotten the whole picture.

From that 1991 introduction to 2001, I had no health problems that slowed me down. My husband was beginning to get a little tired and sick. But who over 40 wasn't? I had some back pains. But who didn't? We had bought a house in the middle of 40 acres. I was a little bored. Took a lot of anti-depressants, abusing them. I have a compulsive personality. So it has been my nature to abuse, whether it was prescription drugs or food.

But then, during these 5 years, I started getting tired a lot. Fatigued. I had been tired for several years. I blamed it on the anti-depressants. I blamed it on my husband. I never took responsibility for myself. It was always someONE else's or someTHING else's fault. Then, when my mother passed away 6 years ago of colon cancer, we started eating out. It helped to deal with my sadness. And I mean "eating out A LOT!" Big dinners of lobster, crab, steak, and all the fixin's — with

no regard whatsoever for where this long road to restaurants was taking us. I had no idea. I just had no idea. I was digesting everything just fine. Everything I ate came out just perfectly. Victoria has summarized this as “The Eat, Drink & Be Merry Road to Ruination.” She is right. Eating out and just indulging for comfort, that helped a lot with the undoing of my health.

Now, because my mother had died of colon cancer and since I was at an age where routine colon exams are recommended, in 2004, I went for a colonoscopy. They put a tiny camera inside my colon and took photographs. My colon definitely did not look like a healthy baby’s colon should. Or as Victoria explains: “The wet mucous membrane inside your mouth — all pink and with nothing discolored or inflamed or sore-looking? That is what your colon pictures should look like.” Mine did not — even back in 2004! Many surfaces were pink, all right. But some were kind of red and spotty and some splotchy. The gastroenterologist showed me signs of diverticulitis and told me, “Just add more fiber. I’ll see you in 5 years.”

By 2006, I STARTED HAVING DIARRHEA occasionally. Didn’t think much of it. Blamed it on what I had eaten that day. In 2008, I had it more often, especially after we had just eaten out. I blamed it on the restaurants. Must have been something in my food, a germ in my steak. Never thought there might be something wrong with my body! Then, I began having diarrhea 3 times out of 10 eat-outs. Didn’t really make any connection with what I was eating and what the colon would look like next time pictures were taken. In 2008, I would have the diarrhea AND THEN THROW UP! Could not control it. Had just bought a brand-new Jetta. Could not throw up on my beautiful, new leather seats! So I would up-chuck into my purse. Still blamed it on the restaurant food. I went through several purses! By 2009, my 5 foot, 2 inch body had swelled up to 148 pounds.

In 2009, another routine colonoscopy date arrived. Before the exam, I stopped in to tell the doctor of my diarrhea and vomiting. My husband and I had trips scheduled, so the doctor gave me a prescription. I took the pills for 30 days. But then, I started looking at what was in them on the Internet. Quit

taking them. Felt fine but still throwing up, still had diarrhea. Got some Metamucil. That calmed the diarrhea down. I began to feel just fine. By nature, I always grew a wonderful garden of all-organic vegetables and fruits. I liked fruits and vegetables, by nature. (I would always eat the lettuce under my steak first!) So, right before the 2009 colonoscopy and now on Metamucil, I was eating whatever I wanted again.

In October, 2009, after returning from our trip, I had the 2nd colonoscopy. The pictures didn’t look “that bad” to me. But the doctor was disturbed and told me that I had Crohn’s. “Colitis” wasn’t even mentioned. That was Victoria’s term she figured the doctors should have used after hearing my story on the phone: “Whatever you have, it started with digestive problems and developed into your small intestine and/or bowel being irritable. With Crohn’s, any area of the alimentary canal can be inflamed. With colitis, the colon specifically is inflamed, discolored; you have gas, a lot of discomfort and diarrhea. With ulcerative colitis, you have it all, and with razor-blade-like pain. The next stage is cancer.” But this doctor never even mentioned my colon! Nobody ever mentioned “colitis” but Victoria. Then, after I read the book by the blended-salads, liquefied-foods, steamed-vegetables-only, no-nuts for-6-months-to-a-year author, I see how she came up with “colitis.” The doctor, after seeing my colon pictures and diagnosing Crohn’s repeated, “Just add more fiber.”

Compared to the 2006 pictures, the 2009 did look worse. Yet, my first day with Victoria when I showed her the pictures, she was horrified! I answered, “Oh, they’re not that bad!”

“NOT THAT BAD? NOT THAT BAD? Yes, there are some nice, pink membranes throughout your colon. But what about these many big, red and black and blue and purple spots and the oozing and pus and open ulcers? ‘NOT THAT BAD!’ Are you nuts? You just do not get it!”

And when I told her the doctor diagnosed Crohn’s, she explained: “Look, it does not matter what you call it! You can call it ‘black-&-blue-bowels,’ for all I care. The words ‘disease’ and ‘Crohn’s’ and ‘colitis’ — they are all just abstract nouns! They do not refer directly to concrete realities! There is no such

concrete thing you can hold in your hand, that you can point to and say: 'This is a disease, and this is a Crohn's, and this is a colitis.' Not like you can hold a rubbery, round object in your hand that bounces and say, 'This is a ball.' Understand, you can do that with concrete realities. So, let's examine your concrete realities. You have abnormal colors and areas in your colon in several places as evidenced by the pictures away from pink and normal. You have unpleasant and painful realities in your daily habits as evidenced by uncontrollable diarrhea, vomiting, severe pain, and gas. These experiences are each named with concrete nouns and can be quantified, observed, subjectively described. Whether you call it a 'disease' or 'Crohn's' or 'colitis,' — frankly, my dear, I do not give a hoot! These 3 terms are just abstract nouns. Whenever we use the abstract word 'disease,' we are always referring to these concrete realities of malfunction and misery at some concrete levels of our fearfully and wonderfully made bodies. You have gone way beyond Enervation, Toxemia, Irritation, and Inflammation! You are in the Ulceration 5<sup>th</sup> Stage of Disease with on-going 3<sup>rd</sup> Stage Irritation and 4<sup>th</sup> Stage Inflammation! 'NOT THAT BAD?!' PLEASE!

"A doctor diagnosing a Health Seeker's complaints and naming them with abstract nouns will not get a person well! What the sufferer needs is concrete answers to get out of all the misery! And these answers are The 10 Energy Enhancers! Now, if a Health Seekers' body is not so far gone that she cannot fast and if she wants the very fastest healing possible, she will start with The Correct Natural Hygiene Fast."

Victoria wound down that first day's lesson with showing me where to go in the 2 BOOKS IN 1 YEARBOOK and asked me to read Dr. Tilden's short book: TOXEMIA EXPLAINED. Obviously, by the end of my 6 weeks with Victoria, I had come totally out of denial. THE 2009 PICTURES WERE GRUESOME! I look at them now. It's like learning how to read a map. I now see what she saw. It looks like someone had beaten up my colon and left it for dead! It looks horrible! Very scary! Then Victoria finished off this lesson by telling me of a GetWell Friend Martha. She was helping her sister, who had developed colon cancer by doing The

10 Energy Robbers. The sister had 12 inches of her colon cut out. Martha told me that the doctor said these tissues were "diseased and black" — compared to the healthy and pink they should have been. Victoria looked into my very soul that had inspired me to eat, drink, and be merry and which had ended me up at her place and asked: "Do you think those 12 inches became black and cancer-ridden overnight? Or do you think they went from a healthy pink to off-pink spots and splotches that weren't 'that bad' to blue and purple — and then to black? How inspired to 'DO RIGHT' are you going to get if you think that these pictures of your colon are 'not that bad'?"

But sitting there in the doctor's office back in October, 2009? I absolutely did not believe him. I had no pain at the time, just occasional diarrhea and vomiting. I looked the doctor right in the eyes and said to him, "You are very incorrect!"

He simply answered, "Add more fiber. It's wonderful if you don't need these pills. But when you start getting more diarrhea, when pain and cramping start, and when you start throwing up more often, and especially if you start getting swollen, give my office a call. We will make you an appointment. There are other procedures we can try."

Now, at Victoria's, we play a very useful game that just takes minutes. We memorize The 10 Energy Enhancers, in order. And Dr. Tilden's 7 Stages of Disease, in order. She has us read his TOXEMIA EXPLAINED book. I read it in 1 day and then understood very clearly that my "Eat, Drink, and Be Merry Energy Drains" had to be stopped. But at the doctor's office, I had not been Natural Hygienized or Victorialized! I just knew that I did not want this man predicting a gloom and doom future for me! As I sat there and listened to his ugly predictions, my mind automatically hearkened back to the Benjamin and Elaine Russell day. Those words from the doctor — about coming back when it gets worse and starting "other procedures"? Those words caused me to visualize the healthy people at the Russell meetings and how they had each told how they had once been hopelessly sick. It was scary! I had gone 180 degrees and was now one of the sick and tired myself! Little did I know I was soon to learn that this doctor's pronouncement

followed Victoria's classic profile of "The Medical Mentality at Its Very Worst" in her books — to the letter!

I left the doctor's office. Now, there is a Mexican restaurant called "Buddy's" just a short ways from the doctor's. I stopped. I had refried beans and this chicken dish they make smothered in cheese and onions. I ordered a feast! I was in total denial that there was anything wrong with me. And I was filled with rage while I ate it! RAGE! How dare he? HOW DARE HE? He just wants my money! How dare anything happen to me? How dare a disease interfere with my life? How could a disease take me out like this? My life was just perfect. I was having fun. My 40-acre ranch was paid for. I had just bought an Air Stream to travel around in. I'm ready to rock and roll and travel and be free! And someone is going to tell me I might need to have my colon cut out and wear a bag someday — and until that day, I was just going to get worse while they "try" the standard, medical procedures? (The meal, by the way, was delicious.)

Well, I got as far as my car and threw up all over. And I messed my pants on the way home. I could not hold anything back. I came home covered in barf, drenched in my own eliminations. Humiliated. Really depressed. I sneaked into the house and took a shower and put my clothes into the washing machine. I got on the computer. I WAS DESPERATE! What am I going to do? This cannot be happening to me? BUT IT IS HAPPENING TO ME! I got myself out of 10 years of denial by the time I shut down the computer.

I found the author who wrote the Crohn's and colitis book and got it. I thought I could fix myself at home. I studied the book. I did enough things right to get a little better. I paid attention to what I was eating. But I still used butter, cheese, and milk. I was Vita-mixing green smoothies and having blended salads. It was okay. But I would not want to live exclusively on liquefied food for 6 months to a year! Yes, I did quit having really bad diarrhea. But then — I started getting HORRIBLE STOMACH CRAMPS and passing gas within just a 3-week period of being diagnosed with Crohn's and being very strict on this author's diet! I would not go out into public because I would fart uncontrolla-

bly. Not just little ones, sort of quiet, once in a while ones. But biiiiiiiiig, loooooooong rippers! It's embarrassing! And you can't stop them from happening. So, still, the bowel was far from right. I was always worried I was going to crap my pants again. It was horrible! I was going to the bathroom every 20 minutes. Having pain that put me in bed, worse than child labor pains ever were! I was in so much agony. It got me thinking that I had to look past the author who wrote the Crohn's and colitis book. It just wasn't enough. And it sure as shootin' wasn't fast enough!

First I talked to Dr. Scott in Ohio, a Natural Hygiene doctor about my diagnosis. He wanted \$1,000 a week. I didn't have THAT KIND of money! It would have taken me out completely! I would have had to go into debt! I was panicking! He was closed right then in January, anyway. Liquefied food was not doing it for me! I was getting worse — not better. I needed something RIGHT NOW!

Three weeks before leaving for Victoria's, I stopped the milk and cheese and did just blended drinks and salads. I drank a lot of liquid. I slept a lot. I did feel better. But when the childbirth labor pains started — that was it! And, I must tell you about my several hours spent in chat rooms with people suffering with advanced conditions! Talk about scary!?! I vowed my life was not going to be their lives! Here were people without a clue of what to do. Like the T.V. ad shows different suffering people saying: "So many pills. So much pain. I'm afraid to leave the house. I am missing all my friends' and relatives' weddings and birthdays. The gas is soooo embarrassing..." I vowed to Victoria over the phone: "I am not going to claim this as my disease! This is not going to become my life!"

Victoria instructed, "Just do the best you can until you get here. Just 'DO RIGHT' with The 10 Energy Enhancers: Cleanliness, Pure Air, Pure Water, Lots of Rest & Sleep, The Natural Hygiene Diet, Right Temperatures, Some Sun, Exercise, Emotional Balance, and Nurturing Relationships. These 10 Energy Enhancers will help you get well! If your body is not too far into latter stages of disease, it will let you fast. And you can fly like the wind along your own Road to Recovery!"

I always had in the back of my mind that if I ever got really sick, I could always go to that YearBook Elaine Russell had given me back in the day, 21 years ago. When I knew the author's book was not going to be enough, God hollered: **"WAKE UP, WOMAN!"** I had kept The YearBook. I didn't remember Victoria BidWell's actual name. But I clearly remembered the name: "The YearBook" and that I had it somewhere. I dug it out. I googled Victoria's name. I got a phone number. And I was really expecting, you know, "Press 1 for sales."? But she answered! She was so light-hearted and happy! So cheerful! I knew I needed a new YearBook if I was going to do this at home and do it myself. We had an instant connection. Then, I found out that Victoria had a retreat! I will never forget that phone call! I was overwhelmed with gratitude! There was some place I could go — RIGHT NOW! Some place I could afford! I prayed and begged God for as much help as He was willing to give me. I can be so stubborn! On [www.4livefoodfactorfriends.com](http://www.4livefoodfactorfriends.com), I found our wonderful, little wilderness retreat — Our (happy, little) Hygiene Homestead in The Woods! I saw just the one picture. I opened Document #3 and read the wonderful stories about people who had come here and recaptured their health and become responsible for themselves, how they had learned how to "DO RIGHT!"

I was here 2 weeks later. I fasted correctly, staying in bed and resting most of the 24 hours, for 27 days. I had melons, drinks, and whole food meals and recipes for the rest. I flew in. My brother Don and his wife Rose picked me up in Seattle. I stayed the night. In the morning, of course, they had to have their bacon and eggs and coffee. I decided February 2<sup>nd</sup> would be my first fasting day. Their coffee smelled so wonderful! I took one sip and said "NO!" to myself and poured it out. At the lunch hour, they had to stop for cheeseburgers and French fries. The fast food joint smelled putrid as I sat with them and drank my bottled water. I am a strong-willed person once I let go of my stubborn streak and let God. Besides, I had made up my mind. I had not forgotten the pain I had been in. I knew I could not keep doing what I had been doing and expect to suddenly, spontaneously get well. I knew it didn't work like that. Getting well had to

start with me. It had to start now. So after a rather short drive from Seattle, we arrived here... "over the river and through the woods" — as spelled out in her directions — to Victoria's Happy HighJoy Homestead we go! My brother, who was skeptical, complained: "My gosh! Can't this woman just say you make a right turn at...!?"

"Hee, hee, hee, haw, haw, haw!" — he made me laugh. By then, I had figured out that Victoria is 1-of-a-kind who thrives on living outside the box and having fun and inviting others to have fun, too! But my brother was dead-set against this visit. As soon as he met Victoria, he threatened her: "I told Holly if there is anything funny going on, to get out of here!"

Victoria laughed and answered, "Let's see. Now 'funny' is the adjective form of 'fun.' So we are going to have a problem here from the get-go. Because that is all we do here — HAVE FUN! Holly is going to get well! What could be more fun than that?!" It shut him up. But anyone could tell he did not like her playful attitude — or answer!

So, we got the tour of where Victoria and the horse live: The HighJoy Homestead. And I met High. And he knows all these tricks. Oooohhhh! He's wonderful! He's beautiful! Definitely a spoiled baby. Victoria gives this yelp, and he comes right comes over. He has a tiny walkway to travel through to meet visitors. But he is so smart, he can maneuver it all. And he has raw-food troughs everywhere and begs to have them filled! He licks his empty dish and then looks at you with pain in his eyes, begging. Then, when treated with raw foods, he looks soooo satisfied and ignores us while giving full attention to his food! (Victoria whispered: "That is a lesson we all need to learn: to fully enjoy our meals.") We went into Victoria's outdoor bedroom where High can stick his head in and join in on the fun. We sat down. She had juice for us humans. But I did not have any. I had started my fast.

So then we all drove over here to Our Hygiene Homestead in The Woods — just minutes away. We all got the tour. Driving in the driveway was just unforgettable! Everything here is gorgeous! Everywhere you look is something beautiful to look at! It puts you in a frame of mind that you know that this woman knows and loves what she is do-

ing. She has gone the distance to make guests feel so immersed in the healing powers of nature. You feel it everywhere you look. And besides, she writes the books! The YearBook “Bible”? All the retreat directors should make you read: BidWell’s Instructions Before Leaving Earth. We 3 were gasping and “oooohing” and “aaaahing” over the charm and nature-beauty in every room at Our Homestead. And there was even a point where Don warmed up to Victoria after his threatening first words: when he noticed the mechanic’s daughter in her and how she had used semi-truck trailer wheels to mount bear statues for placement and how she had used big lag-screws to hold the stair carpeting in place. So, evidently, Don felt it was safe enough to put me in Victoria’s care. And he and Rose left.

Within minutes, Victoria and I saw we really were kindred spirits. We laughed soooo much! You can’t help but love this woman. She is the most over-the-top, beautiful, gracious, loving soul I’ve ever met! I don’t know how else to explain Victoria. The whole time was just delightful — even the few periods of boredom when I took to counting the knot holes in the molding boards on the ceiling of my Critters’ Forest room.

Now, don’t get me wrong. Victoria does run the whole show. She is an entertainer. But she is a teacher, first and foremost. And she is very direct. And wants us to be, too: “Being direct can get us to your goal much quicker.” But there was one really frustrating thing about me that Victoria could not take: she had to train me to listen! “We cannot both talk at once and hear what the other person is saying — is that what you want?” And then I would shut up, and she would just keep on talking. Well, everyone knows I tend to dominate all conversations and that people often have to fight to get a word in edgewise. I didn’t want them, and I didn’t ask for them. But Victoria gave me listening lessons, anyway! With 2 weeks of listening lessons, I decided that I was here to learn and that I should stop already. Then, we got along great!

Victoria visited me almost every day, except when I told her I was fine and she didn’t need to come over. She entertained/educated me with each visit. As Victoria explained before I got here on the phone: “You really are here just 2 days: you fast

and then you eat — it’s just a 2-day visit here at Our Homestead.” I didn’t get it.

Victoria kept telling me that I was having “a really easy fast” — all the way through — compared to some people with digestive disorders. In fact, she told me that the bodies of many people with Crohn’s or colitis won’t even let them fast! They get sharp, agonizing pains, like someone is cutting them up inside with razor blades. Still, my 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> days were a little rough. I started throwing up small amounts of the water I was drinking or just having the dry-heaves. But when I told Victoria, all she would say — every time — was... “WOOOONDERFUL! You’re getting well!” Every time I had a nig or a nag or something was bothering me — headache or leg aches or anything was bothering me — she would say... “WOOOONDERFUL!” I would tell her I was throwing up, and she would say... “WOOOONDERFUL!” But, I was genuinely, mildly miserable for those 3 days! It got so that we would laughed so hard, each time I told her of my misery. We both knew what she would say... “WOOOONDERFUL!” Well, you would have to be here to really get it!

Now, Victoria is very good about not getting the cart before the horse. (I suppose HighJoy taught her that!) She refused to talk about food while fasting: “We will talk about food and its preparation AFTER THE FAST!” She did point out that at the \$1,000-and-more-per-week, the directors do not sit and talk with you 1 – 2 hours and more — almost every day! And our meetings were so worthwhile! Slow but sure, over the weeks, with each book she recommended, each video or audio lecture, I was getting my basic, foundation to “Correct Natural Hygiene” — and thoroughly enough to go home and become a 21<sup>st</sup> century Benjamin and Elaine Russell — for Arkansas Health Seekers! Yes, Victoria’s visits were the heights of each fasting day! I put myself on a schedule. I did know that I had “to do nothing intelligently.” I did understand that The Natural Hygiene Fast was all about complete rest.

I did not lose my energy until the 3<sup>rd</sup> week. And so I read a few hours almost every day to break up the day. Victoria had brought me a laundry basketful of things to study: books, videos, audios. I watched all the videos and went home with a set

of the Drs. Vetrano/Haag DVDs. I read all the books she brought me. I was a sponge. I wanted as much as I could get out of this experience. I prayed. I asked for God's help. I put myself in God's hands first and then Victoria BidWell's. I rested: "We sleep until noon around here." I did as instructed. Once awake, I would roll over and give myself yet another doze. A lot of the time, I did go back to sleep. "The body does its most powerful healing while you are fasting and sleeping, both!"

And — OH! THE MASSAGES! "THE FEELS-GOOD MASSAGES!" Victoria would put me on her brand-new table (that my visit bought!) and give me these wonderful 1/2 hour workovers, right before bedtime. We never talked during them, although we did crack up each time she would massage my tummy and lower her voice like a magician and bellow out: "OH, GREAT COLON! HEAL THYSELF!" I always went straight to bed afterwards and slept like a baby bear hibernating in the woods. (It finally made sense, why Victoria has a stuffed bear somewhere sitting or sleeping in almost every room!) She called the massages: "Holly's Sleeping Pills." They were... "Better than anti-depressants, more powerful than a prescription, able to leap you into sleep in a single bound!"

After a few days early into the fast, with mild nausea and feeble attempts to throw up, I started having horrible heartburn, something like acid-reflux — only I was not eating! I did sweetly complain about these detoxing symptoms each time I got unhappy with Victoria's... "WOOOONDERFUL!"s. She suggested some seltzer water. Then she conferred with Dr. Tosca Haag, Dr. Vetrano's daughter. (Dr. Tosca advises Health Seekers onto the USANA nutraceuticals to compensate for our depleted soils and helps Victoria whenever questions arise.) Dr. Tosca told us it could not hurt to try some seltzer water. Victoria brought me several bottles. We had our first try of this in crystal champagne glasses and toasted to my GREAT COLON! With the very first burp, the heartburn was gone! IT WAS... WOOOONDERFUL! So, I took to this a few times a day. But on the 21<sup>st</sup> day, the seltzer water started tasting horrible! Next Victoria brought me a little, tiny jar of whole cloves. This was a trick she had used at Dr. Scott's to kill some of the horribly bitter taste way into her long fast. We put just

1 clove in the water. It was just enough to keep me drinking water. IT, TOO, WAS... WOOOONDERFUL! The fast was nearing the end. Victoria announced: "Your first day is almost over!" I was starting to get it!

Two other times, when Victoria thought we needed it, we got on the phone and talked with Dr. Tosca again. That was wonderful, wonderful, wonderful for me — because Victoria is not a doctor. She clearly explains that she assists you. She doesn't supervise you. At the beginning, because I really didn't know who Victoria was, there was a little bit of: "Does this woman really know what she is talking about?" So, when we had those few questions, we called Dr. Tosca to see if it would interfere with my body to have the seltzer water, to see if I should start on the Metamusil again once I started eating "for good measure" — and to see if I should do as the Crohn's and colitis author had taught and just have blended salads, liquefied foods, and cooked vegetables and no nuts for 6 months to a year.

Victoria told me each time what she thought but that, ultimately, it would be my choice. She teased me about following the author's book to the letter and having only blended, liquefied, cooked food and no nuts or seeds for 6 months to a year — and definitely while I was here and breaking the fast.

She would say, "Why not just try small amounts of whole foods after your fast and see?" I would get defiant and refuse her idea! She would say, "We'll see. Do as you want. You are here for 2 weeks of eating. If you want to miss out on all my food preparation formulas and have homogenized-flavored, blended foods and cooked veggies and no nut recipes, fine." We asked Dr. Tosca about this, too. Her teachings were always the same as Victoria's. Dr. Tosca assured me each time that Victoria's take was the same as hers, that she did know what she was talking about. It made me rest so much easier. Made me quit worrying. And within a few weeks, I laid the book by the Crohn's and colitis author to rest. I was on The Correct Natural Hygiene Fast, with the woman who wrote "The YearBook Bible," and I was going to break it with her foodfare: "We can always to the blended baby food, if your new, getting born-again GREAT COLON is not yet ready and rejects The Natural Hygiene Diet."

Dr. Tosca agreed: “Try small amounts of everything. If your colon healed during the fast, you will have no troubles with proper foods, properly prepared, in proper amounts.”

You should know that the weather here in Western Washington is wonderful! During my fast, I pretty much stayed in bed after the 21<sup>st</sup> day. But I was outside in weather warm enough for a sunbath during a peak hour of the sunny days, even in February! And several days in March.

Victoria and I talked about my fasting 32 days and eating 10. But on the 27<sup>th</sup> day, I started getting terrible leg and foot cramps in the middle of the night that really, really hurt and that I could not make go away. I wanted to break my fast. We did not need to call Dr. Tosca about that. “Really bad Charlie horses are one thing,” Victoria said. “But I was once fasted too long and was having the kinds of cramps you are having. I was having a lights-out sensation in my brain, too, like someone was flipping a switch on and off and thuds in my body. It was frightening! So, let’s do it.” And I tell you, I will never forget that little 4-inch cube of watermelon — ever — in my whole, entire life! Victoria went out of her way to bring several melons: “Just keep opening them until you find one that tastes... WOOOONDERFUL! There is no waste around here. High would prefer that you test several and reject them all. He is our equine-recycler!” But the very first, little, personal watermelon I cut open — it was the sweetest — it was the most wonderful thing I have ever eaten! And I could not believe how full I got on that one little cube! I got this every 2 hours for 2 days. Then she brought me honeydews and cantaloupes. They were delicious! Our laughs started to sound like High’s trilling-whiney as our food was so thrilling! For 4 days, I broke on melons, with larger portions the last 2 days.

Finally, time flew, as I was having so much fun! I clearly understood once I started eating. Like Victoria had explained at the beginning: “It’s all just 2 long days: 1 to fast and 1 to eat.” She explained how Janus Joplin told us: “As a matter of fact, like we learned on the train — It’s all just one ‘long’ day!” But Victoria breaks it down into 2 days: 1 fasting and 1 eating. I never did get it when she said it. The fast seemed to go on forever. But now, I get it — totally!

I just have to add somewhere in this interview that Victoria is more than generous. She kept surprising me with little gifts. I am wearing this wonderful Wilderness Woman T-shirt with an American Eagle on it. There is a government-protected Eagle Sanctuary in Concrete, and I am so happy with this gift! I will tell everyone about my visit here, with me looking at them and the eagle reaching out to them, too, as if to say: “GO BACK TO NATURE FOR YOUR ANSWERS!” Victoria brings over little surprises in her basket, kind of like Little Miss Red Riding Hood was famous for. She comes into my little house, such a happy soul, with her basket! At first, I would pry into it and start helping myself — until she tapped my hand: “I have surprises and lessons in there!” She is so happy!

I was 148 pounds in October, 2009. I arrived here at 136. Now I am 110. I WEAR A SIZE 2 PANTS! I am eating so well — it’s delicious! I used to think: “Raw fruits and vegetables, nuts and seeds: WHAT A BORING DIET!?!” But now? Well, it is just... WOOOONDERFUL! There is so much variety on this diet! Vegetables I have never heard of. Underground vegetables: we grate them “to create more surface areas and to liberate more of the mild, natural sweetness of hard veggies!” Grated? It’s a whole other, sweet thing! Kohlrabi and tomatillo — they’re wonderful! Well, I know I am rambling. But you would have trouble getting your story all out, all organized, too, if you had just spent 6 weeks at Our Hygiene Homestead in The Woods with Victoria BidWell and completely turned your ill-health into... WOOOONDERFUL health!

Now, there’s all this potpourri in some of our rooms. For most of the fast, I didn’t sense the flowery fragrance of any of it. It’s pretty. But it didn’t send out any “aroma therapy” for me! I thought her potpourri had lost its smell — like mine had done at my house. It hadn’t lost its smell, at all! I had lost my smell! On the 9<sup>th</sup> day after the fast, I am coming down the stairs. And I am smelling these wonderful flowers — it was the potpourri! It was overwhelmingly... WOOOONDERFUL! And then, my hearing got sharper! And then, my lower back pain and bad shoulders, the pain is gone — 100%! Most of that had to be the massages, as I had 30-minute “sleeping pills” twice a week. What can I say? I’M JUST FEELING BRAND-NEW!

When I quit fasting, and got the horse in front of the cart properly, that is when Victoria started in with all her food preparation secrets. “Since you do not have an eating disorder,” she explained, “you can fix some of your meals on your own.” I wanted to! And it was so much fun in this wonderful, little kitchen! But every day, she came over with a huge or small colorful, beautiful basket of fresh, raw fruits and veggies, nuts and seeds — and uncooked up a storm! I got enlightened! FIREWORKS were going off in my imagination! And everything was soooo quick to make and so “YUMMY!” If I started off on a story, the dish was made so fast that I would miss it entirely! (“There is a time to listen and watch, Holly!” Victoria teased.) During our formal meals, with our fancy dishes and electric-flame candlelight and cloth napkins, and after our “THANK YOU!” prayer, Victoria would roll off a string of descriptions: “YUMMMMMMY! NO POISONS! NO TABLE SALT — CELTIC OR OTHERWISE! NO HOT SPICES! NO CHOCOLATE! NO STIMULANTS! NO HOT PEPPERS! NO REFINED OILS! NO POISONS! ONLY... YUMMMMMMY!”

One day, I tried to tell Victoria that she does not advertise enough about THE HANDS-ON FOOD PREPARATION DEMONSTRATIONS — EVERY DAY! I explained: “Some retreats I called don’t ever let you into their kitchens! Some don’t give any food demonstrations, at all! Some just give one, once in awhile. And I am sure that none of them have all the gadgets and machines you have! This is really important! Every meal is a food preparation demonstration! You should emphasize this much, much more!” But Victoria seemed to hardly hear me — she was deep into making our frozen meal of golden yellow mangos and blueberries, raspberries, strawberries, and blackberries — all topped off with her secret ingredient: raw raspberry juice she makes in the summer and freezes for us to have in the winter — AND IT WAS YUMMMMMY!

One time, we started eating a beautiful meal. And I got off jabbering away about one of many long-past, traumatic experiences with my dysfunctional relatives. I was all worked up, telling the miseries in detail — as if it had happened yesterday. Victoria stopped me cold: “You aren’t even tasting your food! You certainly aren’t chewing it enough! It is

so YUMMY! Let’s just talk about how pretty and how tasty our meal is and how blessed we are, instead! Or let’s talk about how wonderful HighJoy is!” That was a very, very good lesson — the one she promised she would teach me that day I first met High!

So, during that one long second day of my visit to Our Homestead, Victoria showed me the food preparation/food recipe section of Our Homestead Library. I watched all the videos and Hygienized the Raw Food Movement recipes in my mind as I watched them. I went through most all the books. I got the idea. How to do the food preparation properly. You have to leave what is not Natural Hygiene and take the best of the raw food movement recipes that can be Hygienized. And so, I went from eating just melons, to days of just beverages.

We would have these wonderful tasting parties in The Eagle’s Nest! Victoria would draw from her cocktail waitressing days and make several flavors and serve me a trayful of these wonderful drinks in adorable, little shot glasses and crystal stemware and miniature beer mugs. IT WAS JUST FUN! And YUMMY! Then she refused to let me help clean up, as she was deep into her waitress role! My favorite was the tangerine juice with a taste of cashew, Vita-mixed until silky smooth and frothy. We both agreed: we never tasted anything more wonderful in our lives! We took 10 sips out of an itsy-bitsy brandy snifter — just enough to get a taste on the tongue and wet the whistle with each sip. My goodness! It is just so... WOOOONDERFUL!

Then, during that 2<sup>nd</sup> long day, we went to salads. And then to all the soups and nut milk secrets and desserts. When she served me Natural Hygiene’s replacement for SAD hot chocolate, I got so excited! I am a chocoholic, and the carob-flavored nut milk in warm water was soooo... WOOOONDERFUL! Then, she added a little of her super raspberry juice! Emeril may take it — “up another notch.” But Victoria takes it — “all the way to the top!” And to think, that I was going to have blended-salads-only for 6 months, no whole veggies or greens or nuts or seeds for 6 months to a whole year! And whole vegetables lightly-steamed-only! To think, I wasn’t going to eat any of Victoria’s recipes! Well, Victoria had softly predicted, “We’ll see.”

And we did see! After 27 days of fasting and then melons and then juices and after talking with Dr. Tosca, I ventured into a really small salad. I had no bad reaction, whatsoever! A few times, I had a few twinges of pain in my ascending colon. A few cramps. But absolutely no gas. And no diarrhea. And no vomiting. Softly formed stool? Yes. But never had to run to the bathroom because I could not contain myself. No need for Metamucil. I know I need to keep on with this “DO RIGHT” thing. I need to give my body time on The Natural Hygiene Diet and the other 9 Energy Enhancers. Right now, I am eating it all: fruits, vegetables, nuts and seeds and sprouts. I have huge salads. What I can’t finish, High loves! **HIGH LOVES ME!**

The best part is that everything I eat here is wholesome, no poisons, whatsoever. It’s a hands-on experience with every single meal in the kitchen. Something that nobody else gives you. None of these \$1,000 or \$2,000 a week retreats offer what Victoria offers for her \$500 a week — or less, if you cannot afford her standard rate. She’s a WOOOONDERFUL soul. God knew what he was doing when he took her on. This is her life-long calling and passion.

An OHHHHHHH! Victoria’s seasonings! I fell in love with Victoria’s 5 flavors! I came here and paid for everything up front. And I said to myself, “No matter what else this woman is selling, I can’t afford it!” Well, I ended up spending another \$1,000 to have her ship home 20 of the 60 “Great & Yummy GetWell Edibles” off her “3-Page Summary Order Form.” Once I started eating, Victoria left tiny, innocent jars of the 5 flavors for me to try with tiny spoons. She had just made them. She wanted me to try them, in case she sold out after filling orders. Then she left them here. This was not fair! You have to really keep your eye on Victoria BidWell! On a clean palate? After a fast!?!

I called her in the middle of the night! I bought out the big batch she had just spent 2 days making! Then she brought over the carob-based Nutty Nuggets and gave me just little, tiny bites. Since I am a chocoholic, there went another order. With showing her edibles, Victoria again reminded me: “NO POISONS! Oh, for sure, you can find SAD foods that taste this good or better. But they are filled

with poisons — the very thing we Natural Hygienists want to stop taking! NO POISONS!” So, while breaking my fast, I was enjoying 3 or 4 cups a day of the mildly flavored brew with just a little Instead of Coffee or Tomato Bolt! I felt wonderful! They all digested so well! She could have named Instead of Coffee “Instead of Bullion!” The broth made with the tomato-based seasonings is just... WOOOONDERFUL!” I used to do, literally, gallons of coffee a week. I fell so in love with Instead of Coffee. And you know: “More Is Better.” That’s the addictive personality, even after recovery. I started using the Instead of Coffee when I still was not sure if I could eat raw vegetables. So coming off the fast, I would put hot water over the vegetables just to warm them up. Then add a little of the seasonings. **IT WAS ABSOLUTELY... WOOOONDERFUL!**

I want to finish by answering Victoria’s question: **“WHAT WERE THE BEST PARTS OF YOUR VISIT — BESIDES OUR GOOD TIMES?”**

**#1... JOE’S DECISION TO COME HERE IN APRIL! My husband and I talked every day throughout my fast.** He has been on 8 DIFFERENT KINDS OF MEDICATION for ages. One of them was morphine for pain. I even took a picture of him looking all angry and bitter with all his medications all sprawled out in front him the morning I left. He has had the strict Medical Mentality all the way, all his life. And I have been sharing with him the strict Natural Hygiene every day — what I have been learning and doing and eating here. So, while I was here, he started making juices with The Commercial Champion Victoria sent over to Arkansas. Joe is making juices and drinking them and eating more and more raw and less and less SAD.

THIS IS THE MOST WOOOONDERFUL OF ALL! WE WILL DO THIS TOGETHER — FOR THE REST OF OUR LIVES! This man, when I left, had no intentions of giving up his Standard American Diet, loaded with steak and cheeseburgers and fries. And guess what? On April Fool’s Day, he will be here to get Hygienized and Victorialized, too! Victoria instructed me to get him all-raw the last week at home. On April Fool’s, he will check in and get the 6-week visit, just like I had, complete with massages for all the pain he is in. I cannot tell

anyone how happy this makes me! It brings me to tears! I get all choked up! He is going to “DO RIGHT!” with me! For the rest of our lives! And while he is here, I will be in Arkansas — making ours “A Happy, Hygienic Home” and remembering Victoria’s famous last words: “NO POISONS!”

**#2... Our Homestead Road to Recovery Library: the education that will keep me off The Road to Ruination!**

**#3... The great, big, deep bathtub that I relaxed and soaked in almost every day. I have a wonderful home. But no bathtub like Our Hygiene Homestead’s — in The Woods!**

**My 2 days are done here at Our Hygiene Homestead. I am excited to go home and carry on my Natural Hygiene High Joy Revolution! Victoria tells me: “You have just blossomed here — with our spring flowers! The big, black circles under your eyes are gone! Your eyes are sparkling! You have a darling, little figure! You are well! Your wrinkled, old, weary face has been getting fresher and smoother and younger every day! You are done with anti-depressants and high on your own endorphins! You are free of pain! You can eat whatever you want — as**

**long as you DO RIGHT and EAT LIVE on The Natural Hygiene Diet! YOU ARE JUST GLOWING!”**

**Victoria’s Parting Lesson:  
Remember Our Live Food Factor  
Motto:**

**CHOOSE LIFE!**

**DO RIGHT! EAT LIVE! AND GET HIGH!**

**Victoria’s Parting Words:**

**HighJoy & I Love You!**

**WELCOME TO YOUR NEW LIFE!**

**NOW — GO & SIN NO MORE!**

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## **“TO DO RIGHT!”**

**— MEANS —**

## **“TO DO THE 10 ENERGY ENHANCERS!”**

- 1) Cleanliness — inside & out**
- (2) Pure Air**
- (3) Pure Water**
- (4) Adequate Rest & Sleep**
- (5) The Natural Hygiene Diet of non-toxic, properly combined, raw fruits & veggies, nuts, seeds & sprouts, organic whenever possible = “NO POISONS!”**
- (6) Right Temperatures**
- (7) Adequate Sunlight**
- (8) Regular Exercise**
- (9) Emotional Balance — which includes freedom from addiction, high self-esteem, a purposeful life & meaningful goals**
- (10) Nurturing Relationships**

# HOW TO GET HALLOWEEN-SKELETON-SKINNY ON RAW FOODS & ALMOST DIE!

The Sandra Mann Story

About 10 months after going on the all-raw food diet at the invitation of my husband John who was inspired by the information on [www.rawfoodsexplained.com](http://www.rawfoodsexplained.com), I discovered [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com). During those 10 months, I slowly went, without even trying, from a trim, easy-on-the-eyes, lively 128 pounds to a scary, worn-and-haggard skin-and-bones 103 pounds and relentlessly dropping. I seldom read an article John set before me. I seldom asked a question. All I did was just — without a second thought — follow the advice John got and ate the “whole-raw-plant Sheltonian meals with no recipes whatsoever” he set before me. These were mostly vegetables, nuts, and seeds. But come to find out, I had given a near-death experience twist to the diet: in my mind at the time, fruit should only be for breakfast or desserts. So I ate almost no fruit: it just seemed like fruit can’t really make a real meal! When my friends and daily associates at work, seeing my extreme weight loss, got frightened for me, I started to get a little frightened myself. All my life, I have had a delayed or absent fear response that had been very thrilling and had worked to my advantage many a time. But this time, it was about to do me in. Intuitively, I saw that the weight loss was going to steadily continue until I just wasted away. I had seen Dr. Tosca Haag’s name on various websites during this time. So, I finally called her for help. During the conversation, I jokingly asked, “What? HO! What? HEY! Am I going to continue losing weight until I just quietly disappear entirely?”

Imagine my surprise, since I was just kidding, when I received a “YES! That is exactly what could happen! Something in your system is very, very wrong. You are undoubtedly very toxic. Most everybody who is not doing Natural Hygiene is. But you are on the wrong track and going the wrong way. You could continue to lose weight until you get so low on essential nutrients that one, if not more, of your systems just starts to shut down. If you reach that point, Sandra, you could go at any moment. I am trying to tell you that you are in real danger right now. **We need to listen to our bodies. We are not meant to go around in fear that we make up. But a healthy fear response is a good thing when attending to it will save your life. That is what fear is for! Please pay attention to this fear response. You need to fast right away so your body can correct what is going wrong. Digestion, absorption, and assimilation all need improvement.** You need to fast while you still have some reserves to live on. I would not, however, recommend going below 90 pounds. Then start re-feeding with our live-food diet.” She then urged me to contact her “wonderful friend in Natural Hygiene” who had just announced “The Grand Internet Opening” of her Correct Natural Hygiene Retreat.

I was urged to phone this remarkable woman named “Victoria BidWell” at Our Hygiene Homestead in The Woods. Our first call was a long one. Then I was given a reading assignment. I ordered 2 BOOKS IN 1: *The Health Seekers’ YearBook with The Best of Common Health Sense and The Live Food Factor* and Dr. Shelton’s Volume III of *The Hygienic System: Fasting and Sunbathing* for my basic education. I explained my problem and my

various complaints, which I considered relatively minor compared to some problems experienced by others I’d read about going from SAD (Standard American Diet) foods to live-foods. The raw food diet hadn’t adversely affected them! Most had wondrous stories to tell! And it had done wonders for John, who had serious health concerns! But I had reaped no remarkable benefits in 10 months! And though fun at first, because John did all the shopping, food preparation, and clean-up (Every woman’s dream come true, right?), all I’d accomplished was to get very skinny. In trade for “full service” in the kitchen, all John asked was that I try all live-foods with him. I never gave the switch much thought. He did all the studying up. I just ate what he prepared. (I pretty much threw away any fruit he put in my lunch.) But getting thinner and thinner was getting old pretty quick. Then, it got scary. John had read that some do lose a lot of weight at first and even get to skin and bones. He had read that one should not worry if this happens and that the body will lay on good tissue and build itself up. But that was not happening to me. My fear response was kicking it — even though delayed. “A little knowledge had become a dangerous thing.”

During our first, long talk, Victoria explained, after hearing my many answers to her questions. “I GET THE PICTURE. Listen carefully. You have 3 choices, judging by where this relentlessly raw, mostly veggies, some nuts and seeds, and almost no fruit 10-month experiment in which you have taken no active part except to eat what has been set before you has taken you. #1 — You either save your life by going back to your cooked, vegetarian meals or at least to cooked starches with your raw food meals to gain some tissue. #2 — Or you take a short fast so your body can detox and heal itself with the idea of improving digestion, absorption, and assimilation so that your 75,000,000,000,000 cells can better make use of the all-raw diet nutrients in its full spectrum of fruits, veggies, nuts, and seeds and, basically, follow The GetWell Weight-Gain System I teach. #3 — Or you can continue to just waste and wither away while you put your affairs in order!

“Boy! You are tough, blunt, to the point, and able to get through!” I blurted out.

“That’s The Wilderness Woman Profile!” she told me. From that very first and long phone call on, Victoria and I talked and e-mailed with a daily countdown until the day I arrived in Concrete, Washington. During that first call, I did explain I’d pretty much controlled my numerous minor problems with a “few remedies.” She asked me to make a list of them, and I tried to wiggle out of it. I really didn’t want to face the reality of how much stuff I was taking! But she insisted. She helped me name and count the categories: prescription drugs, over-the-counter drugs, supplements (lots and lots of supplements), several herbal remedies including teas, and homeopathic medicines. I explained that I was basically fine, only that I was, in fact, getting skinny and getting skinnier. I explained that I had “plenty of energy!” Victoria explained: “Over the next few weeks? All that has got to go if you are going to take The Correct Natural Hygiene Fast. You cannot fast and be on any of this stuff! It has all got to go!”

Upon completing the list, Victoria congratulated me and then gave me: “THE TAKING-SOMETHING PRIZE!” It was “the prize,” as she put it, “for taking the highest number of pills, potions, cremes, and sprays per day that I have ever seen in 25 years at this!” She was aghast! I sent her a coffee mug picture of my daily dose at its height. It was, in fact, enough to half fill a large coffee mug of pills, plus the potions, cremes, and sprays I had been taking — every day. About 60 a day at my height of my “taking-something for health insurance” habit.

Here is a rundown of our list: Herbs: herbal supplements: regular tea, cranberry capsules, tumeric, reversatol, ginger, bilberry, noni, evening of primrose, ginko biloba, ginseng, green tea extract, St. John’s wort, herbs for the sinus, herbs for the bladder; and herbal sleeping aides: melatonin, Calms Forté, Quietude, go-to-sleep herbal drops, quersityn. Homeopathic remedies: D-man-nose anti-bacterial action, silicon, rescue remedy drops, eyebright, arnica (dissolves lactic acid). Prescription drugs: Nasacort-AQ (nose spray steroids), Clindagel (face gel topical to acne), hormone replacement drugs. Over-the-counter drugs: Advil for headaches, Nature’s Way for bladder and kidney control, Sudafed for nasal control, Differin for exfoliation. Supplements: a standard multiple vitamin, bromeline, CQ-10, digestive enzymes, glucosamine chondroitin, various anti-aging vitamins, calcium, zinc, Life Extension Multiple Mix, vitamin D, vitamin C, pantothenic acid, iron capsules, vitamin D-3, bromeline, vitamin B-6, vitamin B-12, a Vitamin B-12 complex, acidophilus, flax seed oil, lutein, chromium, silicon, h-a-s combination.

To be ordered to stop my taking-something habitual ritual if I wanted to fast sounded unreasonable and, worse yet, impossible! These drugs and remedies and supplements were my daily routine to safeguard my health! They were my arsenal against all that ails others! They were my friends! I was terrified to get off them! What would become of me without them? It was our first conversation, so I knew Victoria needed some background on my unique situation. I explained more fully so she would see that I needed at least some of my pharmacopeias, at least for now.

“Well, I’ve tried to get off my steroid nose spray in the past, to no avail, can’t breathe right without it. And I won’t be able to get along without my homeopathic remedies: I need them for sleeping and to control my bladder complaints and a few other things that I use them to insure I won’t get problems — but they’re only homeopathic for heaven’s sake, just tiny amounts of natural substances to inspire my body to function normally. I take them in such small doses that they are hardly there at all. And I only take my herbal remedies often enough to control the most chronic of my complaints. I only take Advil when in real pain. Also, I can’t possibly live normally without my hormone cream, heaven knows. And I’ve cut way back on my vitamins and minerals. Actually, I have cut everything back that I swallow to hardly 1/2 a large coffee mug a day.” I did add, “I knew I should be cutting down some, because once John went back to the health-roots of his youth and got on the live-food diet and healed himself, he became more and more sure that I was poisoning myself with all the excipients and fillers and inactive ingredients and poisons in my remedies faster than my body could eliminate them, hence the skinniness. But I do think I’m at bare bones with cutting down the 60 or so things I take now to about 20 — don’t you? My coffee mug has hardly anything in it now! Look at the picture I sent you! It’s hardly 1/2 full!”

“WHAT?” Victoria dramatized: “You want to go as a walking skeleton to your next Halloween party? You won’t need a costume! You want people staring at you in quiet fear, lest whatever horrifying thing happened to you would happen to them? You want to be like the character in Stephen King’s movie *Thinner* who, no matter what he does to gain, keeps getting thinner and thinner? You want to look like those anorexic movie women who have gone to 59 pounds? You want to get so you can audition to play a prisoner in a movie set at Auschwitz during The Third Reich? Wake up! PLEASE! What you are doing is not working! Go strip and look in the mirror! PLEASE! We have to get you turned around and on the right track going the right direction before it is too late!

“Do you know that when the Russians and Americans liberated the concentration camp victims in 1945 Germany, many who were alive and systematically fed and who look as emaciated as you or just a little skinnier in the live footage we have just did not make it? Their systems had shut down and could not be brought back, even with steady feeding! DO YOU GET THE PICTURE HERE?” I tend to laugh under stress to lighten things up. But my laughter did not set well with Victoria. “You think this is funny? NO! They must all go! Maybe you can go to someone else’s retreat and be on all this stuff and fast. But you must wean yourself off all of them before you come here to fast. The Correct Natural Hygiene Fast is about getting a great deal of rest on all levels — physical, physiological, sensory, mental, emotional — so your body can recoup the energy it needs to detoxify and heal. Your remedies are, in fact, Energy Robbers! You are welcome to come here to wean yourself off all these things while you eat very yummy, generously portioned, weight-gain meals in preparation for a fast — but you must be off all of them before you actually start the fast. You have 6 weeks before you get on the plane. When we hang up, you go and lay everything you take out in front of you and decide what to get off first. Sandra, you are going to love this! Within 3 months from today, you will have your own brain and body back, without any of these poisons to fog it up or mess yourself and your perceptions and experiences up. Just think! Your creativity as an artist has never had its fullest chance to express itself — you have always been on so many poisons and energy drains!”

And so, I had 6 weeks to get clean. The choice was mine. I’d already made up my mind after talking with Dr. Tosca that I wanted to take a fast and not go back to eating SAD and cooked food to hold onto my weight. **I wanted every cell in my body to be built from live-food! I wanted to get, as Victoria puts it: “AS GOOD AS IT GETS!”** Victoria’s warnings, were therefore, well taken. Making up one’s mind is the real battle in accomplishing anything. I began the cutting back process. The first to go was the steroid nose spray, which wasn’t nearly as traumatic an experience as it had been before when I had tried and failed to go through complete withdrawal. Motivation is a wonderful thing! Encouraged, I eliminated the 6 “natural” sleeping aides I took every night, fully expecting to stop sleeping altogether and malingering all night with insomnia. But that didn’t happen! Victoria offered some things I could do to fall asleep naturally. It was surprising that I could actually get to sleep without my friends, my helpers! I wondered, “What else can I get by without so easily?” From that point on, I was on a roll. I began to eliminate pills and potions, one by one, as a kind of experiment, to see which absence I could tolerate and which I simply could not — not yet, anyway. I would e-mail Victoria

daily, explaining what was gone and what simply had to stay in place. She would carefully read what I had to say and then explain why my cherished hanger-oner had to go. She was very patient and very astute. And a good cheerleader. I was not alone during these 6 weeks. Dr. Tosca and Victoria were working together. And John was my at-home coach. I was determined to be in shape for this fast, so I co-operated in letting go one by one, of each “essential.”

**A few weeks into the 6, I read “The USANA Document” Victoria and “Our 3 Texas Doctors” had prepared. It was very convincing. Dr. Tosca Haag introduced me to USANA nutraceuticals. Unlike my supplements, the USANAs were bio-available nutrients and, therefore, not poisons. The 1/2 a coffee mug of pills I had been swallowing daily at my “take-something-habit-height,” containing vitamins and minerals and what-not, was reduced to 2 little packets: 1 for morning and 1 for evening. I was in the process of giving up a \$1,000 a month habit of years! My nutritional insurance was down to \$125 a month of “the best.” I was immediately impressed when a skin condition of years cleared up! And I felt pretty good!** When I finally arrived at the “naturecure raw food health retreat,” I had only 2 items left in my arsenal — just “2 little friends” had made the trip with me to Concrete. One was the hormone cream. The other was the “miracle” remedy for bladder irritation: D-mannose. I never touched the D-mannose again. And after the first week into my fast, I gave the hormone cream the heave-ho, as well. My body was crying for purity, and I was listening... paying attention.

## **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, but no more. Into the third day of my fast, after a few discerning questions, I brought myself 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 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 gunny-sacks — “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 God!”**

The Wilderness Woman and I had many, many such talks about these burdens and about energy, and she gave me reading assignments on Nerve Energy. I understand that to be “energated” 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 go to do a thinnervation!” 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.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.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, 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 - 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. 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 the fats in my body 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 statue-creatures 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 under-

stand 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 fed 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 give gratitude, 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 naturecurerawfoodhealthretreat, 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 the 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 melons-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 time. So, I settled in with my spray, at over \$100 a month, and decided, as my grandmother used to say, “It is better then 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 it 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 and/or lettuce — at least 2 of the 3 — with every meal: essential for the high water content, digestion enhancement, and necessary minerals” is one such example.) Eventually, I was able to do the dishes. In fact, I was requested 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 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 BodyStant 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 spied 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 2 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 high mountains, snow-capped and with winds raging through the valleys. Each scenic turnout was more breath-taking than the previous! Blue-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, BUT — 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 my 6 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 *Nature Cure* at The 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 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, Drs. Tosca and Greg 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 or 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 yourself in the hands of anyone but yourself!**

**Do not be in awe of so-called ‘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 developing 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](http://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 and 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 acidophilis 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!

# The Wilderness Woman Assures The Irish Woman: “YOU DID EVERYTHING RIGHT!”

I was honored to receive a guest from Ireland on December 8th, 2012. Unlike others who have visited from abroad, she was not just fitting a Guesthouse visit into her travel schedule but coming to Our Hygiene Homestead in The Woods — just to get well! My assistant and I fussed over The Howling Wolves’ Den for “Our Ireland Visitor,” getting new snowflake flannel sheets and a huge faux-fur comforter. But knowing our guest was coming from further north than America, we were sure she would not be complaining about the cold! I long ago gave up listening to complaints about the weather anyway, when an older man from Florida and a younger man from Denmark were both here in the 75 degrees of summer and one complained about how cold it was while the other how hot! Besides, our upcoming Ireland guest told me she does not even turn on the heat in her home until she can see her breath! Come to find out, she snuggled down into her cozy bed with heat off and window wide open throughout many days of her visit to breathe deep our fresh mountain air! Isalda was “A Guest from Heaven” who did everything right during her 37 days of fasting on water-only and 12 days of juices and whole foods. Cheryl Denman was Isalda’s house companion during the visit. Cheryl had taken a 40-day fast during the summer of 2012 and had stayed on to give us a huge head start on the scanning of The Dr. Vetrano Library. But even though Cheryl was there for companionship, many a day, Isalda laid low and did not even want so much as a short visit from either of us while her “DO NOT DISTURB” sign picturing a cat curled up and fast asleep hung on her private bedroom door. It was so encouraging to see a Health Seeker take her visit so seriously. Our theme at most every visit was my confirmation to Isalda: “YOU ARE JUST DOING EVERYTHING RIGHT!”

- She educated herself well on The Correct Natural Hygiene Fast before she arrived.
- She continued that education through books and DVDs and our teaching sessions throughout the fast.
- She did not obsess like so many do about a bath every day and bathed seldom toward the end of the fast.
- She wrapped up in a warm blanket and, many a day, sat on the deck breathing in the fresh mountain air.
- She took to getting that same fresh mountain air from her bedroom window into the fast.
- She drank the recommended big pitcher of pure, distilled water to stay hydrated every day of the fast.
- She went to bed for the night at 6:00 P.M. most every night and slept well into the morning every day.
- She took naps and took “complete rest” intermittent throughout her waking hours.
- She minimized conversations with Cheryl and me until she had broken her fast.
- She went 2 days past the planned 35 for the extra healing they would allow.
- She was on the computer, like everyone else these days, but did not stay on long, energy-draining hours.
- She kept herself warm enough at all times.
- She got a little sun on the several spectacularly sunny winter days in The Pacific Northwest.
- She did not engage in regular exercise at all throughout the fast.
- She did get on The BodySlant and did use her bed massager for the passive exercise they afforded.
- She bit the bullet and engaged in no complaining and kept a very positive attitude the whole time.
- She stayed out of drama with those in her life and had contact only with the nurturing people in her life.
- She broke the fast correctly and did not order home-delivery pizza with wine behind my back!
- She went home with what she needed to carry on what she had learned here: *2 BOOKS IN 1: The Health Seekers’ YearBook with The Best of Common Health Sense, The Live Food Factor*, The Vitamix, several items from “Our Great & Yummy GetWell Edibles Order Form,” and a lifelike action figure of a howling wolf as a reminder in concrete form of what had she accomplished here in Concrete, Washington!

Look above at all Isalda did right. See THE 10 ENERGY ENHANCERS in the proper order I teach them. Give it a try: Cleanliness, Pure Air, Pure Water, Adequate Rest & Sleep, The Natural Hygiene Diet, Right Temperatures, Regular Sunbaths, Regular Exercise, Emotional Balance, Nurturing Relationships. In Natural Hygiene, we teach “REMOVE THE CAUSES OF DISEASE” and “PROVIDE THE CONDITIONS FOR HEALTH.” For each Health Seeker, these “Conditions” vary in proportions. For Isalda to get the most from her visit, she needed to drink in the Pure Air and Water, soak up sunshine, double up on Rest & Sleep, and stop The Natural Hygiene Diet and Regular Exercise. Happily, these “Conditions” she gave to herself.

## Isalda's Long Fast

The reason for my considering a fast was in the hopes of auto-lyzing a benign tumour. "A bump" had been growing in my abdomen, albeit slowly, for 5 years. In the beginning of 2012, I was diagnosed with a "fibroid tumour" (not cancerous). I had been living an unhealthy lifestyle of drinking, smoking, and other unmentionables. I had even been eating meat for the last few years after growing up vegetarian. My social life had revolved around self-destructive thrill-seeking... just out of habit, as the thrills had been long gone. More crucial to my story is that I had taken a dose of synthetic progesterone (Depo Provera) approximately 9 years ago. Intuitively, I knew this sowed the seed for this tumour to develop. (The most overwhelming of the side effects I experienced from the drug were constant spotting and menstrual cramps with depression and paranoia.) Then, after a shocking and traumatic experience a year ago, "the bump" grew wildly and scanned 9 inches across!

Hence, it was time to face the demon! So, I spent the rest of the year looking for answers. I experimented with a variety of natural remedies and holistic cures and kept reading that fasting produced results. For the last 6 months, I had weekly Korean Vital Qi Treatments (Cheonsoo) and practiced yoga regularly. I eliminated chemicals from my life, took daily fresh air and exercise, and transitioned to 80% raw vegan diet. All made me feel really well but did not significantly reduce the tumour. Other things I tried and found to be ineffective and expensive were TCM and taking the supplement Vitalzym. At one point, I did The Master's Cleanse for 3 periods of 8 days with a couple of days of light eating in between and found from the ultrasound scan that the bump had reduced by 1/3 from 7 inches to 4 & 1/2 inches. The treatment prescribed to me by the M.D.s was myomectomy, specifically a midline laparotomy with likely blood transfusion and possibility of emergency hysterectomy. I backed out twice, and they were rescheduling the surgery yet again when I found Our Natural Hygiene Homestead in The Woods, The Wilderness Woman, and The HighJoy Horse!

I emailed Victoria on an off-chance in a last-ditch attempt to avoid surgery. She assured me: "Partial to complete autolysis of tumors is automatic when fasting." Within days, I had made my 8 weeks' reservation at \$300 a week rather than the going \$1,000 rate at Dr. Goldhamer's. My thought was clear: "THIS WOMAN IS A TRUE PHILANTHROPIST WITH HER RATES!" I booked my flight. I arrived in Washington 3 weeks later to be greeted by the first of many, many bear hugs and a jar of beautiful apple, celery, raspberry juice. A GOOD START! Our Homestead was a welcoming site with the driveway and the front of the house all lit up. The air smelled soft and sweet. I retired to my woodsy chamber, "The Howling Wolves' Den," and began fasting. So what happened during my fast? SOME KIND OF METAMORPHOSIS! For 2 weeks, I enjoyed the contemplative solitude of Our Homestead. My houseguest Cheryl was up for more chit-chatting than I. It was a period of total respite and rest. I felt like I was on holiday! My mind was clear, and the creative juices were flowing. I watched DVDs and read books from Our Homestead Library, spent time on The Internet, wrote, drew, played music, and mentally finished editing the documentary film that I've been making. In between these creative bursts, I had private outpourings of emo-

tion and releasing of subtle but long-harboured negativities. Most days, The Wilderness Woman would burst into my room, vital and bubbling! We would discuss my experiences of the day. I fasted for 37 days and watched "the bump" reduce dramatically! In 37 days, I went from being asked, "When is the baby due?" to a flat stomach when standing and dramatically reduced when lying flat (but not 100% gone). I had numerous other beneficial results, especially emotionally. And I am full of gratitude for taking THIS LIFE-CHANGING ADVENTURE! The last 18 days of the fast, I found increasingly uncomfortable both physically and mentally. I experienced nausea, kidney pain, dizziness, extreme weakness, dramatic weight loss, insomnia, and nighttime hallucinations. I was on the verge of breaking at day 35, but Victoria encouraged me to continue for 2 more days through reference to the "Courage, Strength & Freedom" of the Mountain Lion, Wolf, and Bald Eagle picture on the wall of my bedroom. I was, after all, in The Howling Wolves' Den for a reason! So I held out for another 48 hours, taking my cue from these wild creatures from whom we can learn so much when we open our eyes. Breaking the fast was a divine experience! For 4 days, little baskets would mysteriously appear outside my Den door. They were filled with assorted jars of the tastiest, sweetest juices! After 3 days of lovely juices, big baskets of fresh fruit and salad veggies were provided for me to feast upon. And feast I did! Quality produce appeared with no expense spared! Great variety was served for January notwithstanding! I dined on fruits and veggies I never even knew existed! My re-feeding on whole foods was sumptuous! The Wilderness Woman treated me to several gifts besides \$5,600 off the rates others had quoted.

It has been 2 weeks since I broke my fast. I can feel "activity" again at the site of the tumour. My abdomen is barely bulging as it had before, although only marginally. Victoria could not even see it. This has left me confused. So before leaving The States, we got Dr. Tosca Haag on the phone for yet another gift, one that helped set me more at ease — a lengthy consultation. Dr. Tosca explained: "Several things are going on. #1 — You are undoubtedly experiencing some retracing with this 'activity at the site.' This is typical 2 weeks or longer after a fast. #2 — Even though you did drink water throughout your fast, your cells are still somewhat dehydrated. They are refilling up on water now. This could account for any slight enlargement. #3 — Your bowels are now pretty much nonstop filled with fiber and some gasses which you are likely to experience as an enlargement at the site. #4 — A fibroid tumor is made up of living cells that will multiply after a fast and could account for a slight enlargement of the tumor. It takes time to autolyze these cells completely. You have made great progress. Keep your attitude positive. This 'activity at the site' does not mean the tumour will grow back to its largest size and larger yet. Go home and live right. In another 6 months, consider another long fast before you consider surgery. BE PATIENT!"

After such elation upon seeing the tumour reduce dramatically after the fast, 2 weeks later, I had been left wondering. But after consulting with Dr. Tosca, I know I must practice patience with The 10 Energy Enhancers. I am returning to Ireland with a cleansed system, a much brighter mind, and newly acquired, good habits. I feel fully positive for the future!

# Ethan's 32-Day Fast-on-Water-Only-&-Live-Food-Feast!

Doing a fast on water-only at Victoria BidWell's, BEAUTIFUL Hygiene Homestead in The Woods outside of Concrete, Washington, has been THE MOST POWERFUL EXPERIENCE OF MY LIFE!

Where do I begin? First, I want to describe what I LOVED about Victoria. Also called "The Wilderness Woman," she is one of the most loving people I have ever met! She is REAL (authentic, genuine) and has a GREAT sense of humor! From the first day I called, she was SO helpful and took all the time in the world to answer any questions I had. She answered my every e-mail concern thoroughly and promptly. She even took me, over the phone, through a FUN, guided virtual tour of the land and facility at her website. This was great — to see where I would be staying! And Victoria is SO knowledgeable when it comes to health on all levels. She has much experience, but she doesn't come off as arrogant or cold or unapproachable. She has a warm heart, but she DOES mean business and seeks the best out of Health Seekers, herself, and the situations we find ourselves in! Victoria has been such an inspiration to me, especially because of her unwaveringly positive attitude and dedication to helping people! Victoria and I had several good talks, and I always felt comfortable talking to her about anything. She was like a good friend with whom I had just been re-united after a long time away. She was SO supportive of me in every way during my fast. I will NEVER forget what Victoria has done for me and the gifts and opportunities she has provided for me. One of the first things she did upon my arrival was hand me back \$140, telling me, "You paid me too much!"

People call her "The Wilderness Woman" — and with good reason! She dresses very naturally, completing her black outfit with loggers' boots, a fur headband, and gloves during nippy temperatures! The Wilderness Woman lives with a BEAUTIFUL, white, Arabian horse! She introduced me to him when I first arrived. And this horse — "HighJoy" — warmed my heart right away! Victoria's frontier bedroom is decorated in 1800s' style, and HighJoy can put his head through a Dutch door and keep us inside sitting around the wood-burning stove entertained! She isn't afraid to get her hands dirty, either! She revels outdoors in all kinds of weather, whether it is feeding the beautiful HighJoy, picking wild blackberries, or stacking wood for the winter. She watches throughout the month as the moon waxes and wanes and makes us aware of its coming and going beauties. She points out the moonbeams as they make shadows across the mountainscape or the new moon that lets the stars' light shine through extra bright. I loved hearing the stories of how our Wilderness Woman once rode HighJoy in the Canadian Rockies, how she would swim wild lakes and could pick wild cherries from the trees while standing on her horse's saddle to reach them! Just being around "The Wilderness Woman" has inspired me to connect with nature more!

Next, I want to describe what I LOVED about The Guesthouse. The HYGIENE HOMESTEAD is just wonderful! I stayed in the ELEGANT "Eagle's Nest" cabin, complete with a COMFORTABLE bed, LOTS of warm faux fur blankets, cozy overstuffed chairs for each of us, a wilderness desk topped with a huge chunk of polished burl, and a GREAT electric flame fireplace. The whole private bedroom took me back to the simple life of the 1800s and glowed with a "homey" feel. Victoria

would do my laundry as I requested. She would make sure I had clean sheets every week and distilled water every day. In fact, with every daily visit, she would make sure all my needs were filled. The shared living room was just as user-friendly, with comfy couches. We had a PERFECT kitchen for re-feeding after the fast. And WOW! Victoria has at Our Homestead the BIGGEST, most comprehensive library on Natural Hygiene anyone has EVER seen! Then, where she and HighJoy live, is an antique library just as large as ours here at The Guesthouse! Our library is Victoria's personal library, and the antique library is a gift from Dr. Vetrano with most books from the late 1800s but some going back to the late 1700s. You can just imagine! Both libraries are open to us guests and include current 1900s' and 2000s' books, audios, DVDs, VHSes, and magazines, as well as rare books and magazines by famous and lesser known Natural Hygiene Pioneers and modern educators! The cabin I stayed in, and the HOMESTEAD in general, is surrounded by a tall, solid-cedar fence and 20 times taller evergreen trees and maples. The property, except for the birds chirping and occasional dogs barking to each other, is VERY QUIET, which made my stay that much more relaxing and enjoyable.

Another GREAT thing is that Victoria allowed me to work for her for 3 days BEFORE THE FAST in exchange for a discounted rate! I arrived on October 28th and worked the 29th, 30th, and 31st. These 4 days included free room and board and just a few to several hours of work a day. The rest of the time was just for my leisure. VICTORIA HAS NAMED THIS RATE: "PITCH-IN PRICES!" The work included 3 projects. It was all outdoors in nature work and was SOOOOOOOOO MUCH FUN! I got a chance to take off my shirt in the warm October sun while I picked 2 huge, huge buckets of "wild" (and therefore "organic"), little winter apples which Victoria made into juice for the freezer and will use to provide feed for HighJoy throughout January. Together, we built HighJoy a cement "pad" on which he could stand in his barn. We loaded up 3 truckloads of firewood which I then unloaded and stacked. Victoria thanked me endlessly, saying how I was saving her from \$10 an hour workers. She really helped me feel like I was contributing to this beautiful healing center while I was having the fun of connecting with nature directly! Next, I want to introduce myself. I am 28 years old. Personally, I came to do this fast on water-only, or as I like to call it "fast-&-live-food-feast" for many reasons. I didn't come here because I had high blood pressure, obesity, diabetes, cancer, or any other illness. I came here very healthy! For years, I have been eating mostly living foods, getting lots of exercising, living my passion, having very good vitamin and mineral levels, and feeling over-all happy. I came here to gain mental clarity and complete emotional balance and to get a DEEP cellular detox, after former years of vaccines, living in a polluted environment, accumulating stress as a child, and eating LOTS of cooked food while growing up.

One big issue I had growing up was using food to escape. I would often stuff down my emotions by eating crappy food.

But no one could really tell, because I didn't gain weight, so I kept on using emotional eating as an addict would use a drug. Eventually, as I moved into the adult world of responsibility, the side-effects of self-medicating with food became worse and worse — and very expensive. It even came to the point where I had so many emotional issues with self-hate and feeling unworthy of love and wanting to avoid all responsibilities and unable to let my light shine that I would literally escape. I would plan these escapes out in detail. I would travel to another city and get lost in anonymity. I would rent a hotel room for a day or few, charge up my credit card (or use almost ALL of the cash I had), and hide out while I ate exorbitant amounts of cooked, junk foods. Many of these binges brought on “allergic” reactions. I sometimes got suicidal.

And I did this HUNDREDS OF TIMES in my early twenties. Each time I hurt myself like this, it felt worse and then worse. So it took SEVERAL YEARS of digging deep, getting help, and believing in MYSELF that helped me finally RESOLVE these issues and seeing the ROOT of why I had been taking these “great escapes.” It took an ENORMOUS amount of SELF-BELIEF, patience, and TRUST in the process of releasing and LETTING in new energies and LOVE. Most of all, it took LOVE. That's what I have learned: IT'S ALL ABOUT LOVE. And looking back, all of my experiences have HELPED me become the grateful and happy person I am today: with compassion for others, a sense of humility, and the beliefs that literally ANYTHING is possible and that NO ONE is hopeless!!!! During those early twenties, I could have NEVER taken this fast-&-feast at Our Hygiene Homestead in The Woods: I was just too unhappy. And that shows how far I have really come. It's so exciting! All along the fast, I had SOOOOOOOOOOOOOO much love and support from friends, family, and God, as well as MYSELF. I have learned NOTHING can be done alone... and yet, NO ONE can truly do the work for us. I CAME TO THE WOODS FOR MYSELF! Below are many more reasons, specific reasons, why I came here to do this fast-&-live-food-feast:

1. TO Be at PEACE and EASE with myself.
2. TO BECOME INDEPENDENT.
3. TO Cleanse and heal every cell and system in my body.
4. TO Let my organs normalize to the size they are supposed to be!
5. TO Detoxify vaccines from childhood.
6. TO improve my memory.
7. TO Improve my sleep
8. TO Improve my sensory and extrasensory abilities.
9. TO Increase my empathy and healing energy.
10. TO Build a more “fuel-efficient” body!
11. TO Develop a stronger, healthier, more flexible body.
12. TO be prepared for one day in the future when it might be vital to be able to live without food for a certain length of time.
13. TO Experience DEEP relaxation, rest, and restoration after YEARS of late night eating of toxic foods and overstimulating my nervous system
14. TO Free myself of mental/emotional food addiction.
15. TO Learn to portion control my food. (Deep down, I KNOW I don't need to eat so much to live!)
16. TO Learn to eat for genuine hunger only. (Too much of my eating has been out of habit, stress, negative emotion, fearful thought, boredom, entertainment, or just for taste pleasures.)
17. TO Release my computer addiction.
18. TO Overcome my addiction to fear and to release fear of pain, especially fear of mental and emotional pain.
19. TO Forgive myself COMPLETELY for all of the errors I have

20. TO Give up selfishness and self-centeredness.
21. TO Erase past negativity and especially TO Clear family negativity that I once absorbed.
22. TO Break through boundaries and arbitrary limitations I have placed upon myself.
23. TO PERMANENTLY connect with my Spiritual-Side & Love-Space in my heart.
24. TO Discover what love truly is.
25. TO Allow in the TRUTH of who I always knew I COULD BE and TO Invite the POTENTIALLY TRUE me to come forth!
26. TO Grow into my Warrior Self! “ROAR!”
27. TO Prepare myself for my beloved partner.
28. TO Prepare my body to be the highest genetic expression of health possible, in preparation to have children.
29. TO Allow my ART to come through fully and beautifully!
30. TO Inspire others to explore their own perceived limitations.
31. TO Re-connect with nature on a deep level.
32. TO Get clarity on what I want to do with my life and to shift toward peace and abundance in this world.

These are many of the reasons I wanted to do this fast-&-live-food-feast. And while I have been here at Victoria's Nature Cure Raw Food Health Retreat, EVERY single one of them has either come true or has begun the process of manifesting! The benefits I have harvested here will for sure carry over into the rest of my life. I came into the fast with not much money and needing to re-connect with my abundance nature. I had left my home and work in New York doing Thai bodywork and teaching yoga, and I didn't have a place to live after the fast, but I KNEW God would provide in all ways. SOOOOOOOOOOOO many things have fallen into place since I arrived at The Guesthouse! I came into contact with a friend of a friend who will let me live with her in Hawaii until I find a farm community of like-minded artists and Earth-centered people, which has always been a DREAM of mine!

Who would have thought that a fast-on-water-only-&-live-food-feast could GIVE me SO much?! It's been truly REMARKABLE! Like I said before, I came into the fast VERY healthy; so personally, I experienced virtually no pain or discomfort whatsoever during the fast — just the expected weight loss and extraordinary weakness. Even though this was my first extended fast, it felt like the most natural thing in the world. I really enjoyed the simplicity of the fast. And the LOVE and support I received from The Wilderness Woman made it that much better and enjoyable! I am so grateful that I came into contact with Victoria.

The breaking of my fast was such a fun experience! I refused Victoria's usual way of breaking on her live-food juices and live-whole-foods meals. Instead, I gave her a shopping list. And from Day 1 of breaking until I left, I made my own juices and meals. My first live-food-feast after 23 days of fasting on water-only included little separate glasses of celery, cucumber, romaine, parsley, dandelion, and wild apple juices. I tasted each juice individually. AND MY GOODNESS! I have never experienced anything like that before... the feeling, sensation, taste, emotion, and joy were beyond words!

I DEFINITELY recommend that people who are looking to heal without drugs, surgery, or “magic pills,” potions, or quick fixes look into doing a fast at Victoria's beautiful HYGIENE HOMESTEAD in Concrete, Washington. She offers the MOST affordable rates that I could find ANYWHERE on The Internet, and the quality of the experience that she provides and the facility are... “TOP-NOTCH!”

# **In Just 4 Weeks, The Slim & Happy & Fun Debbie Is Back!**

**At Our Hygiene Homestead in The Woods, You Can Sleep Well,  
Fast Well, Lose Weight & Anxieties Well, Breathe Well,  
Sunbathe Well, Exercise Well, Commune with Nature Well,  
Enjoy Friendships Well, Then Break Your Fast Well & Eat Well,  
— & Ultimately, Get Well & Stay Well!!!**

DEER Friends! “Little Debbie Horvath” just left yesterday for her own homestead in Tuscon after a 4-week break from being in a rut with the circumstances of her life! She will return to Tuscon. But she will not be returning to the rut into which she had dug for herself! Little Debbie came for 4 weeks at the inspiration of her sister-in-law Mary Horvath who was here this spring for 4 weeks herself and whose story will be in our Fall News Bulletin. Mary and I conspired to get Little Debbie here for “THE FULL TREATMENT” and with the high hopes that she could get out of the 8-month old rut she had dug for herself and from which she could not escape so easily! AND WE WERE GLORIOUSLY SUCCESSFUL! WE HOPE THAT UPON READING THIS, YOU WILL TIGHTEN UP YOUR CINCHES AND BE INSPIRED TO DO THE 10 ENERGY ENHANCERS EVERMORE SUCCESSFULLY, TOO! GET READY FOR LOTS AND LOTS OF EXCLAMATION POINTS AS LITTLE DEBBIE INSPIRES US ALL!

## **THE WONDERFUL, MARVELOUS SETTING FOR MY GET SLIM, GET HAPPY MAKE-OVER...**

**VICTORIA BIDWELL** ~ Synonymous with “The Wilderness Woman,” “The HighJoy Homestead,” and the enchanting home-away-from-home “Our Hygiene Homestead in The Woods!” Victoria will fill your cup with truth, humor, heart, and endless stories. Victoria will keep you entertained and thoroughly amused, educated with her treasure of knowledge, and enthused with her infectious energy!

**THE GUESTHOUSE IN THE MOUNTAINS** ~ Imagine unpacking and dwelling in The Critter’s Forest or The Eagle’s Nest or The Howling Wolfe’s Den or The Bear Cave — all on 1/2 acre and burrowed into the foothills of the majestic Cascade Mountains! Imagine hand-picking succulent and wild blackberries along the slow-flowing Skagit River, taking in all of nature’s gifts, watching mother and baby deer and a small herd of elk graze while rabbits explore for tender baby green clovers a stone’s throw away! Imagine cool rain forests dressed in lush, verdant vegetation that offer swimming holes and picnicking spots and trails that trek for endless miles! Imagine cool nights after August hot days, cradling you to sleep!

## **MY 21-DAY FAST & 7-DAYS ON JUICES...**

**MY MIND** ~ The dark and despairing clouds have departed! My brain-fog has evaporated! The sun is shining brightly in my mind! And the birds singing in these great outdoors sing, too, with my happy heart! Victoria explained on the phone and before my coming: “If you want to fast on water-only, if you want to get the fastest weight-loss results, if you want to get the most from your fast, you will need to get off your medications. You cannot fast and do medications at the same time. That would be dangerous. So, you will need to get off your anti-depressant medications while in Tuscon. That should be easy! Just the thought of coming here to be with the happiest woman in the world and treat yourself to this time-out visit should have you happy enough to dump the anti-depressants!” And she was right! Feelings of depression and anxiety have vanished! Clarity of thought, a sharp memory, my sense of humor, and creativity have all returned! And my degree of sensitivity, love, and joy have shot to the treetops! I am slim, happy, and fun, again! DEBBIE IS BACK!!!!

**MY BODY** ~ I have reduced my body weight by 25 pounds! During the last 8 months, while under extreme stress adjusting to moving in with my 88-year old mother to help her after she had a stroke, I got depressed, started cooking Hungarian recipes we both love, and gained weight. I took to wearing everywhere “the green dress” — a huge muumuu I had discovered cleaning out my mother’s closet. One of the first things that Victoria said to me when she picked me up at the bus station was: “That green dress has got to go!” And “go” it has! Today, I fit sweetly back into the small clothes I had been wearing all my life! **THIS IS SO WONDERFUL — AND IN JUST 4 WEEKS!** Prior to fasting here, my blood pressure had been high for years — in the 138/96 to 162/88 range. My last week after the fast, I decided to just do very small amounts of juices to break my fast, at Victoria’s inspiration. And during my 4th week here, my blood pressure has dropped into a range of 116/79 to 118/83. I am elated! I am also off diuretics! Years ago, I was diagnosed with “Cyclic Edema” (water retention). And ever since, I had been taking 40 milligrams of Lasix daily. I am ecstatic to report that I am no longer in need of this medication, either! My teeth are whiter! My skin is noticeably softer! And even the fatty pads in my face have emptied! The skin tightened up during the fast! My facial lines are fewer, excess skin tightened up under my chin and in my cheeks! It is like having a successful plastic surgery on the face here at Victoria’s! **DEBBIE’S BODY IS BACK! AND DEBBIE’S FACE IS BACK, TOO!** My finger nails are stronger, smoother, and longer than ever before! And my energy levels are recharged and ready to go! What else can I say? I can only repeat: “I am slim, happy, and fun, again! **DEBBIE IS BACK!!!!**”

**MY SOUL** ~ My 28-day journey has presented me with the opportunity to purify and cleanse my soul, as well. It is my belief that just as the soul will provide for the body and the mind, so do the mind and body provide for the soul. Our every-day, fast-paced, hectic, city-slicker, instant-gratification lives do not grace us with the valuable time necessary for reflection and revelation to do the work the soul needs to do to give us peace and happiness. However, due to the back-to-nature, sleep-til-noon, take-naps-all-day, leave-it-all-behind setting that Victoria has so unselfishly granted me in which to partake here, my soul has also lightened in weight immensely! Simple beauties and joys can now flood my soul because I had time here at Our Back-to-Nature Homestead to let the darkness dispel and the light flood in!

**IN SUMMARY... I CAN’T TAKE OUR HYGIENE HOMESTEAD HOME WITH ME** ~ I can’t take The Wilderness Woman, The HighJoy Horse, or Concrete home with me on the plane. But I can take part of “The Wilderness Woman’s 10 Energy Enhancers’ Complete Package” with me on the plane to live on in my mind, body, and soul while here in Tuscon. For all will remain an ever-lovin’ and ever-livin’ memory of those lessons learned here to keep me traveling every day only on The Happy Trails! I will forever picture The Wilderness Woman carrying those glorious baskets filled with the most colorful, thriving, lush, and mouth-watering fruits and vegetables you will ever experience! I will remember all her teachings — some of the best were given during our private massages. I will remember to let stress be “like water off a duck’s back!” and “to stay on The Sunny Side of The Trail!” I will practice the Natural Hygiene tricks of her trade she shared... “to keep even 1 pound from coming back!” I am going home tomorrow — slim, happy, and fun again! The green dress is gone. **AND DEBBIE IS BACK!!!!**

Here is to you, Victoria BidWell and that dazzlingly white HighJoy Horse! With a spirited, sassy, and gorgeous sidekick like him, who would not be inspired? Just waking up to him everyday would thrill anyone! Victoria, through your devout dedication and inspiration to all, your legacy **WILL** live on. I am honored to share my experience at The Guesthouse with Health Seekers. Thank you for such a complete package and this totally life-changing experience. **RIDE HAPPY TRAILS, YOU TWO, UNTIL WE MEET AGAIN... I WILL BE BACK ONE DAY, NOT BECAUSE I WENT BACKWARDS BUT BECAUSE I WILL JUST WANT MORE OF THE SAME AS I GO INTO MORE FORWARDS. AND BELIEVE ME, I WILL RETURN... “SLIM, HAPPY, AND FUN!”**

**I feel sorry for anyone who cannot come here to experience what I have. Love, “Little Debbie” Horvath-Griffin**

# “The 3 Weeks I Spent at Your Cottage Retreat Were 3 of the Most Life-Changing Weeks of My Life!”

— A Letter from Diane Boros —

Dear Victoria, YOU ARE A SAINT... What you help people do for their health and well-being is so much needed in today's world! When Mary Horvath first told me what she was planning on doing at your lovely cottage in the evergreens — “FAST ON WATER-ONLY!” — I was quite leery. And honestly, I decided to go just to look after her. I had no intention of fasting before I talked with you. But I did have 3 things I wanted to eliminate from my life: a long-standing glass of wine habit before and after dinner leftover from a stressful career in the hotel industry, high blood pressure medication of just a few months' taking, and a lifetime of being on an inhaler for asthma. After our first phone call, however, you convinced me to try “a few days of fasting on water-only” during my reserved 3-week stay. Once you sent me Dr. Scott's book of 100 fasting case histories *Fasting for the Health of It* and once I read more and more of 2 BOOKS IN 1: *The Health Seekers' YearBook with The Best of Common Health Sense*, I was thinking of trying 10 days. Come to the end of my stay, I had completed 3 days of juices while I took myself off the blood pressure medication and 11 days of fasting on water-only, with 7 days of breaking the fast correctly. Mary checked in a week before my arrival, so she was well into her 21-day “Correct Natural Hygiene Fast.”

Moving on to my arrival day — April 23, 2012! I was greeted at the Seattle-Tacoma Airport by a robust woman with the rosy complexion of a healthy 9-year old girl! She stepped out of a shiny-black PT Cruiser and gave me a huge bear hug that took my breath away! After this first introduction to you, we had a leisurely, long day of getting to Our Hygiene Homestead. You took me to the spectacular Skagit Valley Tulip Festival and left me to wander through endless acres of red, yellow, orange, magenta, and purple tulips all planted in perfect rows with the foothills of The Cascade Mountains as the backdrop on one side and land stretching to salt water on the other. I wandered not “lonely as a cloud,” but with hundreds of other tulip seekers who wanted to smell the tulips as they touched the sky! After that, you inquired of me, “Would you like to be left alone to hike around a hill called ‘Little Mountain’ with views of Puget Sound to the west and snow-capped Mt. Baker to the east? I could drop you off while I go on a few errands.” I am a hiker and a runner. I gasped: “YES!” And since, I was about “to lay low” for 3 weeks of inactivity, rest, and sleep, I jumped at this last chance to revel in nature while I worked up a sweat! Little Mountain is the last mound in the foothills of The Cascades, the last mountain boundary for The Skagit River Valley. So, I got to see the same tulip strips of colors from a distance, through which I had just wandered! I was so happy to see an American Bald Eagle soaring on the thermal currents overhead!

When we arrived at your postcard-perfect Homestead, the cedar and pine fragrances overcame me! I was reminded of all the summers of my youth I had spent at “our family cottage” in Ontario, Canada. We really roughed it there, every summer on the lake. No electricity. No indoor plumbing. Just the wilds and clear skies and critters! Victoria, it was love at first sight — your little cottage in the woods was a throwback to my childhood and teen years! I knew this was going to be a special time of healing. I had the cutest loft bedroom. It had a double bed and a twin bed on one side of the staircase and an office set up on the other side. But since no one was checked in for the single bed, I had a huge, private room! I am from Tuscon. And perhaps the most wonderful part of this “geographical cure” was the woods, the green everywhere, the huge Skagit River, The Cascade Mountains, and — THE FRESH, COOL, CLEAN AIR! Since Energy Enhancer #2 is “PURE AIR,” I kept both of my bedroom windows open at night. And I loved to wake up to the sounds of the songs of birds in the morning. I've had asthma all my life. But the fresh air and the cleanliness of the cottage and endless hours of complete rest and sleep all helped set the stage for the cleansing and healing of my lungs during the fast. I didn't use my inhaler the night I arrived, and I did not use it throughout my entire stay.

Victoria, you took time throughout my stay to listen to my health concerns and help direct me to the best course of action. Those sessions we sat in a group, they helped us to memorize “The 10 Energy Enhancers” and “The 10 Energy Robbers” so that we would know how “to provide the conditions for health” and “to remove the causes of disease.” It helped, also to memorize “The 7 Stages of Disease” and their Correct Natural Hygiene definitions so that we would be reminded that the disease process evolves from simple exhaustion (“Enervation”) to the last, dreaded stage of Chronic, Degeneration. The best part is that I now know exactly how to reverse this disease process to get well and stay well!

What came as a shock was my total lack of appetite — even though the books did say that would happen! I expected to feel hunger pangs. But they never came! After 7 days, the water started tasting so sweet! What games the mind and body can play while fasting! Victoria, you were very detailed in telling us what we might expect during our fasting, both the highs and the lows — so we weren't caught off-guard. I think I was quite on the high-and-happy-and-energetic side during the fasting, but my toxins showed their faces once I broke the fast with cold sores and a short-lived case of shingles! Your attention and guidance to slowly breaking the fast was key to our success. The introduction to juices in small quantities 6 times a day was the correct way to break the fast. After 2 days, you made sure we had access to numerous, different, fresh fruits and vegetables. And your “food preparation” — not “cooking” — classes were fun and informative! I especially loved your “Instead of Yogurt” demonstration! I had never eaten a perfectly ripe cherimoya before! It looked like a fat, round lizard — but tasted wonderful! I liked the Cherimoya Instead of Yogurt with a hint of garlic along with the onion and lime to give it the fermented taste of yogurt without the dairy! I also loved our Italian Night with the vegetable spaghetti and raw marinara sauce! Your secret recipes for spices were amazing! The Instead of Coffee is my favorite, except I think it is a toss-up now that I received my Victory Veggie Vittles in the package you just sent me! (Never have used so many exclamation points in my life!)

After all is said and done, the 3 weeks I spent at your cottage retreat were the 3 most life-changing weeks of my life! I know I got testy (to say the least) at the end of my stay. And I'd love to blame it on the fast and what I went through with you. But it was a combination of... going back to the real world after 3 weeks of wonderful solitude, hoping I can continue the healthy path you set out for me, missing my husband, knowing I would be missing your fresh air and rivers and woods — AND YOUR GREAT MASSAGES!

On a delicious side note, your “beverages” were amazing — starting with the fresh watermelon juice you handed me at the Airport and before my Little Mountain hike to your special green drink those 3 days before my fast and our Beverage-Tasting Parties after my fast! On a happy note — I have not had an alcoholic drink since returning to Tuscon! My husband and I still have our Friday nights on the patio. But we experiment with different, frozen, non-alcoholic drinks now — like your frozen margaritas and daiquiris. I've created one with strawberries, bananas, and coconut milk! YUM!

Victoria, even though when I arrived you told me that my weight was “just perfect,” I have worked to keep off the 10 pounds I left at your place. My husband and I are both eating raw, with a once a week slice of my homemade sour-dough bread. (Sorry, can't give up our tradition.) MY HUSBAND LOVES YOUR PRODUCTS! He takes your dried tomatoes and Vittles to work every day and keeps saying, “You have to order more so we don't run out!” We've filled our kitchen with new toys: the VITA-MIX, 9-drawer Excalibur dehydrator, Cuisinart 12-cup food processor, a mandolin, and an ice cream maker. (Pineapple-mint sorbet is our absolute favorite!) I haven't managed to find a spiralizer slicer yet, but the mandolin works to make “noodles” in a pinch, creating long, thin strips of whatever I slice through! One last moment to share, Victoria. On our last full day before your evening dinner at the picnic table, Mary and I went on a private adventure. We walked up the South Skagit River Road and found a huge sand bar jutting out into the river. We packed a raw lunch. And before eating, we waded deep into the Skagit. Then ate. And then we both fell sound asleep! We awoke to American Bald Eagles soaring above our heads, as if to say: “Well done, Ladies of Tuscon!” The tulip show was the opening nature highlight, and these Eagles the closing. My words cannot describe my delight in having gone back-to-nature! VICTORIA, THANK YOU! THANK YOU! THANK YOU! — for all your healthy advice, endearing talks, trips up the Skagit River to The Little Alps of America, your beautiful cottage in the woods, your caring ways. AND LAST, BUT NOT LEAST, THAT GREAT HORSE HIGHJOY! MANY BIG BEAR HUGS TO YOU BOTH — LOVE, DIANE!

P.S. I know there was one other huge, life-changing experience, Victoria. When I mentioned to you how strong Mary was in The Lord compared to me, you explained: “When it comes to spirituality, there is no good in comparing. The Lord runs a non-stop ‘Come as You Are’ party!” After our little talk toward the end of my visit with you, I started to read *The Bible* again. I did like you suggested. I just started with The Psalms and The Proverbs using your huge *Bible* with the big print you keep in The Library. I did not get intimidated by old-fashioned language or verses I could not understand, either, like you suggested. I just started with these 2 simple chapters, and I could follow nearly everything! Then, our stop at the miniature church alongside the highway in the mountains helped bring spirituality into the concrete! I am still reading here at home. I will do next what you suggested: read the 4 stories of the same events written from the 4 different perspectives of the 4 men— Matthew, Mark, Luke, and John. Thank you for providing the surroundings and gentle suggestions where someone like me can again find her spiritual roots and reintroduce Jesus and God and The Holy Spirit back into her life. GOD BLESS YOU & THE HIGHJOY HORSE!

**BEFORE: “I secretly felt like I had been put out to pasture to die.”**

**AFTER: Eve Wheeler Is Now... “FOREVER YOUNG!”**

HELLO, HEALTH SEEKERS AND FRIENDS OF VICTORIA BIDWELL! My Name is “Eve,” and I am 50 years old. I have many tales to tell — because, as you know, “LIFE IS A JOURNEY, NOT A DESTINATION.” I am reflecting on my recent 21-day fast at Our Hygiene Homestead in The Woods. The retreat is nestled into the shade of Victoria’s GetWell★StayWell, America! in Concrete, Washington. I am a graduate of the famed Hippocrates Health Institute. I have an M.S. in nutrition (C.C.N.) and am a Registered Nurse. With these credentials and all the money spent on all this education, you would think that I could have overcome the self-sabotaging mindsets of over-working and over-eating. You would think that I could have long ago conquered all sickness/wellness issues... Well, easier said than done! I could not free myself from myself... In my thoughts, the only answer of late would be to fast and get some answers and relief from above.

How it all began that I ended up heading north to Concrete, Washington... I called every place available for fasting on water in America. But none were so willing to help as Victoria, “The Wilderness Woman!” She heard my desperation, and she HEARD ME — EVE! I needed someone strong, direct, and spiritually aware to help me with my plight. And that, she is... I am a compassionate and dedicated wife, mother, and grandmother — as it turned out, to a fault... And Victoria picked up on that during our first, long phone call: “Forget being the convenient babysitter for grandchildren and get up here and take care of yourself! You are not indispensable! Everyone you named in your life is draining the energy out of you... Everyone you named is younger, more financially set, and full of more energy! This is an outrage!” It was so true. But to hear someone else say it to me hit home on deep levels. She was right! My energy had been waning toward what felt like the point of no return... I had been feeling the life getting sucked out of me for a long time... I had always thought by making everyone else around me comfortable, I could make myself happy. But Victoria asked me, during that very first talk, many questions about what she called “your energy-robbing lifestyle.” Then she REALLY LISTENED to my answers. She was brutally blunt, and that woke me up! I realized just by answering her direct questions that I would only get worse if I did not start practicing what she called “THE 10 ENERGY ENHANCERS!” My answers to her questions provoked me to realize: “*I don’t know...* why I am so tired all the time...” and “*I don’t know...* why, with all the good, raw food I am eating, I am getting worse...” and “*I don’t know...* how to get well!” AMAZING! With all the education and Biblical background, there was so much about practical living to get well that... “*IDON’T KNOW!*” After several more calls and arrangements, it was near Thanksgiving. My plan was to go and stay 2 weeks. But after much counsel from Victoria (My brain fog was horrendous!), I thought about staying one more week. When Victoria “bribed” me with one more week at half price, I decided to add on another week — for good measure!

I approached my family about going to GetWell★StayWell, America! The response was: “Oh, No! It would be so inconvenient, what with the holidays and all.” I was really hurt that they could not see I needed support and healing. What else should I expect when I had complied to their ideas and desires nonstop for years? I was feeling 90 years old... dragging out of bed every morning with every inch of my body aching. I would go into a room and totally forget what I was there for and just break down on the spot, feeling so flustered and depressed... IS THIS ALL THERE IS TO LIFE IN THE FIFTIES? I had tried to be a good servant. “But God, what more can I do?” I begged to know. I took the plunge, made my reservation, and prepared to “GetWell & StayWell!” There would be no turning back now. It took nearly the last of my savings. But, THANK GOD, VICTORIA WORKED WITH ME! I would have never been able to go to the \$1,000 a week retreats. Her rates are unbeatable — and with all that service and love provided.

The drive from Portland, Oregon, to Concrete, Washington, was magnificent! The pristine Pacific Northwest beauty alone is enough to cause your heart to surrender to a Greater Power! The ocean... the green coastal trees... the snow-capped Cascade Mountains... what man-made art could replicate them? Although an uneasy feeling in my gut kept me on the watch, with each mile, it diminished... for the first time in ages, I grew genuinely hopeful... and EXCITED! I arrived in the small mountain town of Concrete after dark, so I was unable to see the landscape, but the air was so fresh! I followed the directions at [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com). The most memorable direction was: “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!” And over the river and through the woods I did go! I arrived at The HighJoy Homestead — The Headquarters for GetWell★StayWell, America! — and where Victoria and HighJoy live. Out Comes... “The Wilderness Woman!” I loved her beautiful, silvery-blond, curly hair topped off with a fur headband! She was so alive, sporting rosy cheeks and a bright smile! I immediately felt at home. She introduced me to Captain HighJoy America! Then, she gave me a handful of carrots and instructed me: “Make

friends with High, and I will be right back with some wild blackberry juice!” That was the best berry juice ever! I am salivating even as I write this! I was hooked... Oh, yes — I did make friends with that GRAND, WHITE, ARABIAN STEED! It is very easy to fall in love with him! Next, I followed Victoria to Our Hygiene Homestead in the Woods, down The Skagit River 5 miles. The whole front was illuminated with silvery and golden “wilderness lights” and JOY! Every inch of the sanctuary was designed in love. Every acquisition for the setting came with a story. At [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com), the last page of “Our Reservation Details & Lowest Rates,” you see “Before” and “After” pictures of The Guesthouse. It really was incredible that one woman in her mid-60s and her handy-men transformed “the Before-blue house” into “the After-green house!” The caption to the “Before” and “After” pictures foretell the guests’ adventures awaiting them:

**“We Just Love to Recycle & Rejuvenate Whatever We Come Across on the Trail!  
Including... Horses, Vehicles, Houses, Health Seekers, Hope & Happiness!”**

That was me... my HOPE needed recycling! The 1979 house was unrecognizable — renewed WITH LIFE! Many of the furnishings and yard art had been recycled and renewed and given a new home — with so much love and attention! The Guesthouse was wilderness beauty and charm. The recycling and renewing were a bit of a metaphor for me — because before meeting Victoria, I secretly felt I had been put out to pasture to die... but arriving that night at The Guesthouse, I found hope that my “After Wilderness Woman Days” would leave me recycled and renewed, too!

My fast on water-only and complete rest began. I slept most of the hours for many days. My pain got worse before it got better. But every few days, Victoria would give me a much needed massage... my brain fog was so bad I could not read for the first 7-10 days, so I listened to Natural Hygiene teaching tapes and prayed a lot... I did not realize how full of self-loathing and hurt I had become and that these dark emotions had been making me sick... I had been secretly resenting others... but in reality, I despised myself for being so weak... I know the theory behind Psychoneuroimmunology... but from the head to the heart seemed a long way off... “knowing about” something and “knowing” are 2 different experiences. Well, finally, the fog started to lift... my eyes started seeing the ugliness I had been wrongfully clinging to, but they also saw the beauty of positive possibilities ahead.... WHAT A GOOD IDEA IT HAD BEEN — TO COME TO OUR HYGIENE HOMESTEAD IN THE WOODS — it was the right place at the right time with the right director!

I remember one particular night. I had the window open and the heat off. And I broke out in a sweat. I felt miserable. I finally fell asleep and woke up freezing, got up to shut the window, and turned some heat on. I got my glass of water and got back under the covers and woke around noon. I felt restless. So I got dressed. I went for a walk in the backyard that protects guests from the world with a tall, solid cedar fence. The wilderness art of lifelike cranes, frogs, and rabbits, the tall evergreens reaching to the sky, the lovely crystal rock collections — everything was so bright and happy! I broke down and wept on and off over a 3-hour moment, pouring out bunches of negative emotions, self-pity, and disgust. I got back inside, crawled into bed — exhausted. I fell deep, deep asleep. I woke up feeling so much lighter and so much LOVE. How does this unburdening happen? Only God knows. When you seek, you will find. But first, I had to surrender... the healing brought hope rising in my innards that brought more healing... Victoria came by around 4:30 in the afternoon. She asked me about my day and about my daily pain... I had not realized that my pain had vanished — I MEAN... GONE! She cried out: “PRAISE THE LORD! DANCE! SHOUT! BE FULL OF HIGH JOY!” We jumped about. She embraced me with such a bear hug! I will always cherish our moment of celebration! I am a bit more reserved than Our “Deer” Wilderness Woman. So I saved the shouting (happy shouts) and put them into my pillow when she left.

After the fast of 18 days, we broke on live juices. In just 3 days, I would drive home. The juices inspired my digestive system to awaken and shout out: “AND THIS IS GOOD!” After breaking, I went against the Natural Hygiene Method when I went to town for a day. I bought salted, raw kale chips... not a good choice as they sat there in my stomach like little rocks... I seem to learn the hard way. I was excited but hesitant to leave! Hindsight says I should have stayed longer... Victoria even offered me... “a FREE WEEK to stay and avoid the Thanksgiving rush.” Still... I lost 20 pounds, lost pain in my joints and back and kidneys, and I found a soft and lovely skin. And from the depths of my despair, my true smile had been returned, untarnished! Victoria observed: “YOU ARE JUST GLOWING WITH HEALTH!” The Correct Natural Hygiene Fast I undertook at Our Hygiene Homestead in The Woods brought NEW BEGINNINGS FOR ME! In 2013, my husband and I sold the condo and bought a 5th wheeler. We are going off the grid to a less demanding lifestyle. And I am putting my new-found Natural Hygiene teachings to work immediately by taking a 4-week tutorship in Natural Hygiene under Victoria while I help one of our GetWell Friends in Wyoming who wants live-in help with The 10 Energy Enhancers. Thank you, Victoria, for our New Beginnings!!!!

**YOUR FOREVER YOUNG EVE!**

# THE ROY HOPKINS STORY

## 6 Weeks at Our Hygiene Homestead in The Woods (Your ROYL Retreat Replacement!)

My story starts with me at age 36. I was going through divorce: my lawyer ended up in jail, my best friend died, and my father passed away from diabetic complications. This all happened in one year. After the divorce and the funerals were over, I went on a 2-year party. My first 36 years, I was in good shape with no weight problems, whatsoever. But I had started eating the SAD diet. I ballooned from 170 pounds up to 220 when I wasn't paying attention.

Getting dressed one morning, I bent down to tie my shoes. I could not reach them! BIG WAKE UP CALL! That day, I went out and bought a new pair of running shoes, shorts, and other gear and started walking and running as best I could. Several months later, I lost some weight and made it up to 2 miles a day of nonstop running. In one year, I was down to 188 and running longer distances. Changing my diet some but realizing I needed to make some major changes in my eating habits, I was suffering with hypoglycemia. I had many weak and tired moments throughout each day. So I tried every diet, with little success. Then I decided to slowly start removing meats from my diet to only fish for my concentrated protein. My weight slowly came down to 175, and I was happy with that part. But I still had the weak and tired spells. It still didn't click in that the large amount of refined sugar I was enjoying was the culprit for feeling poorly. I ran longer distances and started running races from 5 kilometers to half-marathons. Around 48 years old, I decided to go vegetarian: no meat and only fish once a week. At 50, I decided to run a full marathon. With the heavy training, I came down to 168 and felt pretty good, energy-wise. After several years of running half and full marathons, I decided to give up social drinking. I stopped completely within several months and have not had a taste since. This all had made a big difference in my energy, but I did not realize that working 2 jobs a lot of the time put a lot of stress on my body. It did not seem to bother me. But with what I have learned from Victoria's "IT'S ALL ABOUT ENERGY!" lessons — I can see now that I was still running on several of The Energy Robbers then, even though I had made great strides since the morning I could not bend down to tie my shoes! In 2001, I qualified to run the Boston Marathon and did it in 2002. After this, I decided to stop marathons and started running shorter races, for several more years.

In 2005, I met my to become new wife. At that time, we took up doing triathalons and really enjoyed them. Over time, I gave up doing extra jobs and decided to take an early retirement from my government career and started working at my trade of plumbing and pipe fitting. Before my retirement, I decided to try the raw food diet. I had done a lot of research and bought and read Dr. Doug Graham's books which were basically "eat almost all-fruit" and was sold on it. I tried it for over a year, but in that time, started to develop dental problems and severe nervous disorders. So I went back to eating a little fish and some cooked foods. The problems seemed to go away, so I kept eating in this manner. During this period, however, I started having various health issues, including lung congestion. And I developed pneumonia that came and went over a 5 year period. Then, I stopped running in the extreme Canadian cold and got no more pneumonia. I had been practicing one

of Victoria's infamous Energy Robber #6 — Wrong Temperatures! BIG MISTAKE! And I had damaged my lungs. They were constantly inflamed. I tired every natural doctor and remedy, but nothing helped. In my heart of hearts, I wanted to be 100% raw. So I started searching The Internet and discovered Natural Hygiene. AND MY NEW NATURAL HYGIENE QUEST HAD BEGUN!

Late 2009, I injured the calf of my leg and had to take 2 months off running but still biked and swam. When I started running again, I developed digestive system issues. These got worse, and I would have to stop running. Around this time, I tried 3 days of fasting on just water, but it did not help the burning feeling typically called "acid reflux." Then I decided to see my doctor. He did blood tests and said I was deficient in iron, so I corrected that. My next blood test showed "good" for iron, but my blood pressure and cholesterol were up slightly above the normal. Cutting back on the intensity of my running did not relieve the burning problem. My doctor decided to send me for tests on my heart. After a dye test, they discovered an 80% blockage in one of my heart's main arteries! BIG SURPRISE! They wanted to put me on drugs and put a stent in. I refused. Rarely do I take drugs because I know their "side-effects" are really "poisoning-effects." I took some time to think about it and started to study more about fasting on water-only and in detail. I made the decision to do a 28-day fast with 2 weeks of refeeding. Before this, I had done a 10-day fast and realized I could fast but that doing it at home was neither a realistic nor a pleasant option — too many distractions. You can't totally relax the way you need to for your body to really re-energize and heal with distractions of all kinds going on all day long and into the night at home. While checking out several fasting retreats, I called Dr. Scott in Ohio and spoke with him. I decided that \$1,000 a week for a total of \$6,000 was just too costly and that the middle-of-the-city location was not for me.

Then I was pleased to discover Victoria BidWell's website: [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com). I called her rather late at night. And we had a rather long call. She seemed nice but a little tough and quite personal in her ways of talking to me — a complete stranger! Come to find out, she has a way of talking to everyone like they are old friends. She explained: "I like to dispense with formalities from the get-go: that way, I can best understand what you need and how I can help you. We will soon be good friends, anyway, if you spend time here at The Guesthouse and go through your fast correctly. Your experience will be wonderful — if you just come to get a job done, stay focused, and use your time to learn as much as possible. So why not just cut to the chase now?" I had caught her at a rough time as she was finding it impossible to make 2 city slickers happy in her wilderness setting and let me know before we wasted much of our time on the phone that... "WE ARE BACK TO NATURE HERE! You won't have cable T.V. blaring away all day to distract you from yourself! And a pedicurist will not come in at your command! And I will not be running you around to and from town so you can keep up on the newest movies. And if you call this adorable, little Concrete town I have moved up into 'a loser town' when you see it, well then, you do not even need to unpack your bags!" We laughed throughout the phone call. I assured her that I was something of a "nature guy" myself and that I enjoy nature, absolutely love the water, and often go on long bike rides. Then, she warned me that a mother and a 3-year old would be at The Guesthouse, transitioning into the live-food diet and learning about Natural Hygiene. I assured

her that I was used to being around children and that the mother and child would be no problem at all, as long as I had my private Eagle's Nest for digs. She then offered me her brand-new bedroom building that was off facing the woods in one corner of the half acre: she called it "The Bear Cave." And I told her about my rugged adventures in the Alaskan wilderness and off-shore drilling. I assured her I was not as far gone as the 2 city-slickered guests, that I even did "barefoot runs," and that I would really enjoy the wilderness setting of Our Hygiene Homestead in The Woods.

As we talked, I got a clear feeling that my first impression of Victoria being "a little tough" was really her momentary frustration at the occasional city-slickerfied Health Seekers who see only the "as low as \$333 a week" on her website and do not bother to take the 2 "tells-all" picture tours or to read all "Our Guests' Best Stories" before making their reservations. Victoria has a dream-come-true for Health Seekers: she provides Correct Natural Hygiene in a true back-to-nature setting. I went back to her website. I read absolutely everything on it. I DECIDED I WAS GOING TO GO FOR IT! The reason I decided on her place was not just the price, not just the nature setting. It was the location near Vancouver, British Columbia, where my brother lived. I would fit a visit in with him before and after the fast. I called Victoria back the very next day. We had another good conversation. But I was still a little nervous about giving a total stranger a \$2,500 without knowing her. She explained: "Part of the low rates is paying in full and in advance so that I no longer waste endless hours of talking with occasional shoppers never really intending to come or those wanting to put down just \$100 to hold a spot they really are not sure they will keep. That saves me so much time and frees me up to do my other work at GetWell★StayWell, America!" So, I trusted Victoria and all she has done to give "MERCIFUL RATES" and a back-to-nature setting! We made arrangements for my arrival. Time flew. After a few weeks, Victoria rolled "Black Beauty," her PT Cruiser all black and chrome-shiny, into the Mt. Vernon, Washington, train station and greeted me. My fast had begun.

Putting my bags into the car, we were off to The HighJoy Headquarters. After some stops and some errands, we arrived at her 1/2 acre where she and her horse live and all the computers and inventory and business are housed and where The Dr. Vetrano Library had come to rest. It was a big, humble trailer as the pictures on the website show, all done up Western style. Then, we went to Our Hygiene Homestead in The Woods. It all looked just like the pictures — only the trees and bushes have 3 more years of growth in height and have filled out more. The Guesthouse is located on a half-acre in an unpretentious community of modest vacation homes used a few weeks or months a year and year-round residents' homes. The impressions I was given about people in the surrounding area from other fasters was that it was "a welfare area." I waited to find out for myself. After several walks through the community and speaking with several who lived there year round or on vacation, I found out this was just not the case. The community is not full of million dollar homes, true. But it is not a welfare area, either — it is just middle of the road. A fellow Canadian had even bought a property not far from us who told me of his happy adventures in Concrete! Yes, there are neighbors about 40 feet away on 2 sides of the half-acre. But Victoria's extreme fencing and landscaping that go up 6 to 8 feet and the trees that go up to 60 feet amount to a natural camouflage and give you a secluded feel. A true thicket of tall maples and cedars protects the back yard. The open green

lawn area in the back allows for sunbathing throughout the day. And The Homestead itself is set way, way back away from the street. So you really do feel like you are in the woods on all 4 sides. You can go to [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com) to see the tall trees in the front and the woody fence where 50 gallon barrels are used for giant planters that make a living fence between us and the neighbors. I REALLY HAD GONE — "BACK-TO-NATURE" — AND FOR 6 LIFE-CHANGING WEEKS!

Also, topping off many of the barrels are rock collections of all shapes and sizes and colors to which Victoria adds whenever she comes across a good find! Crystals, quartz, thunder eggs, fool's gold, coal, even pieces of fossilized tress — just taking a tour of the barrels reminds us of the beauties of nature. After checking out the property, I decided on my digs: The Bear Cave. Although brand-new and nicely furnished, it was not as elegant as The Eagle's Nest. Since I was there not just for a few days or a week, since 6 weeks is a long time, I moved into The Eagle's Nest and the extreme comfort and privacy. I set up this large room to suit me just fine. It was perfect. The Library and The Eagle's Nest are the 2 rooms that make up the smaller building next to the main house in the website picture. It was very quiet and so secluded that I even set up a private spot for sunbathing right outside my private entrance!

My fasting had started the day I arrived, so I set myself up with water and kept on fasting. After settling into my new room, I spent time with the other 2 fasters and the little 3-year old who was with her mother. The high energy little girl was a distraction, as Victoria had warned, and a little more of a distraction that I had anticipated, although she was an unusually happy child who never cried. But I was spending most of my time in my Eagle's Nest, anyway. The 3 guests and I got to be good friends and had many good talks. They were just finishing their fasts and were breaking. So I tried to avoid the kitchen when they were eating. Victoria did even not want me in the main house when she was doing her food demonstrations: "Your time will come soon enough," she explained. "Just being around food and seeing it and smelling it will activate your entire digestive system. You will start having thoughts of eating, if not cravings to eat. Just ask High! When I start getting out his food, he starts getting all excited and salivating!" So, I did as she directed. I left the kitchen and dining area and retired to my library and Eagle's Nest whenever it was "women in the kitchen."

After several days, I started to let go of many anxieties. That is when I could really relax and really enjoy my fast. I believe that the most important thing about fasting is to mentally prepare yourself before you even arrive. Victoria had taken my goals very, very seriously — as had I, of course. I was well prepared. I am a highly disciplined person, and I applied this discipline to doing what Victoria delineates in her teachings as "The Correct Natural Hygiene Fast." I had not read either 2 *BOOKS IN 1: The Health Seekers' YearBook with The Best of Common Health Sense* or *The Live Food Factor*. Victoria held them for me til I got to The Guesthouse. So, the first thing I did was to read both of them — cover to cover. Then, I took it one day at a time. I listened carefully to the daily instructions during my talks with Victoria. She kept stressing: "The body makes its own cholesterol. Under extreme stress, it makes an extreme amount of cholesterol that gets stored in the arteries, just as if you were on a high-cholesterol diet of animal products. That is how a complete vegan can get high cholesterol. Besides your genetics, that is what very likely happened

to you. So, while this fast will result in reducing those 80% blockages in your arteries in the direction of normal arteries and a healthy blood pressure, unless you learn to let what used to stress you out become like water off a duck's back, you will be in trouble again after this fast. I promise you! I have a most interesting and intriguing Energy Enhancers #9 & #10 Library here for you. The books will cover everything you need to know to turn the stresses of your life into water off a duck's back."

And she was right. A day seldom went by but we talked about this biggest factor in my cardiovascular quest for wellness. Off my room is The Homestead Library. It houses more info than you could possibly dream of: books, courses, magazines, CDs, tapes, videos, and DVDs. I personally read over 20 books of special interest and watched all of the dozens of videos teaching Natural Hygiene or near-Natural Hygiene. I listened to Dr. Shelton himself deliver impassioned messages to live audiences. A GetWell Friend had just down-sized her library while I was here and sent Victoria 2 big boxes of books and videos halfway through my visit. Just when I was exhausting the books that held high interest for me and all of the videos, in came this wonderful stash for me to devour! Toward the end, I took to watching some of the videos from the Hollywood collection, carefully chosen because of their messages that complemented one or more of The 10 Energy Enhancers. **WHAT I LEARNED DURING THIS 6 WEEKS HAS INCREASED MY KNOWLEDGE BASE MORE THAN I COULD HAVE EVER IMAGINED!** Victoria's almost daily talks (She does take one day a week off for errands if all is going well with all of us.) have cemented in this knowledge base — into the concrete! It made me realize the importance of The 10 Energy Enhancers. In order to be healthy, you need to have all 3 things in proper balance: mental and emotional, spiritual, and physical. What I learned from talks with The Wilderness Woman and all the new information from reading and watching and listening was that it was the stress I put myself under that was causing my ill-health issues. Victoria kept repeating until it hit home: "A situation will only be stressful to you — your mind, your emotions, your body, your 75,000,000,000,000 cells — if you interpret the situation as stressful! **IT'S ALL ABOUT INTERPRETATION! NO STRESSFUL INTERPRETATION, NO STRESS PUT INTO YOUR EMOTIONAL MAKE-UP, NO STRESS BUILT INTO YOUR PHYSIOLOGY! THAT LEAVES ROOM FOR NATURAL JOY — EVEN FOR HIGH JOY!**" Easier said than done. But just understanding this at really deep levels was the start. I can see now why Victoria would not succumb to the city-slickers' demands for cable to be installed and taxi service to every new movie in town and why she just let them leave! "To get well," Victoria revealed, "we need these moments of quiet introspection and awareness and understanding — not a nonstop TV babysitter to distract us." Using the techniques I learned here, I started working on my own interpretation issues early in and throughout my visit. And I will keep expanding my knowledge base and techniques when I get home.

Here are a few more suggestions for when you get here: Keeping track of each day in a journal can be very helpful. You may want to bring your own blood pressure monitor. Having one was great for me. I would write down my readings several times each day, so I knew how I was progressing. My blood pressure was as high as 160/90+ when I started. It came down after 3 weeks to between 130/80 to 110/80, depending on the time of day and the thoughts I was entertaining. One important thing to remember is

to take your time and sit up for at least 2 minutes before standing up to avoid getting up too quickly. The blood can rush from the head if you stand up too quickly. On the 25th day of my fast, I fainted! I hit my face and cut it. Putting ice on it for some days and treating the cut with a gel, I was completely healed in just 9 days! My immune system was working the best I had ever seen it! The healing speed was amazing!

**BREAKING THE FAST AND ENJOYING THE FOOD WAS HARD TO DESCRIBE, IT WAS SO INCREDIBLE!** I can't stress enough that my previous knowledge of Natural Hygiene and fasting "before Victoria" compared to "after Victoria" shocked me! Having done several shorter fasts on my own, I thought I knew the ropes. But these were nothing like this long fast at Our Hygiene Homestead. After this 28-day fast, done correctly and paying attention to instructions the entire time, I broke the fast by drinking Victoria's juices and beverages spread out every 2 hours across each day as instructed. Breaking correctly and sipping the "yummy as promised" drinks slow and easy, the experience was so enjoyable! Victoria joked: "**IT SHOULD BE! YOU HAVEN'T EATEN A THING FOR 28 DAYS!**"

The food demonstrations turned out to be more than I thought they would be. And I am sorry now that I waited until the last few days to get them. For years, I had prepared many raw food drinks at home and also had prepared a lot of raw recipes in my own kitchen. So, after my days of breaking the fast on melons and juices served by Victoria, I assured her that I preferred to fix my own meals. "FINE!" was her reaction, "All the less work for me!" This I did pretty much of the time. Even took a few jaunts into Mt. Vernon on the local SKAT bus to dine at the Whole Foods and pick out my own foods, just for the fun of going out. The many DVDs I had watched on raw food preparation and the many recipe books from the library made me feel, added to my own extensive experience in food preparation, that there was not a lot more I could possibly learn from Victoria's food prep demos, anyway. **BIG MISTAKE!** The long afternoon before I left, we feasted on an extravaganza: a Beverage-Tasting Party... appetizers... 3 soup flavors both sweet-corn-based and on-the-vine-tomato-based. We couldn't eat it all, just tasted everything. So the horse got a big send-off package from us of scraps and leftovers! It was fabulous! And I wish we had put it all on video! We got out the fancy glasses and dishes, and we ate with wild wilderness enthusiasm! Victoria took me and my taste buds to a new level with her Veggie Volt! and the other 4 seasonings. The corn chowders and tomato soups she prepared were without a doubt the best soups — cooked or raw — I have ever sipped on! The different fruit drinks and smoothies were marvelous and fancy enough to be served in any restaurant along with the soups. It left me wishing I had allowed her to do many more meals. Thank you so much for yet another wonderful experience, Victoria!

**MY OVERALL EXPERIENCE WAS FAR MORE THAN I HAD IMAGINED IT WOULD BE, FAR MORE THAN I HOPED IT WOULD BE, AND FAR, FAR MORE THAN I HAD EXPECTED FOR THE \$2,500 I SPENT! MY PERSONAL GROWTH HAS BEEN FANTASTIC!** How very positive and good I feel about myself now and what goals I had set for myself that were far exceeded — all has proven to be far more than I had planned for or could have believed possible the night of my first call with Victoria. The peace I feel, how relaxed I feel, and having reached new goals that I didn't know I even needed — all has amazed me! Victoria would explain, when I would keep re-

peating this in appreciation: “Well, of course! You were ‘A GUEST FROM HEAVEN!’ You took the entire experience seriously from our first phone call to making your reservation immediately. All the way through every one of your 42 days and nights, you did everything right as best you could! I provided you with The Conditions for Health here. We removed The Causes of Disease. You are the model example of ‘THE BEST GUEST POSSIBLE!’ You came with a job to do and kept focused on it the entire time... You made the best use of The Homestead Library of anyone yet... You moved yourself forward as fast as you could by going with my assistance and not fighting it... You did a Correct Natural Hygiene Fast with all the extra rest and sleep needed for revitalization and repair... You got into the spirit of the place and revelled in the fresh air and songbirds and all... You did not bring puzzles to waste your Nerve Energy on... You did not letter-write compulsively for hours at a time, wasting your Nerve Energy... You were not on the phone or a computer throughout your entire visit, draining away your Nerve Energy... You did not bring a deck of cards to suck other guests into playing and wasting their Nerve Energy as well as yours... You decided to take a liking to me and get as much from me as you could instead of coming with an attitude... You did not sneak off to town on the SKAT bus for margaritas and fajitas in town... You did not have pizza delivered at the gate while I was away and set up a makeshift oven out of your heater in your room and gorge on pizza and bring home wine... You did not demand to smoke ‘at least 3 cigarettes a day’ and threaten to get your money back if I did not let you... You did not deliberately dehydrated yourself... You did not arrive at my doorstep with 2 gallons of vinegar, 2 bottles of rubbing alcohol, 2 boxes of Borax, and a box of rubber gloves to feed your germaphobia at my exceedingly clean, clean Homestead! Are you getting the picture here, Roy? Need I go on? All the clever and creative ways that about 1 in 8 guests finds to ruin a potentially wonderful, moving forward experience here — you did not do! NO WONDER IT WAS SO MUCH MORE THAN YOU HAD IMAGINED, HOPED FOR, OR EXPECTED!”

If outside during the day, you will be delighted by the many birds and small animals that you will see! Some nights, when I needed little sleep, I would just go sit outside. I could hear owls calling to each other and other nocturnal nature sounds. In July, the birds start singing about 4:30 A.M. And their songs get louder as it gets brighter. Victoria, Thank You for the much enjoyed fun, the long talks, the gift books, and the just wonderful experience!

When I first met Victoria, I was really unsure of how to take her. All the info that I read about her on the website cannot be absorbed and remembered. But one thing that helped me make the decision to come was she came across on the 2 phone calls as someone who was a truth seeker like myself. You can read all the books and info on someone. But only when you meet that person in the flesh and spend time with that person do you get to know him or her. When I first arrived at The HighJoy Homestead, my first impression was — “What a mess! She was showing off The Health 4 The Billions Room that looked totally disorganized! I had not realized that all the books piled everywhere represented the end of a 3-year project to categorize The Dr. Vetrano Library! Then, she showed me around and did some tricks with the horse. I thought to myself, “I hope she doesn’t ask me to pat him or so something with him.” Some people have no problem being around animals, but I am not one of them. Leaving her place, we headed for the retreat. The more I talked to her, the more I relaxed and

really listened to what she was saying. After settling in and reading her books and handouts and after lots of conversations, I realized the person I was with... she was BRILLIANT WITH KNOWLEDGE, ENTHUSIASM, IDEAS, AND CREATIVITY!

VICTORIA — THE WILDERNESS WOMAN! Over 10 years, she has made this place what she first envisioned it to be upon first sight. And after spending time getting to know her, I have a tremendous amount of respect for her. Victoria loves animals and nature. She shared many stories of her horseback riding throughout The Olympic Peninsula National Park and The Cascade Mountains, The Canadian Rockies, The Sierra Nevadas, and the beaches in Mexico. She told of swimming eye-level with the ducks and baby chicks and of howling with the coyotes. Also, she told tales of HighJoy being spooked by the smell of a cougar nearby and how he trembled for dear life until he got out of range. This is her life! And she loves it! She has worked “the nature” back into “the Natural Hygiene.” And she invites and begs all of us to do the same. I had never heard of Emerson or Thoreau. So, a few nights ago while still at Our Homestead, I got to read the works of these American equivalents to our Canadian Grey Owl 1800s’ environmentalist. Most city people don’t understand how someone would want to live away from the city and the night life and all the shopping malls and what-not. Personally, even with my “nature man” moments, I had been a little skeptical at first. But I have adjusted very easily, and now, feel a little sadness to leave.

The first day going up to The Headquarters, we stopped by the edge of a wild meadow. Victoria gets out a big bucket and big, sharp knife and tells me she will be back in a few minutes. Then she tromps into the meadow to cut grasses and flowers and other equine edibles — not a normal, everyday thing for a 66-year old woman who is leading The Natural Hygiene Health Revolution to be doing when first picking up someone who is spending \$2,500 with her! But that’s Victoria. After cutting the greens, she showed me the 40-pound, big bucket with the bounty of the lush summer shooting up 2 feet high! She urged me to look: “See all the purple and white clover flowers and 3-leaf clovers? See the dandelion greens and their bright yellow flowers? See all these wonderful grasses? Alfalfa, wild grains, horsetails, plantains, and thistles? They are all live-food, fresh-picked, organically grown! They will all go into High’s belly for his evening meal! He will devour all of this in just 30 minutes! He will jump all 4 hooves off the ground when he sees me bring up his dinner bucket, just like the Lippazanner stallions are trained over a 6-year period to do! **OH, THAT WE COULD GET THAT EXCITED AND THIS WELL-FED AND THAT WELL-SATISFIED ON LIVE-FOODS! WHAT HIGH JOY WE WOULD THEN LIVE IN, TOO!”** Victoria has successfully worked her first passion of horses and nature into her calling to share her knowledge of Natural Hygiene, fasting, and live-foods with us. Her knowledge of so many other subjects is likewise extensive. The person I first met and the person I got to know has blown me away! Victoria, I really like people like you who have learned so much from life’s ups and downs. They are the best to learn from. Keep working hard and look after yourself. I personally want you to be around for a long time. You have so much more work to do to and people to help.

**I stop my story here at age 61. I hope you’ve enjoyed your “virtual visit” to Our Hygiene Homestead in The Woods. Maybe you will pass it on.**

## **Karen Wilson Learns How to Stop Riding The Food Pendulum from “Omnivore” to “All-Raw” & Back Again!**

**It has been a week since returning from Victoria’s Natural Hygiene health retreat in October, 2011. And I continue to feel better than I have in a very long time!** Our family has swung The Food Pendulum from “Omnivores” to “Vegetarians” to “Mostly All-Raw Food Vegetarians” to “All-Raw Food Vegetarians” and right on back to “Omnivores” during the last few years. But in October, 2011, I rode The Pendulum to “Breathetarian” for 10 days at Victoria’s and took my first fast on water-only, living off my reserves, pure water, and pure air — followed by 4 days of fresh-made juices and melons. Now, once my husband returns from his 2 weeks at Our Hygiene Homestead in The Woods for the same, The Food Pendulum will have successfully swung back to “Mostly All-Raw Fooders” and will find its place fixed there by our strongest resolve.

Two years ago, as The Pendulum swung on past “All-Raw Food Vegetarians” on the way back to “Omnivores” where we settled in for awhile, more and more Energy Robbers worked their ways into in our lifestyle and diet — when we weren’t looking! And during these last few years “Before Victoria’s,” our health was suffering, especially mine. My energy came from stimulation of energy robbing foods (poisons), and I was taking on some aches and pains. This was brought on by overworking myself as “Alchemist Formulator” at Sweet Sisters Bodycare while also serving as a homeschooling mom of three. I found comfort in stress-related eating all too often and used food and caffeine to override a building fatigue. All the while, I was becoming more and more disconnected from my body. I was missing out on the great joy great health brings! And I knew it. But I could not break the cycle at home on my own. When Victoria’s letter came through Dr. Tosca Haag’s mailing, I took it as a definite sign to make a change. I wanted to reset The Food Pendulum from “Omnivores” back to “Mostly All-Raw Vegetarians” for my family and me. I took the 2 terrific “Picture Tours” at [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com), talked with Victoria, and made 2-week reservations, back-to-back, for my husband and myself. Victoria appropriately calls herself “The Wilderness Woman.” In the end, it was at The Wilderness Woman’s “back-to-nature retreat,” I knew I could give my physical and emotional body a deep rest as well as give nurturing attention to the spiritual nature of my life and reconnect to the natural world.

We had a full-house of 4 guests, and a 5th flowed over into the new “Bear Cave” building. One was an experienced faster. I fasted from all but water for 10 days, followed by juices and melons for 4. I could have continued on just water, but time constraints were an issue. Except for some occasional, low-level nausea, my fast was pleasant. As days progressed, my aches and pains disappeared, my emotions became more peaceful, my skin softer, my mind clearer, and my senses sharper. Our Hygiene Homestead was well-organized. The Homestead Library covered the gamut of subjects in nutrition, physiology, microbiology, exercise, and health. I enjoyed Victoria’s extensive library of books, CDs, DVDs, and cassettes. I did not want a clinical or spa setting and mainly just needed a quiet place *away from my own homestead* where I could rest and heal. I had faith in the natural process of regaining health and did not need the extra costs of a doctor’s monitoring and blood tests, 24-hour staff personnel watching after me, or the \$1,000 a week price tag! I needed only “assistance.” Victoria’s place is just made and priced for someone like me: someone who is not sick enough to need to pay for a doctor and happy enough to pay 1/2 the going rate! I even enjoyed Victoria’s “once a week on-call only” days when she does not even come over if all is well. During sunny afternoons, I lounged out on chairs or on the porch couches. I was in a space outside of time where we were free to just “be.”

I’ll always remember The Wilderness Woman’s wild ways! From meeting her and HighJoy at their Homestead, to her whooping and hollering and High doing his “rocking horse” trick to her bringing surprises to my room. Once, she asked me to close my eyes and guess what she had put into my hands. I did finally guess that it was a little, howling wolf figurine. And I was staying in the Howling Wolves’ Den! She always made each visit an experience to remember! One day, she roared in with her gospel music on high, bringing a huge collection of amazing rocks and crystals to show us! We spent an hour “ooohing” and “ahhhing” over spectacular stones laid out on the granite picnic table in the Indian Summer sun! She let us each pick 2 to keep! She wants us to find the joy in the little things in nature. One morning, to my surprise, I found my breakfast watermelon smiling back at me with braids made of brightly colored, curled ribbon — all to look like me! Even massages ended with a playful, little slap and a laugh. It was her way to put silliness back into life and to not take ourselves too seriously.

It’s now a week “After Victoria..” Before leaving, she declared: “YOU HAVE JUST TAKEN AN EXTREME MAKEOVER! In 2 weeks, you have gone from middle-aged, frumpy, worn-out, haggard, and dull-eyed to youthful, frisky, bright-eyed, and bushy-tailed — and with each of the 25 pounds gone showing! YOU LOOK JUST WONDERFUL! YOU’RE JUST GLOWING! I try to discourage 2-week visits, thinking them never long enough to make a noticeable difference. And now? I am going to have to rethink this advice! You did not just make a turnaround in 2 weeks! You are well on your way to recovering all the highest joys you enjoyed so during the healthiest days of your frisky youth!” Then she cheered me: “You have ridden your Food Pendulum from ‘Omnivore’ to ‘All-Raw Fooder’ here, Karen! Keep it fixed on Live-Foods forever!”

During my entire Hygiene Homestead visit, The Wilderness Woman was juicing gallons and gallons of berries to make raspberry, strawberry, and blackberry juices for us and guests yet to come. I will always remember Victoria’s delicious fruit juices served in little, decorative glasses. Today, I just juiced cases of strawberries, nectarines, and peaches to put in the freezer as main ingredients in sauces, drinks, coulees, and endless recipes. I will carry on Our Hygiene Homestead tradition!

## Barry Duncan's 43-Day Fast, Followed Up with Yummy Live-Foods: Summer of 2012

It is important to start this testimonial with Our Hygiene Homestead in The Woods rates. There is no one in this field who charges less or gives so much, even at much higher rates. Victoria is a most generous person. She makes it possible for many people to afford to come to a health retreat who could not otherwise come. Before meeting Victoria, I compared the value and rates with several other facilities. Her rates are half what they charge, sometimes even less than half. Moreover, the rates are nearly 1/4 the price in comparison to one facility that charges almost 4 times as much. In addition to the "Merciful Rates" she posts at [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com), it is clear that Victoria's rates and your visit here are not just about the money as it seems to be with the other facilities. And even though the nature of the fasting and breaking process can be inherently uncomfortable at times, to say the least, Victoria helps by educating us guests about the fasting process and our health-giving journey to ease our discomfort, fears, and concerns. I also appreciate her integrity and straight forward communication that is part of her "Wilderness Woman" persona. You always know where you stand with her. Victoria let me know before I came exactly what to expect from her and the facilities. And [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com) is so complete that it was hard to think of anything she had not covered. Still, she was in no hurry to take my money and get me off the phone each time we talked before I came to fast.

I fasted on water-only at Our Hygiene Homestead in The Woods approximately 3 years ago for 7 days. I experienced healing in just those 7 days, yet more healing was needed. After arriving home, I set the goal to eliminate all debt and save cash. This would give me the freedom to return and do a long fast. Those goals were met in May, this year. I gladly left a stressful job that included many "toxic people" and hopped the train to Mt. Vernon. I had gained some weight, so I had plenty of reserves to take a long fast. Victoria met me at the train station, and we promptly went to Our Hygiene Homestead. My fast began the moment I stepped in the house, and I did not eat until 43 days later. My hope was that my lifetime of headaches since I tangled with a tractor when I was 10 years old would be eliminated during the fast. Natural Hygiene is about setting up 2 situations: providing The Conditions for Health and removing The Causes of Disease. And that is what Victoria has done at the delightful, adorable Guesthouse! Since the human body and all its cells have intelligence and since they all know exactly what to do and when to do it, when these 2 situations are set up, the healing priorities were not for me to decide.

The first 3 weeks were rather comfortable other than the expected head pain and dizziness. This was not new to me, so there was no problem in making it through to day 21. Also, usually I sleep quite comfortably during the night. However, my body had other ideas as to when I should sleep. Three years of mental preparation went into laying the foundation and building for these weeks. Frequently my mantra during those 3 years was, "I am ready to fast!" I say this because I surrendered to the process, and I completely trusted my body. My housemates estimated that I slept through well over half my 24 hours a day, every day. But the sleep came and went as it pleased. Okay, so sleeping from about 4 A. M. through to the

crack of dawn and until about noon was my typical morning. Then again, I enjoyed a deep and relaxing nap in early evening. This is when my head was most tired. The other fasters and I would frequently meet in the kitchen around midnight or 2 A. M. Cheryl Denman started a 40-day fast just a few days before me, so we had our journey to share. During these morning meetings, we would have a little chat about our current state, gratitude, future desires, healing, and raw food. Victoria had just stocked up on a whole "new slew" of recent live-food recipe DVDs for The Homestead Library. And although there was a keen interest in watching these and talking about recipes, there was no interest in actually eating. Hunger usually disappears after the third day, but an emptiness feeling is present.

My body became more uncomfortable the 4th, 5th, and 6th weeks. The Wilderness Woman visited me daily, but I often waved her on. This was our signal that I was fine and needed no visit that day. The sense of smell became fine-tuned! The head pain increased and intestinal area became a little uncomfortable. I expected head pain while the cleansing occurred. It was no more intense than at any other time while not fasting. The sleep pattern remained also the same during the entire fast. Of course, I took off 40 pounds and retrieved my facial features and correct body shape. By the 6th week, I was ready to stop. It was 1 day at a time. Finally, I hit day 43! This amazing goal was accomplished! My preparation, Victoria, and the other fasters were instrumental in helping me finish. Yet, I was resolute in completing 6 weeks. Of course, the break-fast food was all a live-food feast! (Victoria only serves cooked food upon Dr. Tosca Haag's recommendation when there is a problem with the body taking live-food because it is "too raw.") To break the fast for 3 days, I drank celery, cucumber, and tomato juice. I craved tomato juice and always eagerly waited for Victoria to arrive with the next batch. "She did good!" The 4th day after juices, I ate solid food that included many tomatoes which I still craved throughout the day and miniature, sweet bell peppers and blueberries and more celery and cucumber. YUM! The food tasted great! The taste buds become sensitized, and food flavors burst forth after fasting! A couple days later, an avocado was added, then nuts and seeds. I kept the diet quite simple by only having 2 or 3 different foods at each meal.

This is the first time I have laid in bed most of the day for 6 weeks, resting. I slept as needed and drank at least a quart of water per day and usually more. Even though my body did not completely cleanse, this is a great start and success from which to go forth. Everything in my body is better! The headaches have lessened. I traded in "Size Large" clothes for "Medium." Next, my plan is to do a 3-week fast in the spring. A 6-month wait is required. I cannot explain enough in words the gratitude for my body and "intelligence of our 75,000,000,000,000 cells" of which Victoria so often reminds us! After years of struggle, pain, and searching, the answer has been found and fasted and live-fooded into reality. I will miss my housemates, now "Deer Friends" for life. And I go home with a jar each of the 6 flavors of Victoria's seasonings to top off bland veggie dishes that are not so enticing. My great appreciation goes to Victoria — for her mission in life and for making my experience so very affordable. "SHE DID SO GOOD!"

Victoria's Notes: Little Sierra wins the prize for the most e-mails and the most phone calls and the most cancellations and rescheduling of any guest yet to come to Our Hygiene Homestead in The Woods! She was spending some of her last dollars to her name to come here and get help with compulsive habits that were making her life unmanageable — A GIRLAFTER MY OWN HEART! In just the 3 years that The Guesthouse website has been up, I must have listened to at least 20 different Health Seekers for more than 30 hours tell of the terrors of Tanglewood in Costa Rica. Being a semanticist, I put a lot of stock in names. "Why," I always wondered while listening to these "Tanglewood Refugees," would anyone ever go to a place named "Tanglewood" run by a man named "Lockman!" I would not dream of such a thing! So, here was yet another "Tanglewood Refugee." These Health Seekers have been traumatized at this place. They have to talk at great length of the their visits. So, I let them. "Why," I would wonder while listening, "would you ever go to a place on which an entire website exists to tell of miseries experienced there?" Little Sierra continues...

## Living the High Light on the Hygiene Diet • March 12, 2013 • Sierra Hooshiari

I came to see Victoria in March of 2013 at age 24 with a chronic and miserable case of psoriasis and compulsive behaviors. Psoriasis had me scratch flakes of dry skin after every meal and in disconcerting temperatures or circumstances. My compulsive behavior resulted in chronic overeating after work and on the weekends, compulsive exercising, and compulsive escaping for a change of scenery or to take a geographical cure. I exercised compulsively to compensate for the compulsive eating. Once I started eating, I didn't stop until I was furiously scratching my face and arms or until I felt queasy and sick from being stuffed. All this was my response to stress. When I'd feel stressed, I'd gravitate towards sugar and fat — Nutella, bananas, raisins, cashews, dried figs, almonds, and cream cheese — and eat them until I felt like throwing up. Never sitting down and wandering the kitchen, I ate away the evening. A handful of dates, a spoonful of Nutella, a handful of almonds, a handful of raisins, a spoonful of cream cheese, a spoonful of Nutella. I'd cycle through these foods until an entire container of Nutella, bag of nuts, container of cream cheese, all the dates and raisins had been consumed. Sometimes I would backtrack my behavior and count 5,000 calories I had plowed through in one binge episode. My stomach would bulge out like a 6-month pregnant woman on an otherwise very skinny body. All the sugar would make me start scratching my skin furiously. Once I satisfied the itching, I stopped. Then, before long, it would be time to eat again. Or I'd be stressed about something in my life again, and the cycle would begin again. I felt so sick and confused going to bed every night, knowing how I'd wake up the next morning feeling like sh\*\*. I would hit the gym for intense cardio classes for hours at a time to compensate for the sick feeling in my head and overconsumption of calories. Or I would jog, jog, jog my misery away.

I had a total of \$308 in my bank account when I came to Our Hygiene Homestead in The Woods. I hadn't read the website, although I had 3 months to do so once I put my 2 weeks' reservation in. All I cared about was doing my fast and taking enough days to break it and having a female director to guide me through it! The Tanglewood Loren Lockman did not have a clue of how to help me with my compulsive eating. I did a 21-day water fast in Costa Rica that was successful in healing my Graves Disease but unsuccessful in tapping into my compulsive behavior and food addiction or ridding myself of psoriasis. Eating sugar (refined or fruit, either one) activates these tendencies, and being forced to stick to an all-fruit diet at Tanglewood and when I returned to The States just did not work for me. I had gone backwards after making that trip. I had made a reservation at Victoria's for 10 days of fasting and 4 of breaking. But I could only hold out for 5 days of fasting. After my fast on water-only at Our Hygiene Guesthouse, I woke up to find that "The Wilderness Woman" had put out in a basket 1 quart of green juice at my door. The drink had 13 juiced greens, plus juiced celery, cucumber, lemon, and lime. It was just what my body needed — not too sweet, not too sour! Breaking the fast on 2 days of this green drink and 2 days of non-sweet fruit (tomatoes, peppers, and cucumber) and various greens (celery, lettuce, and jicama) was divine! Again — it was not too sweet, not too sour!

Throughout my 2 weeks, Victoria put in many hours in counsel. She is a great listener, and she took me and my ailments seriously. She listened to all my woes and offered insight and assigned readings, documentary DVDs, and Hollywood movies to move me forward. She rewarded me with a doll-sized cup of pudding and a doll's dish spoon that cracked me up! "See!" she explained, "You can have your sweets now, my deer!" It was a coconut pudding made of the meat of the young coconut, cashews, dates, vanilla extract, and coconut water. During my 2 days of feeding, she left surprises like a tiny jar of fresh raspberry juice at my door. On my first day of re-feeding whole foods, I woke up to find a basket of bliss on the kitchen table — a cantaloupe, red pepper, lettuce, oranges — all fresh and organic! She treated us to champagne glasses of fresh coconut water after I completed all my homework and reading assignments for the day! I remember musing, sitting in the living room with the electric-flame fire and the comfort of "The Wilderness Tree" lights, "This isn't like being at the Hilton in the Bahamas! It's way, way better!" After all, there was no Nutella or large bag of nuts anywhere and no store to run to when I felt a binge-pang coming on. For the first time in a long time, I had the opportunity to sit with myself and face myself.

I had spent much of my life wrapped up in the hustle of Cornell University and New York City corporate life. Here I had effectively ditched the rat race. I suddenly found myself waking up to a place of silence. I woke up with so much solitude and completeness, I

remember thinking, "What's wrong with me? What's missing?" I frantically looked around the room and then opened a window and smelled the neighbor's burning wood fireplace. Then I realized, I'd never felt so much at peace before! It felt surreal and foreign to not want or need anything. When Victoria and I went to the town of Burlington to run errands, I roamed the department store, watching as people frantically stuffed their carts with stuff. So many in our society live in fear. Fear of facing our feelings, which happens when we fast and watch our internal physiologies change. I've been able to stop the world and get off here in The Wilderness Woman's homesteading habitat of Concrete, Washington. And I have had to face the fact that I have to learn to trust myself, to love myself, and to have faith that I can change my compulsive behaviors into constructive pursuits — fear-free and joyous!

While talking with Victoria on the phone during the 3 months before I got here, I had asked her more than once for counsel. She explained that my questions would entail long and frequent periods of counsel and that we should wait until I got here. Some guests come and do not want any counsel at all, and Victoria offers none. But I was one of her guests who really wanted counsel and assignments and whatever it would take to break the compulsive cycle! One assignment became the theme of my visit. I was asked to draw with crayons on a large sheet of paper what I wanted my life to look like down the road. And the next day, I was asked to draw another picture of the many things that have been holding me back. I did the work, in solitude and with great attention. I drew my life before "B. C." — "Before Concrete" — with my obstacles. And "A. C." — "After Concrete" — living the fear-free and joyous life! On my picture of the life "A. C.," I drew my emotionally balanced self, my vegetable garden, my consulting job in sustainability and resource economics — and many more things I can have if I make good choices. My "B. C." drawing of the many obstacles made it clear that I had been taking The Path of Least Resistance, over and over and over. During my 2 weeks here, The Wilderness Woman and I spent many hours with these 2 drawings before us as our focal point for conversations to get set right. One night, I just sat alone and contemplated the 2 drawings and the 2 choices I have: "You can make choices that move you forward or that hold you back or take you backwards. Every moment of every day, you are choosing, anyway. You may as well put out the effort and make the choices that move you forward!"

Since I signed up for 10 full days of fasting and could only manage 5, I was on my own to shop and prepare my meals my last 5 days here. "This is an opportunity to be on your own," Victoria explained. This was another assignment that I wanted! There are so many exciting tools here! Fun dishes, so many tools, a VitaMix and Champion, strainers and peelers and shredders galore. I experimented with my cucumber-ginger smoothie. After my fast, my basket of fruits and veggies tasted delicious. I felt true hunger again. I did shop for some foods I should not have even had. During those 5 days, I "chose" to eat wrong a few times. I "chose" 3 bananas and a cantaloupe in one sitting, and I felt sick. Another time, I "chose" 2 avocados and several tomatoes in a binge-eating mode and didn't stop until I felt a tight feeling in my throat and a pounding headache. When I picked up a carrot to continue my binge-eating compulsive behavior, I put it away, stopped myself, and walked to the bathroom to brush my teeth for the night. But a shift did take place in my mind, heart, and soul. Through my conversations with The Wilderness Woman, I realized that fasting would never cure these binge-eating tendencies. Sitting alone for hours in nature and solitude, I brought my subconscious compulsivities, responses, and habits up to my conscious awareness. The stress-eating in large quantities and only stopping until I felt my stomach protrude or until the psoriasis/itching/scratching response kicked in and demanded furious scratching was taking The Path of Least Resistance. "You are simply self-medicating with food when you binge yourself stupid," Victoria observed. She worked with me on intimate 1-on-1 meetings. She demanded straightforwardness when I dodged being honest with myself and offered a vague answer. She helped me confront areas of my personality and aspects of my relationships with others that were holding me back. The anxiety and racing thoughts I used to have had left me while here. I am ready to face the world and my new life in San Diego.

The next morning, Victoria told me that if I couldn't handle a lot of sugar, even if it was fruit, I should stay away from it for now. If I couldn't handle making the raisins and almonds I like sprinkled in a green salad and have to eat them all at once, I should not shop for them for now. Victoria handed me tons of reading and viewing/teaching material on behavior modification, affirmations, and making choices. The first few days, I was in denial and would not touch these materials. But the last many days, I was hungry for all of it and devoured all these wonderful, new ideas. Then, we would talk about what I had learned. A WHOLE NEW WORLD OF SELF-TRUST HAS OPENED UP TO ME! I am working on positive affirmations, breathing, and portion control — challenges that only practice over time will make second nature. I now realize that I don't have to polish the fridge off in one sitting. I see that I need to actually prepare portioned meals and then sit down and slow down and eat with Emotional Balance. I am going to leave tomorrow without overwhelming problems that turn me into a frightened child! I am going to travel into the incandescent skyline of The Hygiene Highline Hiway. What I love about Victoria is that she didn't let my lack of finances keep me from coming here. She made it affordable. She didn't let me make excuses for my condition or my failures. She helped me learn how to make myself accountable. Victoria helped me see the stress factors in life. Together, we put the binge-eating habits right back where they belong — "Before Concrete." She helped me kick myself off My Path of Least Resistance and helped me set myself right onto My Hygiene Highline Hiway where I belong. I'm not going back to old habits. I'm am moving myself forward!

## **INTRODUCING... ANDREA at: [www.andreakober.com](http://www.andreakober.com) / goggle: INTERLUDE MASSAGE ANDREA BLOSSOMS FORTH INTO SPRING & THE REST OF 2012!**

VICTORIA'S NOTES: Andrea started in with rounds of e-mails and phone calls from the big island of Victoria in British Columbia, just a few miles away, as the eagles fly! We had fun right away! She let me be "The Wilderness Woman with The HighJoy Horse" and sent me pictures of an owl who started to hoot and hang out at her place once we started in together making her visit preparations. And I sent her *DR. SCOTT'S 100 CASE HISTORIES: FASTING FOR THE HEALTH OF IT!* to inspire her to get past her fear of fasting. She took a few weeks to go from fear to excitement. And the day before Andrea came, she e-mailed: "EXCITEMENT SURROUNDS EVERYTHING HERE!" That was where I wanted to bring her around to! After all — a visit to The Guesthouse should be seen as one of the best adventures of one's life — and certainly, one of the most productive and forward moving! Andrea's story is another, like "THE KAREN WILSON STORY," wherein the visit was short but the results were tremendous! I WAS THRILLED WITH ANDREA'S PROGRESS! She is a short woman. And so, the 12 pounds left at Our Homestead really showed everywhere! We bear-hugged upon my arrival and departure every day — and I could feel her body getting smaller and see her Nerve Energy getting higher! Andrea arrived just before spring had sprung, got her "Spring Tune-up," skeedaddled and paddled back across the salt water, and is now blossoming forth like all the bright flowers everywhere, here in The Pacific Northwest!

When I first got interested in Natural Hygiene in 1992, I was drawn to the idea that a healthy balance of living equaled a healthy life. I became a vegan, enjoyed pure water, fresh air/sunshine, healthy relationships, meditation, and exercise. I had always understood the reasoning behind fasting. But as a single mother of young children, I could not find the time/resources to undertake an extended fast. Over the years, I swayed toward and away from health and my understanding of Natural Hygiene. But when I hit peri-menopause, the biggest problem I had was lack of sleep. I would go days without sleeping through the night, only to catch up here and there when possible. I could feel middle age and my lifestyle, healthy as it was compared to most others, was taking its toll. I give massage therapy for my livelihood, and it is basically "hard, physical labor administered with much love" and takes a great deal of energy when done right. Last February when I got sick, it took an entire month to heal. I started to sleep through the night after 5 years of not getting Energy Enhancers #4: "Adequate Rest & Sleep." But I had gotten myself so tired that no amount of sleep was making me feel better. I had become, in Natural Hygiene terms: "enervated," out of Nerve Energy, with my nervous system so exhausted I could hardly move about without great effort. I knew was ready to fast!

I looked online and, through Dr. Tosca and Greg Haag's website for their now-closed retreat, I found Victoria's Hygiene Homestead in The Woods. To my luck, she was just a ferry ride away! I contacted Victoria to discuss my stay and fast. I found Victoria to be very knowledgeable, and that sold me, so I booked a 5-day fast on water only. When Victoria urged me to consider staying to fast longer ("Just 5 days to get your Nerve Energy back is just not enough!"), through phone calls and e-mails and her "special rates," I was able to stay for a 10-day fast and 2 days of breaking. All I had to do was take the ferry ride and get home to finish breaking in bed at my place while the guys at home waited on me. And so, Victoria graciously picked me up at the ferry. Then we drove to Our Hygiene Homestead in The Woods!

Her place was charming. I felt safe, relaxed, and ready for my adventure. Each day I was appreciative for all the things in the little house and on the grounds that so pleased me. Our Homestead Library was extensive, and that allowed me to research information that re-connected me with Natural Hygiene. The bathtub was huge and enveloped me with warmth and love, when my body was feeling weak and vulnerable. The darkened rooms allowed me the complete rest I needed. (Stay in bed till noon, Kiddies!) Blankets were everywhere. And the dancing flames of the electric wood stoves were often a great comfort and company. The fresh air was grand, and I loved to curl up on the outside couch and watch the birds. Our Hygiene Homestead lacked of pretension: it was simple. And "simple" is what you need when you are fasting.

Victoria exhibited the right combination of being stern and being flexible. And she knew when to use both. I allowed her to take over and guide me, which is so important during a fast. On my very last day, I enjoyed a fruit picnic outdoors with all the spring birds flying into and out of the high-fenced property. Once I started my 2 days of eating, I enjoyed all the little delights around the place even more: stones with messages imprinted onto them, the armadillo named “Shelton” and the turtle named “T.C.” to keep me company, the birdhouses, and just everything. One stump holds 4 owls: “The symbols of “Natural Hygiene Wisdom,” Victoria explained. It was a hoot!

The fast was a great adventure and truly gave me a respect and reverence for the human body. I lost a total of 12 pounds from my frame of hardly over 5 feet, I could feel the “microsurgeons” who healed some of the arthritis in my thumb, and I let go of a ton of stress! My skin looks bright. And now that I am home and out and about, everyone I bump into is amazed at how great I look! The Natural Hygiene High is a great rush, and the blossoming of spring everywhere just adds to the glory!

I have been home a week now and have not had any processed food at all. I have been re-introducing food slowly and resting. My body is craving lots of veggies, fruits, and nuts and seeds. I am enjoying this strict way of eating again since my “Hygiene Honeymoon” in 1992. Today, I just started to exercise again, as well. The biggest and most wonderful thing for me besides the overall delights of the spring tune-up and all the rest and sleep I took is that I am absolutely not craving sugar, caffeine, or breads! The wisdom of Correct Natural Hygiene Living has reached me on a much deeper level this time. It has penetrated my emotional state of mind, and I am not wanting to eat garbage. I am not wanting to undo the time and money spent going forward at Victoria’s by taking for granted the forward movement and expecting to hang onto it without serious determination and effort on my part.

The Wilderness Woman urged me to look at every pound lost while at Our Hygiene Homestead as “precious” and to appreciate it dearly!” She told me of a guest who recently took a fast on water-only of over 3 weeks. Her scale had moved from over 200 into the 170s, something she had not been able to accomplish in several recent years of trying. Our Wilderness Woman told how almost every day, she would stop in a somber moment of counsel and ask the guest if she were appreciating “the wonderful weight loss, one pound at a time!” Our Wilderness Woman told how the guest answered almost everytime with a shrug and the same casual comment: “It’s expected when you fast to lose weight.” Our Wilderness Woman told how she wanted so much to inspire this guest to go beyond casual expectation at Our Homestead into “treasuring and cherishing” so that when she left, she would carry that with her, so that she would “own” the pounds taken off and the more slender body, so that she would get back into exercise and eating right from “the get go,” and so that she would not be planning out her next lamb dinner! And she was daily reminded that a casual attitude at Our Homestead is likely to lead to a casual attitude upon leaving and that a deep appreciation built up while at Our Homestead is the best way to keep the same old habits and the same old pounds from coming back when she wasn’t looking. And then, Our Wilderness Woman told how within just 2 months of leaving Our Homestead, the former guest wrote to say that she was gaining steadily and had summarized her situation with: “What a waste.” But the ever-optimistic Wilderness Woman had her own summary of this guest’s backward movement: “In recent years, those in the emotional health industry have declared that going backwards after progress made at a rehab facility is actually a part of the rehabilitation process. In other words: ‘It’s expected that someone in recovery will go backward from time to time.’ That confirms the old adage: ‘You never fail unless you give up!’ Many Health Seekers will go to a health retreat, learn a lot, experience getting so much better in such a short time, and then go home to put into practice what they have learned with their new-found healthier body. We can all only hope that just like in “The Mother May I?” game, many more steps are made going forward than the occasional backward steps. We can only hope that the Health Seeker will get up and brush herself off and get back on her horse when she falls off and ride forward — hopefully at a full gallop and with her hair blowing in the wind and with rosy cheeks from the exhilaration of the ride!”

In closing, I wish all of you a great experience in fasting and in eating live-foods and in re-claiming your energy and your health! And when you have a moment, imagine you are at the doorstep entrance of Our Hygiene Homestead in The Woods where you will be greeted by Jeremiah. Squeeze the hand of this bright green, smiling, happy frog. Then dance and sing with him: “Jeremiah was a bullfrog...”

ANDREA WRITES AGAIN... DEER WILDERNESS WOMAN! I AM DOING WELL STILL! THANKS! Eating like crazy (more emotional than hunger) but only craving good stuff... I can't stop eating cherry tomatoes, broccoli, and lemon! And nuts! Lots of cravings for nuts! Made some of my going-away meal we shared at Our Homestead: the exquisite spaghetti sauce for my zucchini noodles... 2 fresh toms, garlic, lemon juice, oregano, basil, and some of your amazing thick-sliced, sun-dried, organic tomatoes and, of course, some of your Tomato Bolt! seasoning... IT WAS SO GREAT! I eat this for snacks when I feel the urge for something heavier. I AM LOVING IT!! (only gained 1.5 pound since returning, and that was in the first 3 days before I even started eating regular and yummy meals... water-weight after a fast, I figure). Glad The Guesthouse is full now. Tell the ladies to order a whack of seasonings before they leave! They will regret it if they don't! I am enjoying my 6-Flavor Sampler so much! Sleep is good... exercise is good... energy levels are good... thanks again!! BEAR HUGS!!! Your Canadian Deer Cousin from over the Salt Water!

ANDREA WRITES 1 MORE TIME... Hello, again, livefoodfactorfriends! Since coming home from the 12-day visit at The BidWell Wilderness Woman's, I am realizing more every day what a blessing it was to actually do the 10-day fast at her place. IT HAS CHANGED MY ENTIRE RELATIONSHIP WITH FOOD. It is important to do this right. THE RE-FEEDING IS ALMOST AS IMPORTANT — IF NOT MORE IMPORTANT AS THE FAST ITSELF. Just think about what your body is doing for you! By not eating and resting only, you are shutting down the entire digestive system in order to give it a complete rest. You are allowing the body to work through all the nooks and crannies of all 75,000,000,000,000 cells and cleanse out the toxins for you. And then, you are, to use computer terms, re-booting what needs to be re-booted when you start eating again — with the end result that everything works more efficiently and correctly! What better time than spring to get a re-boot?

The best thing that you can do to show gratitude to your miraculous body, is to reintroduce food slowly and with reverence and mindfulness. Don't think that YOU know best. The body knows best. It does not want you to go back to unhealthy eating habits. Give it what it wants. Fresh fruit, veggies, and nuts and seeds. And take it very slowly as you introduce only good foods in proper amounts back into the body. I found that it took me about 8 days after my 10-day fast to start ingesting more varieties of foods. The best thing that you can do is prepare yourself ahead of time. Read whatever you can get your hands on. Talk to Victoria about everything that concerns you and listen to her. She knows her Natural Hygiene. Seriously. (All that "Wilderness Woman & The HighJoy Horse" talk is just so she can have a little fun along the way, because, believe me, some of her work is not exactly fun!) Just think, if you can make it to Our Hygiene Homestead in The Woods, you can enjoy her extensive library when you are there and become what she calls: "AN EDUCATED WOMAN!" (or "AN EDUCATED MAN!").

It has now been about 12 days since I got home. I took the first week real slow. I have returned to my work. Now I am back to exercising daily. Today I went for a 30-minute run. When I do sit down for a snack or a meal, I am experiencing a healthy craving just for the good stuff: a lot of veggies, nuts, and seeds. Not craving fruit as much as before. I do tend to graze throughout the day, and I probably could eat a bit less. But the good news is that I have not gained any weight since that 1 & 1/2 pounds my second day home! The body goes through a lot of work to rest and heal during a fast. It makes no sense to resume eating the way that got you tired and sick in the first place. Please, listen to The Wilderness Woman, appreciate and cherish and treasure your progress, and — just pay attention.

i am back to running 3x per week, starting pilates next week, strength training, working 6 days a week, and drum roll...sleeping through the night!

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# The Wilderness Woman's Introduction to The Kim Andrews' Story

Except for a 4-week lull in late summer, 2011, and a few days in the fall, I have had a full-to-overflowing Guesthouse for many past months! I was enjoying assisting the guests through their fasts, making new and yummy recipes for them, and the “full-house income” that was allowing me to make new Homestead improvements and to pay off some outstanding bills. I never thought I would actually enjoy the day when The Guesthouse stood empty! But the 4-week lull did me great good while I prepared for another 2 months of a full-house in November and December.

When Kim first called, I sensed I was talking with a very mature, very focused, very experienced woman of about 40 and was shocked after about an hour of getting to know each other through 3 phone calls that she was only 25! She knew we would hit it off before I did! She had spent enough time on [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com) to be able to imagine the profile of the ideal candidate for Our Hygiene Homestead in The Woods and to catch my spirit as The Wilderness Woman with The HighJoy Horse! In fact, she announced during our first talk: “I WILL BE YOUR PERFECT GUEST!” I thought to myself... “That is quite the claim.” Since the website opened in May of 2010, I had enjoyed many who fit that bill. But Kim has won the prize! She continued: “I grew up in Alaska with no electricity and no running water.” (When I was 56 and High was 6, we had lived in Canada for a full year on a trail ride ranch. And I had no electricity and no running water — the most adventurous year of my life!) “I started riding when I was 5 and had no saddle.” (I started at 6 and had no saddle, either.) “I work for my father in his mechanic shop.” (I, too, was a mechanic's daughter and had worked alongside him and ran parts for him and kept books for him until my early 20s.) “And I will be the ‘easiest keeper’ and ‘lowest maintenance’ guest you have ever had.” (Those are both horse terms that should not be thrown around lightly!) “All I need is a place to hold up, a private room to be by myself for a time of fasting and prayer. I just need DSL Internet and a comfortable bed. You don't even need to check on me most of the days. And I can fix my own meals after the fast.” (All of this I knew I could provide.) Kim and I discussed what the \$1,000 a week place in Hawaii would cost her: \$6,000 + airfare. Frankly, I could not resist the idea of having “THE PERFECT GUEST” to offset the 1 out of 4 who comes through complaining and grouchy, no matter what I do and no matter that they are getting half the price and many times over the comfort and amenities of the pricey places! Unable to avoid the temptation of having “THE PERFECT GUEST,” I called her back and knocked \$1,000 off the \$500 a week rate. And Kim, smart, young woman that she is, jumped at the offer! We had both made the reservation-making process fun for each other! And I knew in my heart from our 3 calls that The Eagle's Nest was about to serve a mighty purpose for this tender soul.

**Draw nigh to God, and he will draw nigh to you.**

**Cleanse your hands, ye sinners; and purify your hearts, ye double-minded. James 4:8.**

“THE KIM ANDREW'S STORY” to follow leaves out sooooo much of her stay here. And I do not want to detract from Kim's spiritual account with reports of how tasty the beverages were, how fun and fancy the meals were, how some of the 25 days of Kim's fast my visit was less than one-minute while she waved me away to tell me she was fine, how spectacular the tail-end of the fall colors were here in Concrete just for Kim, how long and pleasant were Kim's reported walks throughout the fast, how mildly irritated some of the guests were that Kim seldom came out of her room to visit and help them distract them from themselves, how delighted she was with some of The Wilderness Woman's gifts, or how blessed she was to have handed to her *GOD'S CHOSEN FAST* and *FAST YOUR WAY TO HEALTH* and *THE WEIGH-DOWN DIET*. I won't go into detail about how she arrived not looking overweight at all but was about to leave in such baggy jeans that I got her to a 2nd-hand store where she was thrilled to pay \$30 for 2 Levi jackets and 3 pairs of Levi jeans — all size 5! In the end, Kim was “THE PERFECT GUEST” because (except for those long walks) she fasted correctly, she rested and slept (except for the Internet time) most of the time, she broke the fast correctly... and she saw me for who I am — The Wilderness Woman who has spent 10 years and every bit of my resources fixing up a safe haven for Health Seekers and who just asks for a little appreciation — and FUN!

# THE KIM ANDREW'S STORY

Written from The Eagle's Nest the Night before Kim Took Wing

**Is not this the fast that I have chosen?  
to loose the bands of wickedness, to undo the heavy burdens,  
and to let the oppressed go free, and that ye break every yoke? Isaiah: 58: 6-7**

I was just 23. The most important decision I have ever made or will ever make was in the spring of 2009 when I gave my heart to The LORD Jesus Christ. My life changed in every way for the better from that moment on. Jesus began a work in me that left no detail of my life untouched. He set me free from drugs, alcohol, tobacco, depression, and in their place gave me love, joy, and a peace that passes understanding. Praise Him! As I searched His life-giving Word, I began to learn more of what it means to follow Jesus and that there is no detail too small in the life of His children to go unnoticed by Him. I also learned that my body was the purchase of His blood, purchased as a dwelling place for the Holy Spirit. *The Bible* in 1 Corinthians 6:19 says: "What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" *The Bible* also says in 1 Corinthians 10:31: "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

Although I had been set free of free from drugs, alcohol, tobacco, depression that day in 2009, I knew that I was not taking good care of my body by eating too much and of the wrong kinds of food. Also, I was not taking enough time to rest and spend time with The Lord. My spiritual life was suffering as a result. I had known that I needed to make changes in my lifestyle for some time. And I had spent a considerable amount of time reading about nutrition, raw foods, health, and watching documentaries on the problems within the food system. All of the knowledge I was gaining pointed to one thing. I absolutely had to make changes in the way I was living. But even with all the knowledge I had acquired, there is quite a leap between knowing changes need to be made and actually allowing The Lord Jesus to work these changes in you. The cares of this life, the stresses, the deadlines, with the frenzied pace of modern living, they all have a way of taking over if our focus is not on the kingdom of God and seeking His righteousness first. Matthew 6:31-33 says: "Therefore take no thought, saying, 'What shall we eat?' or 'What shall we drink?' or 'Wherewithal shall we be clothed?' For after all these things do the Gentiles seek. For your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you." I determined that I wanted to seek first the kingdom of God.

I had made attempts at change in the past, all of which were short-lived. The Lord convicted me that I needed a total rest, a time to seek Him with my whole heart, to learn His will and regain the health He desired me to have, without distraction or interruption. A fast on water-only was in order. I searched through many web pages and even spoke with some Natural Hygiene doctors, but none of it ever fit together quite right. The timing was always off, or the price was way too high. For whatever reason, I just couldn't quite connect the dots. Then, in my search, I came across Dr. Tosca Hagg and sent her an e-mail. She told me she no longer had her retreat open but directed me to Victoria. I looked at the [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com) website and decided to give Victoria a call. She was pleasant and very enthusiastic on the phone as she described a peaceful, little retreat in the woods. It was just what exactly I was looking for! I sought the Lord for His will to be done. And by His mighty power, in His perfect time, He put the details together for me. Six

weeks later, Victoria BidWell drove up in her PT Cruiser, met me at the bus station in Burlington with a smile, a big hug, and a delicious, fresh, Hygiene Homestead-made pineapple smoothie!

We arrived at The Homestead in the woods after dark with the hundreds of tiny wilderness lights to greet us. Victoria gave me a tour of the charming, little house before showing me to “The Eagle’s Nest” where I would be spending the next six weeks. It was obvious that Victoria had put a lot of effort into making the little green house a home. There were charming hutches filled to the brim with beautiful and interesting dishes, antiques, and a kitchen that had every possible gadget you could dream of! The Eagle’s Nest was the best part. It was a quaint, little room — country/western-themed with over-stuffed chairs, large mirrors, beautiful wall hangings, and complete with a tall electric-flaming fireplace and a like-sized, like-like eagle perched on its nest atop the mantle.

My fast on water-only began the following morning. I proceeded to hold up in my room like a well-fed brown bear during winter hibernation. In the early part of my fast, I did a lot of sleeping. My body was detoxing and getting much needed rest. As I got deeper into my 25 days of fasting, I began to experience the spiritual benefits I had been seeking. The clarity and solitude I was experiencing allowed me to draw close to The Lord and to hear His voice. When you shut out the world and all its varying demands, and draw close to God, just as He has promised, He will draw closer to you. I began studying all of the texts in the Bible on fasting and was amazed that I found fasting so prominent throughout the entire Old and New Testaments! I wondered why more people do not take advantage of this wonderful experience. Victoria showed me “The Fasting Library” sectioned off in The Homestead Library when I arrived. Then, early in my fast, she handed me two “just for Kim” books on spiritual fasting. These I also found very helpful and inspiring.

Victoria came to visit me every day, mostly in the evenings. She comes into your room with a smile on her face, and she loves to have fun! I appreciated her thoughtful gifts and surprises and our short and long talks. After my fast, she made sure I had plenty of fresh fruits, vegetables, nuts, and seeds. I even had my own new, miniature frig in my room! On the final day of my stay, we visited a salad bar to share a beautiful meal in each others’ company. The best part of our last day together was finally meeting HighJoy — the beautiful, white, Arabian horse. No one could ever call herself “The Wilderness Woman” without a wild horse to ride. And HighJoy is just that: a cut-proud gelding who acts like a stallion with a mind of his own! He is quite the character and is a master performer if there is a snack involved. Overall, I had a wonderful fasting experience and am coming away a new person with a stronger relationship with my Lord and Savior Jesus Christ. A big “THANK YOU!” to Victoria and The HighJoy horse for making all of this possible! My stay would have cost \$6,000 anywhere else, and I would have had no Eagle’s Nest. But I paid less than half this amount to The Wilderness Woman and had such privacy in The Eagle’s Nest! I plan to return to my Nest. And in the meantime, The Wilderness Woman and High left me with a miniature Eagle: her wings spread out and about to take flight — just to remind me of my quiet time of fasting and prayer at Our Hygiene Homestead in The Woods.

**But those who wait on the LORD shall renew their strength;  
They shall mount up with wings like eagles,  
They shall run and not be weary,  
They shall walk and not faint. Isaiah 40:31**

# DENISE'S VISIT AT OUR HYGIENE HOMESTEAD IN THE WOODS MISSIONARY RATES SO HELPED US, BOTH!

## PART 1

My name is “Denise.” The first time I had the pleasure of ‘meeting’ Victoria was on the phone, in 2009. I’d read about her on the Internet. Interested in purchasing some products, I called the number, expecting to get an employee. To my complete surprise, the voice on the other end of the phone answered — in a very chipper, upbeat voice: “This is Victoria!” I was taken aback, and sputtered a bit before I got my request out! She laughed when I expressed my surprise that she’d answer the phone herself, and we went on to have a very enjoyable conversation. She took my order, but gave me, oh, so much more, by her friendliness and caring heart. That is when I realized what a special person Victoria is. And, my order arrived quickly, in about a week, to France.

Yes, I live in France, where my husband and I are missionaries. Victoria put me on her mailing list, and I regularly received updates about GetWell★StayWell America and testimonials about the Guesthouse. I WANTED to go for a stay at the Guesthouse myself, but really never thought I’d be able to, because of the time element involved, but especially because of the finances required, including travel. So I simply set that desire aside.

Fast forward 3-years to Spring 2012. Although I knew better, I’d allowed myself to put on some extra, unwanted weight. I have the beginnings of arthritis, with pain in my knees whenever I sit or stand, as well as what I assume is gout — with one big toe completely numb. At a yearly medical appointment, I found out that my blood pressure level was quite elevated; and the doctor informed me that I would need to start taking medicine for the condition. That didn’t surprise me, because I’d been having unusual dizzy spells. My cholesterol and triglyceride levels were also waaay too high! Not good news. But there was no way I was going to start taking blood pressure medicine that I would then have to take for the rest of my life!

THAT’S when the desire to be a ‘guest’ at the Guesthouse was redoubled in my heart. I knew that it would be the best possible decision that I could make for my health! I knew that I needed to do this for myself, as well as for my family. But, there was most certainly no way I could afford it. That very week I received another newsletter from Victoria. And OH, how that whet my appetite that much more to go!

A few weeks later I was offered airline passes at a very reduced rate from a family member, which had never been offered before. My hopes started rising...

A month later I received a very unexpected monetary gift in the mail. And while it wasn’t nearly enough to cover even her least expensive rate... I decided to give it a shot. I wrote Victoria, explaining to her my situation, and told her that I would be willing to do “whatever” to be able to be a guest... albeit a “working guest”... at the Guesthouse. Victoria accepted me!

I’ve been here at the Guesthouse for 10 days now.

Victoria picked me up at an airport shuttle stop, and met me with a freshly-squeezed grape drink, which was a reviving nectar to this hungry and tired traveler! We arrived at the Guesthouse, around 1 A.M. And seeing it was nothing short of a real treat! Lights on everywhere, twinkling all the way up the driveway and covering the house. Beautiful! ABSOLUTELY STUNNING...

Victoria had been extremely busy that day, and so on the drive in she explained to me that I would need to make my own bed. That was fine...I’m a ‘working guest’! But, no, the housemate who I was to meet the next day had made it for me, figuring that I’d be tired. (THANKS, Cheryl!) I think that meant more to me than had Victoria done it — it showed a true caring and solidarity between “guests”. I’ve so enjoyed getting to know my two housemates who are, however, way ahead of me — they’ve already finished their long fasts and have been breaking it ever-so-carefully. They’ve given me great advice and wonderful encouragement.

The Guesthouse itself is so very interesting, so full of treasures, and has a ‘personality’ all its own. I’ve been noticing almost every day something I hadn’t seen before... no boredom here! I got to meet HighJoy-The-Horse as soon as I got to Victoria’s place, a few days later. He’s a trip, with plenty of personality himself. Maybe it’s all the healthful food he gets — I never knew that a horse would eat so many kinds of and so much fruit and veggies!

I've been working these last 10-days, helping Victoria out in different areas — some office work, some lawn work, some kitchen work. Not always easy, sometimes tiring, but done with contentment... because I'm grateful to be here! During this time, a particular Bible verse in the book of Colossians came to mind: "Whatever you do, work at it wholeheartedly as though you were doing it for the Lord and not merely for people." That's what I've tried to do in my work here, to do the best I can, to try to be a blessing to those around me, just as they've blessed me.

During this work-period, I've also been, with Victoria's guidance, preparing my body wisely for the fast. In other words, eating VERY lightly and healthfully — only melons, sweet and juicy — and drinking green juices, some of them lovingly prepared by Victoria for me!

I start my fast tomorrow. Yes, it will take some effort, some sacrifice. But I'm looking forward in the years to come of reaping the benefits from the effort I'm sowing now. Victoria has a very extensive library available. And while I haven't been able to read much these last 10-days, I'm looking forward to accessing that information during my fast. It will surely help to distract me from hunger! That and Victoria's hugs and her playful and happy self...

## PART 2

Well, when I finished writing the first part of "my story," I had some "unknowns" before me! Mainly, 23 days of fasting, drinking water-only, and not knowing for sure how my body was going to act and react... and how I was going to act and react! I rather like looking at those 23 days from THIS side of the proverbial fence... in other words... **It's over, I'm done, and I am enjoying live-foods like never before — whole and in recipes!!**

I have to say it was "QUITE AN INTERESTING EXPERIENCE!" Certainly not always easy, but most definitely a learning experience, and an experience that helps me in making some new — and better — decisions in my daily life!

### ***Some highlights of my time here at the guesthouse:***

We all learned in Chapter 14 of [The Live Food Factor](#) that REST WHILE FASTING ON WATER-ONLY IS THE BEST WAY TO RESTORE NERVE ENERGY, DETOX, AND HEAL MOST EFFICIENTLY. And that is what I did, almost all day, every day. Relaxing outdoors on the couch and reading a little there every day was so pleasurable. And just sitting under the pine trees was one of my favorite "do nothing intelligently activities." I'm a city girl, tho' not necessarily by choice! I thoroughly enjoyed all the fresh air. And sometimes, I would just stop reading to look up into the sky — seeing nothing but brown (*taaaaalll tree trunks*), green (*the tops/leaves of the trees*), and blue — *as in the beautiful, blue sky*. I was blessed with absolutely warm and sunny weather during my 5+ weeks. But, even had we had coldish weather, I believe I would have been outside as much as possible!

The front and back yards are huge by city standards. I loved to stroll around the 1/2 acre to get just a little exercise, which I did plenty, particularly while fasting! After the fast, I took many interesting walks throughout the Cape Horn Community.

I mentioned in Part 1 of "my story" that Victoria kindly agreed to give me a special rate she called "missionary rates" in exchange for some work and some money. One of my "jobs" was to water the 40 potted plants and little trees that follow the driveway and lead up to The Homestead, to water the 3 miniature evergreens near The Bear Cave, and to flip a switch that would water 60 trees planted in huge barrels. You can see all of this "evergreenery" at [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com) and take the 2 Picture Tours that Victoria has prepared for us Health Seekers. Since it did not rain here for 3 full months, watering was necessary every other day — it was a 45 - 60 minute labor of love that I was able to do throughout most of my fast. Being a lover of God's natural creations, I was happy to do that and enjoyed seeing the plants flourishing under my care, in spite of the prolonged lack of rain in the area. One thing this city gal especially enjoyed observing outside was the intricate spiders' webs that would appear in one place or another literally from one day to the next — overnight! I found myself examining them carefully and in wonderment! Between that and the rest of nature all around me — and especially because I spent so much time outside, I was constantly reminded of a passage in The Bible, in the first few verses of Psalm 19:

The heavens declare the glory of God,  
and the skies announce what His hands have made.  
Day after day, they tell the story; night after night, they tell it again.  
They have no speech or words;  
they have no voice to be heard.  
But their message goes out through all the world;  
their words go everywhere on earth.  
Simply put: **“God’s creation reveals His greatness!”**

Victoria has many, many helpful books — yes, on Natural Hygiene and “The 10 Energy Enhancers of Cleanliness, Pure Air, Pure Water, Adequate Rest and Sleep, The Live Food Diet, Right Temperatures, Regular Sunbaths, Emotional Balance, and Nurturing Relationships. But, she also had “little libraries” for us Christians and nature lovers. They were quite interesting and very helpful. Her “Wilderness Woman Library Section” featured books by Ralph Waldo Emerson and Henry David Thoreau and John Muir and Grey Owl, as well as “nature picture books” and American history books galore. You could even take a virtual tour of Washington State without ever leaving The Homestead! Undoubtedly, something for everyone and anyone’s preferences, both educational and entertaining. *Tired of reading?!* Although I wouldn’t have thought it would be the case, that absolutely did happen to me. And Victoria has that covered, too! The hundreds of DVD’s and videos (*again, both on Natural Hygiene/health/nutrition and general entertainment*) most certainly helped pass the evenings when I just didn’t feel like reading another word! I had all my hours organized — I set up a sort of schedule. The days just flew by! Of course, sometimes, I let my self-imposed schedule slide, and just sat around “chatting”... *using that word in the original meaning!* — with my housemates. I learned a lot from them, and we became very good friends for life!

For whatever I wanted to do — and when I didn’t want to do anything but sit or lie down — there are wonderful, comfortable sofas on the front and back porches, with LOTS of fluffy pillows — inviting one to cuddle up. And cuddle up I did, sometimes just pampering myself in that way, especially during the latter part of my fast. For those chilly mornings or evenings, I could always grab a warm blanket to wrap up in, and still be able to be outside on one of the porches.

This is certainly not the most important thing — especially because I wanted to limit being on the computer during my fast — but there is a solid and regular Internet connection at The Guesthouse, in spite of it being a good ways from a town. I was even able to get that connection way out in the yard, as well. One thing that I always appreciate wherever I stay is hot water! I was very happy my first night here to know that The Guesthouse has a steady supply of hot water for bathing and showering! Of course, I can live without it (and have), on some of our missionary trips. But, again, it certainly is nice, especially as the fast advances and one feels the cold much easier. The used towels disappeared even before I would normally give them up to be washed, and there was always a stack of fresh towels.

And as for my “re-feeding”: I broke the fast on such flavorful live food juices — and a good variety of them at that! Flavorful juices... 2 ounces every 2 hours, 6 times a day the first day. The different juices throughout the day, to gently get my stomach and entire system used to working again, they were just wonderful! The next day twice as much juice, again with such variety of fruits and vegetables. (*During that time, Victoria pulled an all-nighter, but she still brought my juices to The Guesthouse by 9 A. M!*) Then I had 3-days of melons and juices. By the time that total of 5-days was finished, I felt that my body could easily handle solid food, and so I eased into eating quite naturally and without any problem, whatsoever.

During my last few days at The Guesthouse, I made a number of meals for myself with ingredients that Victoria brought over, and the little kitchen — totally equipped with utensils/machines — that made food preparation easy and enjoyable. But, I especially enjoyed the meals Victoria made “with” me, so that I could see how it’s done! We picnicked outside on plates of fresh, raw, in-season, sweet corn on the cob with a special “Avocado Butter” — *DELICIOUS!* I had not one... nor two, but THREE ears of corn all for myself and thoroughly enjoyed each one! “THE AVOBUTTER FORMULA” is this: Ripe avocado + a small amount of liquid. You VITAMIX these 2 ingredients until a look-alike for whipped cream results. In fact, Victoria also calls this “GREEN WHIPPED CREAM.”

And you can add small amounts of herbs or a scallion. Victoria used orange juice for the liquid. And just these 2 live-food flavors to make the Avobutter put on the corn after a fast was totally satisfying! Of course, Victoria serves “LETTUCE AND CELERY WITH EVERYTHING!”— We indulged in “A Beverage-tasting Party” of various fresh-made juices and drinks served in fancy glasses and with appetizers. It was quite difficult deciding which one I liked best! Sometimes, our hostess would put flavors together that you just would not think would taste good — but they do! Such as tomato juice sweetened with a slight amount of grape juice!

And then the “Instead of Yoghurt” meal. Victoria came up with 2 very unexpected ingredients to make this “yoghurt” taste just like... well, fruit-flavored *yoghurt*! The “INSTEAD OF YOGHURT FORMULA” is this:

Soft fruit + a tiny amount of juice + nuts or seeds + a tiny amount of onion + lime juice. You VITAMIX the soft fruit with juice and the nuts or seeds to get a thick pudding, then drop in small amounts of onion and lime juice to get the taste and consistency you like best. We had Mangococo Instead of Yoghurt made with mango + coconut water + cashews + a scallion + lime juice. This recipe allows the fruit-flavored Instead of Yoghurt to keep the color of mangoes. We ate this as an entire meal with lettuce and celery. And Victoria always serves a little beverage with our meals. It was “WONDERFULLY YUMMY!”

Finally, we had a live-food “spaghetti” night: flat egg-noodle-like strips of the summer squashes, crook-neck and zucchini, with an ever-so-tasty marinara sauce made with the thick-sliced, sun-dried, organic tomatoes Victoria sells so cheap it is hard to believe! “THE MARINARA SAUCE FORMULA” is this:

Fresh tomatoes + dried tomatoes + a liquid + optional herbs. You VITAMIX the fresh tomatoes with the dried and the liquid. (Victoria used tangerine juice.) She VITAMIXED in some optional herbs, too: fresh basal, oregano, cilantro, and baby dill with some scallion. Better than any jarred sauce on the market — and all so live!

During my nearly 6 weeks, I purchased a suitcase full of Victoria’s 6 flavors of seasonings made exclusively from live-foods, 6 pounds of the dried tomatoes, and many other items that will all go back to France with my husband and me. The many hours of raw food recipe DVDs will travel back tucked away in my brain, as well as several recipe books Victoria carries. Some were purchases, some were gifts from her over-flowing heart!

**Last, but certainly not least: *Health benefits and weight loss!*** I lost 25 pounds of weight that I was very happy to get rid of! A few of those pounds were gained back during the re-feeding, but I was able to stabilize that before I left. I was certainly grateful for the counsel on how to start back on eating CAREFULLY to avoid gaining *too* much weight. One of the secrets “The Wilderness Woman” teaches to keep from regaining any weight is to break the fast on the small amounts of juices and then melons those first days and not to hop right back to whole foods and recipes right away to stimulate the appetite. The other of “The Wilderness Woman’s Secrets” is to get on with exercising by taking strolls and then brisk walks after the fast and as soon as energy allows.

I’m very pleased to report that my previous high blood pressure has gone down. Nor do I have had the disconcerting dizziness that I’d been having the few months prior to my fast. In addition, the numbness in the toes of my left foot is completely gone. While neither of those “conditions” was life-threatening, I was very much aware that they were the beginnings of things that could only get worse unless I took aggressive action.

My husband came and picked me up at The Guesthouse, as we will be doing a bit of travel and seeing family and friends over the next few weeks before returning to serve The Lord in France. I was quite content to hear him say immediately — and quite happily — that he noticed a major difference in me both in weight loss and in being more rested (no small thing...) and that I even was more tanned, which wouldn’t necessarily have been expected from the Northwest in September!

All in all, I’m very happy with my stay at Our Hygiene Homestead in The Woods, as well as with my results! **Knowing what I know now... *Would I do it again?* My answer is a resounding “YES!” And so would The Wilderness Woman!** I was well gratified when she told me upon leaving: “The Lord does work in mysterious ways! You have been a huge blessing here! The grounds at The HighJoy Homestead and at The Guesthouse both have never looked better from all your detailing. You saved me at least \$1,000 in \$10 an hour helpers. PLEASE! COME BACK ANY TIME! Now, go and sin on SAD food no more!” Many thanks to you, Victoria — and to God for giving you these 2 places and, of course, “High — The Joyful Horse!”

## Four Weeks in Concrete, Washington

### NATURE LOVER LOVES NATURE AT THE GUESTHOUSE!

*I arrived the evening of Saturday, October 16<sup>th</sup> from Sea Tac airport. Victoria picked me up in her black "Cruiser." We spoke all the way home about my condition BPH and several other subjects. At this point, she did not have a success story with anyone having a prostate problem. I had read a success story for a gentleman of 70 years of age, but I also read that if the cell structure in the prostate had changed that it may not be reduced during a fast.*

*Just to let you know I don't have any problems with a high PSA or anything but have a problem at night waking up often to urinate. My wife Sue suggested that I do a fast to see if this could be reversed at this stage. I have had an enlarged prostate for the last 8 years or so, and I knew that I didn't want to take anything stronger than Saw Palmetto. I refused to take or other drugs.*

*I have been a vegetarian for 30 + years and just recently converted to a raw vegetarian diet. Except for a hip resurfacing done two years ago this March, I am in great health at 61 years old! I have no problem with a 100 mile bike ride. Sue and I did a 40 mile mountain bike race in Wisconsin over some hilly terrain with no problem. (P.S. Sue and I were married 2 years ago at the end of this same race.)*

*Victoria went out of her way to make me feel at home by showing me downtown Concrete and the mural on the firehouse wall showing the whole Concrete area and allowing me to feed a very ripe cantaloupe to her horse HIGHJOY.*

*Victoria brought me several books to read by Tom Brown's The Tracker and Grandfather. John Muir's Wild America by Tom Meldham. I brought along Soul Coaching by Dennis Linn which I planned to do a 28 day spiritual journey during the 4 weeks but gave up on that process the second day.*

*Instead, I listened to a lot of tapes by Herbert Shelton and lectures by Vivian Vetrano. I appreciated. Victoria Boutneko's 12 Steps to Raw Foods was another good book. Videos by Gregory Haag and others were also stimulating. By far the best information that I read was The TAO of Abundance by Lawrence Boldt. There are 8 ancient TAO principles for abundant living that were very provocative. This book helped clarify some of the 81 chapters that I had been reading and trying to understand since I started to read and understand the TAO during my trip to Machu Picchu 3 years ago..*

*Victoria was constantly bringing videos for my entertainment. They were all very enjoyable. The Road to Wellsville, Walden, Edge, This Boys Life (Story by Tobias Wolff from Concrete), Sitting Bull, etc. I also enjoyed and learned a lot from the people staying here. (Kim, Robert, Ziyah, and Wanda all had stories and of course Victoria's life story)*

*21 days into the fast on Saturday, November 6<sup>th</sup>. I was 152 lbs, down 34 lbs., feeling great! Never had any ill affects other than being weak. Since the 12<sup>th</sup> day, I no longer had to get up to urinate and could stay in bed for 8-10 hours. I awoke to clean laundry and a photo, tee-shirt and a lovely card from Victoria to congratulate me on 21 days! I know from this experience that I would have had no problem doing a 40 day fast next time.*

*This was my first fast, and the first lesson I learned the first week that long walks to around the whole neighborhood (Cape Horn) to the community beach, etc. was enervating. The culmination of this realization came on day 7 when Victorian took me to her favorite swimming hole Everett Pond (*

*her Walden Pond). I was walking on a path around the little pond when the trail ran out. I bushwacked over fallen trees, underbrush, swamp and blackberry patches. It seem like I was at 12,000 feet or more trying to climb trails Peru. It was hard for me to just relax and become less physically active. But I know if I had, it would have aided me in my healing process to have done less in the way of physical exercise. Another thing I would change is I would have less high stimulation like movies, Facebook, Skype, and other electronic wizardry.*

*The second major lesson I learned came while breaking the fast. The first 24 hours were great with eating melons every 2 hours (fist full). The flavor was spectacular! The second day on melons also went well until I added a very large salad. I did not give Victoria the option of preparing any of my meals. I made this salad, and it tasted fantastic! I was eating melons for breakfast and a large salad at lunch and dinner the rest of the week. Looking back, I believe it was too much food too soon. A horrible case of constipation brought me lot of pain and anguish.*

*My trip back home to Green Bay was delayed from Saturday to Sunday because of 11 inch snow in Minneapolis. Constipation was still a problem the second week. I had no problem going back to work. There was one night when I ate a very late dinner that I had to get up 4 times during the night to urinate. I am not sure once the bowels are again full of food and pressing on the bladder whether sleeping through the whole night will be possible. Going back to exercising, I was still wee. But by the end of the week, I was able to take a 20 mile ride with Rod, my blind friend on a tandem ride in 30 degree F. temperature. Sweating was a problem at the YMCA when exercising. The skin was very irritated and eventually water blisters developed underneath the skin. Looked almost like blister during sunburn. I was up to 165 lbs. 14 days after the fast.*

*21 days after breading the fast, this is my status.*

*By far the best asset of "The High Joy Retreat" is the fact that the Skagit River and a beautiful vista are only 3 blocks away. I spent every day that was not rainy with my feet over the banks with binocular and digital camera in hand. I watched 3 Eagles and a herd of Roosevelt Elk. It was awesome to watch the large bull thrust his head into the roaring water. The crows, sea gulls, and western jays always tried to out do each other in their squawking. It was soothing to listen to the water flowing, occasionally seeing salmon jumping out. One day I watched a slug eat a dandelion for a whole hour down by the Skagit River. Sitting on the back porch out side my room, I watched a spider in case a house fly in a cocoon and attach it up in the rafters.*

*I have to credit my loving wife Sue for changing my diet to raw and pushing me to fast. Sue would have made the trip to Concrete with me except she is in the launch of a new career with helping others to discover raw food. Her website is [ALIVE RAW FOODS.com](http://ALIVE RAW FOODS.com).*

*I have been back home in Green Bay now for about a month. (December 4, 2010). And my strength is almost all back, and my weight is within 10 pounds of my weight at the beginning of the fast. I think this may now be my ideal weight. My prostrate is slightly better but not enough to eliminate all nightly bathroom trips. Some nights, I may get up 3-5 times per night, others only 1 or 2 times.*

*One thing that I found out about myself during the fast was I wanted to pursue an idea of linking Grandparents with Grandchildren to get out in Nature. Last weekend, I took my oldest grandson Sebastian to the Porcupines in Upper Michigan Peninsula. He really enjoyed the wilderness camping. We say only one local cross country skier. We saw 5 bald eagles, turkeys, deer, etc. Sebastian did not realize that he had eaten only raw food for 3 days.*

## Christine Roseberry's 2 Weeks at Our Hygiene Homestead in The Woods!

[www.justglowingwithhealth.com](http://www.justglowingwithhealth.com)

Having suffered from fibromyalgia since a teenager, I have always had an interest in health and the use of natural means of healing. I have tried many different methods over the years to feel better and improve my health, but I seemed to be spending more money than feeling better. In the last couple of years, I was introduced to Natural Hygiene in the school where I am studying holistic nutrition and Natural Hygiene. It was there that I came across Victoria's 2 *BOOKS IN 1: The Health Seekers' YearBook with The Best of Common Health Sense*. It is the shining star of the entire University curriculum. All degrees started with this book. I immediately fell in love with it and gave Victoria a call to learn more and firsthand. She was such a vibrant, energetic gal over the phone! She kept me laughing as she explained things in such a clear, understandable manner. I also immediately ordered *The Live Food Factor* and found it just as engaging, although certainly not as entertaining as *The YearBook* with all its ordinary, straight type. Then, she introduced me to Dr. Tosca Haag who immediately got me on the USANA Health Paks. And I experienced a welcome improvement in my overall sense of well-being.

My next project was to actually study Victoria's Guesthouse website. Victoria explained, "Since you are so new at becoming a health educator, it would be good to read all 'Our Guests' Best Stories' as they are most all stories of Health Seekers who came to get a job done and who were not just on a health vacation." So, I took my time and read slowly for a full 12 hours all the case histories and teachings and book reviews and USANA information. I read the entire website with great interest and took the 2 lengthy picture tours of The Guesthouse and the live-food presentation photos at...

[www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com)

Our relationship developed over the next several months through e-mails and phone calls as Victoria patiently answered many of my health questions and at the same time mentored me in becoming a health educator. And Dr. Tosca became my second mentor as I learned from her and then guided my clients onto the USANA to also experience improvements. While I had been putting into practice all the information I was learning, I thought I was pretty healthy. In fact, I had seen many changes in my health; and most of my symptoms were fading, especially the pain. Victoria, however, insisted that if I were to work with clients and practice Natural Hygiene, I too needed to experience my own personal "Correct Natural Hygiene Fast." The only problem was that I had gotten so thin on the raw food diet! And was getting thinner all the time! So she explained that we would do a 3-day fast on water-only, then 4 days of juices and then start on solid foods for the second week I would stay. Then, at least I would have the experience of my own personal "Correct Natural Hygiene Fast." Plus, she added that most of the time one cannot gain weight due to digestive problems: "You should be able to gain weight much easier after the re-energizing, detoxing, body chemistry balancing, and healing of the Correct Natural Hygiene Fast." That sounded wonderful, because I had to constantly eat to keep on my weight. If I lost much more on all-raw foods, I was going to get scared.

So from Brooklyn, I set off to the wilderness cottage, of which, up to that point, I had only seen many photos and heard guests' experiences. I was very curious to have my own experience there! Many times over the phone, I had heard High (Victoria's beautiful white horse) neighing in the back ground calling for her! So I couldn't wait to see him do his "tricks" Victoria had talked about. When I arrived in town in the middle of the night, I saw from a far "The Black Beauty" (Victoria's PT Cruiser, as she calls it). I knew it had to be her, with a huge, long antler and a flickering battery candle light on the dashboard surrounded by sparkling crystal rocks — for only "The Wilderness Woman" could manage to bring a nature touch so delightful as she had to a machine! She greeted me with a great, big bear hug and a freshly made pint of Concord grape juice to appropriately end my long journey. And that was my beginning to 2 great and unforgettable, relaxing weeks.

I learned a lot in that 2 weeks about myself, my body, and about Natural Hygiene from Victoria's daily visits and the vast library of books and videos. Plus, I had 3 really great housemates with whom to pass some time every day. My Howling Wolves' Den was so warm and cozy, so much so that it made it easy to stay in bed and rest all day under the friendly faux-fur blankets! I looked forward every day to be able to go for a short walk and take in all that fresh, clean mountain air. Being from Brooklyn, I wanted to take back as much as I could! And just being in such a quiet, peaceful environment is so conducive to relaxation on all levels. I don't remember the last time I was able to do that. In the time while I fasted and since, I have had such a clarity of mind! I feel so alive with so much energy! And since the fast, I have slept so much better. I feel that, even on an emotional level, weights I didn't even realize I had been carrying around have been lifted! I feel so much more positive with my thoughts! Even my facial expression changed while I was at Our Hygiene Homestead! It went from tense to very relaxed. I have taken that home with me, and it feels so good! My skin is now glowing, and my eyes have become clear like glass — and bright. Talk about "GLOWING WITH HEALTH!" In fact, with Victoria's help in choosing a title for my health educating business, I decided to name my health and wellness blog: "Just Glowing with Health!" Seems so appropriate now, after fasting.

Victoria taught me a ton. But most memorable, she showed me how to be more creative with my meal preparation: especially with how to make colorful, breath-taking displays of food. This, I now realize, makes such a difference in really enjoying the meals! She would serve the juice in crystal glasses and give me cloth napkins — little touches like that. It just makes it fun to eat fancy, and the simple foods simply prepared seem to taste that much better served that way — and with Victoria's love and happiness! The juices were amazing, especially the first day after the fast! I loved waking up to my baskets of little juices she would prepare in the middle of the night. So I started off the fast at 100 pounds and went down to 93. But once I started eating, I gained it all back. Now, I actually weigh 107 just 4 weeks after the visit! And I am sure I will gain more with time. (For that I am very happy! I was unable to gain weight before and had gotten too thin.) Overall, I FEEL GREAT! By taking time to run off to Our Hygiene Homestead, I not only benefited by experiencing my own health improve. I learned so much direct hands-on experience for my clients! The 2-weeks' visit has prepared me to really be in a much better position to help and guide them to health. Thanks, Victoria, for everything! Thank God, she has The HighJoy Horse to spur her on as she spurs us on!

**"I'M HAPPY! MY CABOOSE IS GONE!"**

**"I'M HAPPY! MY BLOOD PRESSURE IS IN THE NORMAL RANGE!"**

It was December 1st, 2011, that I met first met Gyata on the telephone. She was calling from Vancouver, B.C., just an hour or so away, as the crows fly. We had a long talk... she made her reservation for a 6 weeks' visit at Our Hygiene Homestead in The Woods... we talked a few times until her arrival date... she talked with Our 3 Texas Doctors about her situation before she arrived... she checked in on January 3rd... she took a green juice of celery and cucumber and lettuce for 4 days to assure coming off a diuretic safely before taking her Correct Natural Hygiene Fast... she correctly fasted on water-only for 26 days with virtually no misery symptoms whatsoever... she broke the fast with difficulty because her body wanted to keep going and because the bowels were slow to wake up from their long winter's hibernation... she felt no hunger and did not relish her food because her body was still in a cleansing mode and was rejecting food... she dined on organic lettuce and tomatoes and the best celery either of us had ever eaten... she rejected all other foods as "tasting bad" or being "too sweet"... she rejected all my yummy juices that all the guests love... she did finally stimulate her appetite to kick in... we had only 3 meals together as she was not ready for recipes... we dined on 2 whole food meals... we enjoyed the spiralized spaghetti and sun-dried tomato sauce her last night... and she left at the end of the 6 weeks. When I went over the afternoon of her early morning departure, to start straightening up the place, I found she left me a lovely hand-painted note on the dining table.

**"Dear GetWell and StayWell Victoria, Take good care of yourself. Without you, the world would not be as good a place to be. Thank you for all your visits and especially for your nourishing bear hugs! I don't think I could have made it without those hugs and your tender touches when I needed some comforting. Love, Gyata. Here is my list to share with your GetWell Friends and livefoodfactorfriends.**

## **10 THINGS I ENJOYED SO MUCH ABOUT "THE WONDERFUL GUESTHOUSE" VISIT**

- 1. Victoria's life-sustaining bear hugs with each of her daily comings and goings**
- 2. The Critters' Forest loft with a view of the Cascade Mountains out the 2 big windows**
- 3. The super-equipped kitchen with every imaginable gadget**
- 4. The big couch with great cushions and pillows on the front porch where I was able to get some sunbaths on those unusually warm days in January and February**
- 5. The big, open-air back porch room with comfy couches where I could wrap up in the big, sheepskin-like comforter like an Indian Princess and just watch the snows fall for our 2 weeks of January winter wonderland**
- 6. The (exquisite) Homestead Library of Natural Hygiene books, DVDs, VHS videos, magazines, cassettes, and CDs**
- 7. The 2 electric-flame fireplaces and comfy couch and pillows and many throw blankets in the living room where I spent many hours wrapped up and laid out, reading or watching the wonderfully entertaining and informative set of 30 DVDs made by Our 3 Texas Doctors and all the other videos and movies**
- 8. The overall, adventurous setting of The Guesthouse and its wilderness, log cabin-like, back-to-nature landscaping and decor that made me feel so special, like I had entered a theme-park and was not just staying at a modern house on a street or at a regular hotel in a town**
- 9. The 10-minute walk through the little, woodsy community to get to the secluded spots along The (exquisite) Skagit River and the time spent just watching the river roll along**
- 10. Plenty of full-length mirrors throughout the house so that I could actually view my body and get more in touch with it and see the transformation at every twist and turn throughout every day**

## **10 THINGS GYATA SHARED WITH ME THAT MADE HER HAPPY!**

**1. I like so much to be generous when I can. So many have been so generous to me over the years to keep me going. And so, to make up for Gyata being alone at The Guesthouse for 4 of her 6 weeks and because she was one of those guests who actually wanted company, I am treating her to a brand-new set of Our 3 Texas Doctors' 30-DVD lectures when the next batch is done. Some guests actually ask to be alone, if at all possible, at The Guesthouse. Some actually pay more to be alone and have the run of the entire house. Some do get to be alone, just because reservations turn out that way; and they moan and groan when a guest is scheduled to come and disturb their privacy. But Gyata was not one of these. And she sorely missed a little companionship throughout the day after our last guest Kim left.**

**I tried to tell her: “There are 4 reasons why being alone is to your great advantage: #1 — You have a private bathroom! #2 — You could end up with someone with whom you are totally incompatible, and that would not be easy on you or fun for you! #3 — Even if you did get along with other guests here, these compatible guests can be a huge energy drain as you share each others' life stories — and recipes! I have seen it happen over and over during my retreat-hopping years. I have seen compatible guests lose their focus entirely, bond together, and sneak off to town for margaritas and fajitas! It has only happened once here, something like this. But it was ridiculous! #4 — You get the best of me as I will not need to spread my attention around to all the others.” But I could see that Gyata was not happy about being alone after Kim departed, despite my long, daily visit. So when she asked about buying the set of Our 3 Texas Doctors' DVD lectures with which she was so impressed and that she would share them at seniors' meetings and with friends and perhaps even use to teach classes, I promised her a set for doing such good work at settling down, digging in, resting and sleeping, while she was “home alone” for 4 weeks of her 6 at Our Hygiene Homestead in The Woods!**

**2. I treated Gyata to The Kitchen Spiralizer to take home and with which to have FUN! FUN! FUN! There were several other little gifts along the way which made her happy.**

**3. Gyata left with getting some of the feeling back in the bottoms of her feet. That made her happy!**

**4. Gyata was pleased to see a growth on her toe just fall off quite early in the fast.**

**5. Gyata said to me many times: “I learned a lot.” She explained: “I have known a lot about alternative health care and about preparing raw foods recipes. But I did not know about Natural Hygiene. Gyata left me dozens of books, magazines, DVDs and VHS videos, CDs and cassette tapes piled high on The Homestead Library round table to put away! I can tell how much a person learns by how high the pile he or she leaves! This guest had already told me on the phone that she would be preparing her own food once she breaks the fast, that she has all the recipe books to do live-food preparations, that she has all the machines. And that is what happened. We ate only 3 meals together. This guest did, however, learn all about Natural Hygiene — and from the best Natural Hygiene library open to Health Seekers at any retreat in the world!**

**6. Because Gyata was not on The Internet to check out other places, she did not fully realize that the other Natural Hygiene places ask about \$1,000 a week or more. She was, of course, grateful to pay half the going rate. She explained: “I could never have afforded \$1,000 a week.” Saving \$3,000 would make anyone happy!”**

**7. Gyata was impressed with how her skin exfoliated early on in the fast and throughout it. We kept the sheets changed on schedule. She took a bath most every day, something I do not recommend because it is such a huge energy drain once a few days into the fast. But she did do it, anyway. She got out the loofa and gave herself good rubs regularly. And her skin renewed beautifully.**

**8. Gyata brought her own scale. She seldom told me her weight as the weeks passed. I begged her to let me know when she got into the 190s, then into the 180s, then into the 170s. And she would tell me, when she felt like it. I explained to her that after spending her money on all my expenses to keep going, “My next biggest fun of running Our Homestead is to share in the progress guests make, to be in on the numbers that normalize and to watch the transformations!” I could see weight loss in her face. But her big, long bathrobe hid her shrinking body completely. She had checked in at 205 pounds. And she was a short lady. She left in the 170s. Although weight-loss was not at the top of her list of “Things to Do,” she was pleased to see so much of it go!**

One time, toward the end of my daily visit, she stood up with her back to me and wiggled off the bottoms of her long pajamas while her robe was still on. I could not quite figure out exactly why! I wondered if a mouse had run up her pant leg! Then, with great drama, she threw off the robe, raised her arms artistically far apart and way happy above her head with her hands spread out wide. Then? In high joy, she began posing and prancing and posing and prancing around the living room! She had put on her now-loose-fitting bathing suit — just for me! In her youth, she had done nude modeling for artists. So she knew how to pose and prance — even at age 66! She was beautiful! “This is what the 170s look like!” she announced. And I was shocked! It was the high point of the visit! She had a waist! She had much smaller hips! Her thighs and legs were so much smaller. In fact, they looked close enough to perfect to me! We screamed and shouted and laughed and clapped and hugged. And then, I begged her to do the whole show over again. And she did. And we screamed and shouted and laughed and clapped and hugged all over again! She informed me: “I’m happy! I took off 28 pounds! My caboose is gone!” My eyes teared over in high joy and gratitude!

9. Gyata brought her own sphygmomanometer for blood pressure readings. During that first long phone call at the end of which she put down her full reservation amount, she told me that she feared for her life, that she had been unable to get her blood pressure down after years of trying, that she did not want to be on medications. She had decided that she could not lose the weight on her own and that she could not get squarely on the salt-free and live-food diet on her own. She had tried and failed countless times. She needed a safe haven to get a huge head start to her 135 ideal weight and to get her blood pressure readings into the normal range. Her blood pressure had been at its highest somewhere around 235/90. She had gotten it down to somewhere around 165/80 on medications. But these medications came with disturbing side effects (“poisoning effects,” that is). She left with one reading one day towards the end of the 6 weeks at 127/73. Both of these readings are in the “Normal Range.” When I asked her if she felt the financial investment of \$500 a week had been worth it, she assured me: “I’m happy. My blood pressure is in the normal range. It was terrifying going to bed each night and having my heart and head pound, unable to sleep, wondering if a heart attack or a stroke would be the end of me. I was going to die if I didn’t do something.”

10. In closing, I like to think that dear and loving Gyata was happy to do one huge thing for me. If you go look up some of my biographical info at [www.getwellstaywellamerica.com](http://www.getwellstaywellamerica.com), you will read that I was born into a family of a mother and father who worked long hours and were seldom home except late at night, that an old grandmother tried to watch over us 5 daughters but had almost no control over us, and that my 4 older sisters had way beyond normal fighting patterns firmly established before I was even born. They were 4, 5, 6, and 10 years older than I. And they were jealous of me, so I am told, “from before the day you were born.” I grew up getting battered several times daily from the time I was old enough to get off my father’s lap until I was old enough to fight back, defend myself, prove myself stronger than they, and scare them all off. After I could beat back, the torment was emotional and unrelenting. In short, I grew up in a war zone. All my life, I had portrayed myself as having not just the normal, rough childhood but as having it... “really, really bad.” But when Gyata shared her childhood and teens’ story, it painted mine into a lovely picnic in the park by comparison. Mine may have been “really, really bad” to those raised in a home steeped in Christian love. But I still had it really, really good in a few marvelous ways: I had my imagination and brains and boldness to see me through everything, I had my horse to ride like the wind and to love with a love only a horse lover could understand, I had adventures with my horse into the woods and on country roads, and I had a father who would give me all kinds of attention as long as we were on wrecker calls or sanding down a car to the bare metal in preparation for painting or when we were boring out engines or grinding down valves on an engine we were recycling or when I would sit by the hour and listen to him rant and rave about past revolutions and the latest revolutions! Now, because of dear and loving Gyata, I am having to rethink my whole childhood! It was rough, but nothing so fearsome as hers. From Gyata, I learned that those early years could have been so much worse! At least, because I did have my horses, I was given the freedom to learn how to have FUN! FUN! FUN! WHAT A GREAT GIFT SHE HAS LEFT FOR ME! Now, of course, my “FUN! FUN! FUN!” in life is to spend my days doing all I can to help others, to glorify God, and to ride The HighJoy Horse when I have any time and energy leftover!

## **JANE & JOHN VISIT OUR HYGIENE HOMESTEAD IN THE WOODS FOR JUST 3 DAYS & GET FAR MORE THAN THEY EXPECTED!**

**VICTORIA:** I am sucker for romance. So in November, when I scheduled in an engaged couple for 3 days at The Guesthouse, I fixed it so they could be “home alone” between scheduled full houses. Not wanting to be out of anything for their special meals, I spent way too much money on food. So High and I were left with lots of surplus supplies. But I had everything on hand I could possibly want for meals they fixed and for 3 fancy evening meals we enjoyed together. It was “THE PERFECT VISIT,” defined as “getting much more than the guests had paid for.”

Jane exuded lots of cheeriness when she talked but wore such a pale, weary-and-worn look on her face at all the other times. I sensed something was just not right. I discerned she had been through a lot and had never really recovered. Come to find out, I was right. She shared her life’s story. She is one of those whose lifestyle has left her blessed to just be alive. I wanted to see if I could help her identify which of The 10 Energy Enhancers she needed to give serious consideration and what needed changing in her life so she could capture a life worth living, genuine enthusiasm for her daily activities, and rosy cheeks that just glowed with health! I had 3 days to do the job. Upon their morning exit, I asked them to take a few minutes and jot down the highlights of their visit.

**JANE:** I am inspired by “The Wild Wilderness Woman!” And I fell in love with the spirited, gorgeous, proud-cut, SUPER HORSE HIGHJOY! At their own Homestead, we got to see the 2 together do tricks for us! While feeding him big, white marshmarshmellows (High’s junkfood favorite), my love for horses leaped out of me and brought such joy! We went on the tour first at The HighJoy Homestead and then at Our Hygiene Homestead in The Woods. We marvelled at all the beauty and creativity all around! The pure air was fabulous to breathe on our wilderness walks to the river each day. All in all, it was a magical experience!

Victoria spent a lot of time with us. At one point, she made me laugh so deep that my cheek capillaries actually opened up! “LOOK!” Victoria cried out: “YOU HAVE COLOR TO YOUR FACE! ROSY CHEEKS! All this time, you looked so pale, as if you were dead, lying on a slab in the morgue!” It was true. I have 4 years of meth in my history. I have been drinking for years and just quit recently. I have a secure job I do not even remotely like. I live in a city when I really need to live in the country. I do not have the love of my life — a horse! And I have not had a good laugh like that for years. I learned that laughing is like “jogging on the inside!” I learned that the energy it takes to make raw gourmet would be worth the effort for me in order to get the “AS GOOD AS IT GETS EFFECT” for my life. The gourmet raw food Victoria made was THE BEST! I am so proud to say that my soon-to-be-husband and I learned “THE 10 ENERGY ENHANCERS” by heart through Victoria’s famous memorization techniques. And I am leaving after 3 days with a whole new and exciting perspective on how to claim and get a life that lights me up! Victoria’s lectures behind those simple 10 Energy Enhancers were priceless. These 10 little habits even a 5th grader could teach should not be taken lightly. They hold the answers to our problems — especially as The Wilderness Woman pointed out: “Nurturing Relationships, for us Christians, starts with the #1 relationship in our lives — the one we have with The Lord.” THANK YOU FOR THE MEMORIES! Until we meet again, LOVE, Jane

**JOHN:** My stay with my soon-to-be-wife at The Hygiene Homestead in The Woods was very relaxing. We stayed for a 3-day weekend retreat. The meals and drinks prepared by The Wilderness Woman (Victoria) were MOST EXCELLENT! The reminder of the importance of fasting was an eye-opener. I have fasted in the past. I have maintained some degree of health. But I do have an on-again/off-again relationship with healthful living habits. After just 3 days here, I can imagine that if I were to stay the typical 4 to 6 weeks that most guests do and if I were to work in a fast during that time and if I were to learn and experience as much in those few weeks as I have in these 3 days, I would be ready to drop the “off again” part of my lifestyle and stay turned on to The 10 Energy Enhancers consistently. In just 3 days, I acquired a consciousness for what it would take. For one thing: without “ADEQUATE REST & SLEEP” everything else falls by the wayside, and the Health Seeker goes downhill. For another, obviously, without the right foods shopped for and present in the house, it is impossible to be on the diet. Since we were short of cash to get the 2 *BOOKS IN 1: The Health Seekers’ YearBook with The Best of Common Health Sense and The Live Food Factor*, Victoria gave them to us in trade! It was very generous. Twice, while she was preparing elaborate dinners with special drinks and fancy main dishes, we were sent to The HighJoy Homestead on errands with tasks to perform. These visits included alone times with HighJoy — the big, beautiful, white Arabian. These were unforgettable treats! Susan is wild for horses. Instead of spending the 2 hours a day she usually gives, Victoria went far beyond and spent 6 hours with us one day and 8 the next. She helped Jane see the exact reasons for her unhappiness and that she may need to bring her own horse into her life before she can actually call herself HAPPY! “That,” she explained, “is what happened to me when I got High in 1996.”

## **RHODORRA'S VISIT, SPRING OF 2011**

**— from 2 pounds gone in 6 weeks to 25 pounds gone in 6 weeks —  
WHAT A DIFFERENCE OUR HYGIENE HOMESTEAD MAKES!**

**Note: In the brackets, Victoria is writing = [these are brackets].**

I am blessed to have been raised in a middle-class family in the Midwest. I was raised in a pretty structured, Christian home with two loving and supportive parents. I am one in the middle of 6 children. When I was young, often I took for granted my family structure. As I have grown, I have become deeply appreciative.

Two years ago, my Mom began to share that she was having major challenges in the care of my Sister, who had been diagnosed with multiple sclerosis. Mom began having challenges to her own health. Consequently, I began transitioning to the South to assist in the care of my Sister and Mom. I, along with my Sister and her family, moved to the South. Prior to my move, I had not seen my Sister for several years. Her condition had greatly deteriorated. The stress of care had its impact upon Mom. I was heartbroken. Consequently, I began identifying resources that could help our family manage the care of my Sister and stabilize my Mom. This process took 1 year and 3 months. My Sister's care involved managing her hospital stays, 6 physicians (neurology, urology, primary care, bowel management, bladder management, etc.), 4 therapists (physical therapy, occupational therapy, speech therapy, recreational therapy), insurance carriers, long-term care facilities, and housing. And the list continues. My mom's care involved oncology, senior living, and senior car. And that list continues, as well.

Once I got them stabilized, I was a complete mess — physically and emotionally. During the year and 3 months, I gained 70 pounds. I knew I was gaining weight, but I simply did not have the strength to manage my own personal life while caring for my family. Finally, it was time to address my own needs. My first step was to identify a personal coach. This coach had me buy several books, and he placed me on a raw food diet [taught by an East Coast doctor specializing in Natural Hygiene] for 6 weeks. He took me to a large, local, organic whole foods market to teach me how to shop for my meals. This diet was composed of 3 major meals which included [basically, the same thing every meal, even breakfast!]: 1 cup of lentils or beans along with a large, green, raw salad. I was allowed 3 small snacks which were composed of raw fruits, raw nuts and seeds. Additionally, I was instructed to drink water within specific time zones. I walked each day for 45 minutes and trained with the coach 2 days a week. During the whole 6 weeks, I lost maybe 2 pounds. I was so disgusted that I began looking for alternatives.

I went to visit a bariatrician. This term refers to a licensed physician who specializes in the diagnosis and treatment of overweight, obesity, and other weight-related conditions. I took several tests, including blood tests. The physician confirmed I had a low thyroid. My condition, he shared, was primarily due to overwhelming stress. He said that I would never lose the weight without first addressing the thyroid condition. He wanted to put me on pharmaceutical medicine. I rejected the medication. I believed that I could find a natural alternative.

I began searching The Web for natural health physicians that could give me natural ways to heal and restore my thyroid. I went to see a natural health physician that took his own set of tests including blood work. He confirmed my low thyroid. He suggested that I begin a raw food program. He gave me

a list of vegetables that inhibit thyroid stimulation. I was shocked because the prior raw food program I attempted with the coach never mentioned vegetables like spinach or cabbage would inhibit thyroid stimulation. I had been loading up on spinach every meal from my previous personal coach! This physician recommended I limit my fruits and focus on vegetables, including eating fresh-grown, live sprouts. He said these along with kelp and dulse would assist the thyroid.

Since I had limited exposure to raw foods, I began searching the The Internet for retreats. I needed more help to be successful. One of the websites I identified was the ROYL Retreat by Drs. Gregory & Tosca Haag in consultation with the now retired and famous Dr. Vivian Virginia Vetrano. However, they no longer had their retreat; and they redirected readers thru their website to contact “GetWell★StayWell, America!” In December, 2010, I initially called and spoke with Victoria BidWell. She briefly explained her program and told me that she absolutely could assist me. I initially planned on staying the whole summer, but circumstances did not allow me to stay that length.

Upon my arrival in April, Victoria picked me up in Burlington, Washington, from the bus station. Her voice and tone were those of the same lady with whom I had spoken several times between December and April on the telephone. We made a few stops in town and then proceeded to her private home quarters because she had an appointment with a repair man doing work there. The weather was dreary: cold and wet. When we drove up to her HighJoy Homestead Headquarters, I was surprised that she lived with her horse! The HighJoy Horse was trained to do several tricks. And to my amazement, he greeted Victoria with a kiss! [It does look like a kiss — but he actually just reaches over and bumps by cheek!] Victoria continued to ask the horse to do tricks and rewarded him with raw foods of all kinds and flavors! After putting on a good show for us, HighJoy’s attitude clearly said: “Enough Victoria! Give me my treat, please!” I translated this message to her. And we had a good, long laugh!

Victoria proceeded to take me into her private “frontier bedroom” built outside her house and connected to HighJoy’s quarters by a Mr. Ed Dutch door. This room was rustic! Right out of the 1800s! It didn’t even have central heating — but only a wood-burning fire place for heat! The couch was draped with a real fur blanket Victoria had lovingly made by hand! I was astonished — and terrified! Victoria implored me to relax and get comfortable. How could I? I was from the big city! I was in an environment completely different from my own! In fact, I was in shock! I did not know one person who heated with wood only! I had never even seen an up-close and personal, real fur blanket in my life! [Rhodorra had not bothered to read Dr. Tosca Haag’s write-up of her February visit with me that I had sent her! Dr. Tosca had lived on horse ranches all her life. In her write-up, she had reported that *the very favorite parts of her 2-week visit here* were the several sessions of spending conference time in this very same outdoor bedroom with the fire roaring and with HighJoy’s sticking his head through the Mr. Ed door competing for our attention while we planned out *WHAT DR. SHELTON DIDN’T KNOW!*]

Next, Victoria brought me to Our Hygiene Homestead in The Woods. I had asked for The Eagle’s Nest. I had fasted on water-only in the past. I didn’t want to fast at Our Homestead. However, Victoria practically begged me to do so “to jump start the weight-loss and gain momentum,” as she explained the weight-loss would be so encouraging, with many times the weight lost during the same number of days as on raw foods. She had two repeat fasters staying already who were fasting on water-only to drop weight and who were not very happy about their accommodations or Victoria. [Even though one had 2 months to read [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com) and even though I asked her several times during those 2 months to read it, she refused and was not prepared for Our Hygiene Homestead in The Woods setting or me! The other also refused to read the webiste. These city slickers both kept

asking for things like a pedicurist, trips into the local movies, and cable T.V. to distract them from themselves. I could hardly get them to so much as step outside! Rhodorra continues...] This atmosphere took its toll on me and created tension between Victoria and me as I in the middle. By their departure, I contemplated going home. After very serious talks with Victoria about reaching my goals and after some prayer and calming my spirit down, I analyzed my situation and decided to stay for the next 4 weeks. Victoria and I worked through our differences and began to refocus our energies on helping me maximize my weight loss in conjunction with a realistic, long-term plan. [I offered Rhodorra a really low rate on top of my already low rates if she would buy her own food, prepare it, and clean up afterwards. She liked this idea. And we proceeded. At that time, I also had Alla and CoCo here, a mother and her 3-year old. Since Alla would be preparing their own food, except for my almost daily food preparation demonstrations, Rhodorra, Alla, and CoCo were all on the out-of-the-ordinary plan of preparing their own meals. Rhodorra sat in on all the recipe demonstrations and joined in on tasting parties. At one point, she actually confided in me: “For awhile, I thought you really didn’t know how to do raw food recipes!”]

Once my fast was over, Victoria opened up and began to share her wealth of knowledge on raw foods and raw food preparation. The thing that was the most invaluable was learning that living on raw foods as a permanent lifestyle could be so healthy and tasty! I have often heard many theories on food. The one that sticks out the most is “Eat to Live.” It implies that eating is mechanical and that taste is not important. Eating can be mechanical, but it should be enjoyable also! When I did the 6 weeks on raw foods promoted by the East Coast Natural Hygiene doctor, I hated the foods: they were tasteless and boring! Victoria made raw food tasty and fun! VERY FUN! One of the things I enjoyed most was watching the ease with which Victoria would waltz into her well-equipped, well-stocked, little kitchen and use such simple appliances and tools to prepare really wonderful meals! I can now clearly see how easy and fun it will be to integrate healthier, Natural Hygiene foods into my overall eating plan!

#### **MY HAPPY SUMMARY OF MY SPRING, 2011, VISIT TO OUR HYGIENE HOMESTEAD:**

My first two weeks were fasting on water only: 19 pounds down

My next two weeks included eating 80% raw fruits and vegetables: 4 pounds down

My fifth week included juice dieting on fruits and vegetables: 1.5 pounds down

My last week included whole foods and a trip to a salad bar: .5 pounds down

My first day of eating, I went on a very long walk with Alla and CoCo. This was not what Victoria had in mind. But I went, anyway. And by my description and body language when I told Victoria what I had done, she was horrified! I was paying the price for the months of sedentary living, on top of breaking the fast incorrectly on a very long walk. Victoria cried out: “You pushed yourself like those people on *The Biggest Loser!* I can’t believe you did that! We were all laughing at my comically and clearly expressed agony! After that day, Alla and CoCo and I or myself alone went on very long walks — sometimes up to 4 hours. I put my heart and soul into these agonizing walks, “waking up muscle groups from a long slumber,” as Victoria had put it. I also spent time on the mini-trampoline nearly every day. Basically, I had followed the program in Victoria’s big book with “Before” and “After” pictures of 26 successful fasters who lost weight, then lived right: *The Natural Weight-Loss System*. I had fasted, stayed all-raw up until the end, and exercised — a lot. I lost a total of 25 pounds in these 6 weeks as compared to 2 pounds on the East Coast doctor’s regime in those 6 weeks. Just an aside: Victoria is probably the only Natural Hygiene Health Director of any retreat who picks you up by

taking you to juice bar and encouraging you to “have whatever your heart desires” and then drops you off by taking you to a salad bar and inviting you to do the same!”

**MOVING FORWARD:** Based upon my own observations, whether I eat raw foods, whole foods, or do juice dieting which includes fruit, my weight loss will be minimal as a result of the thyroid situation, until it normalizes. This realization has helped me better understand and accept the sometimes slow progress and resolve and direct my efforts toward my continued weight loss and improved health. I will be methodical and patient while my healing begun during the fast at Our Homestead continues. My initial plans are to continue juice dieting for 3 days – Monday, Tuesday, and Wednesday — and to eat 70 - 75% raw vegetables on the other 4 days – Thursday, Friday, Saturday, and Sunday — until I have reached my optimal weight. I do not even want to aspire to eat “all-raw.”

### **THE HIGHLIGHTS OF WHAT I HAVE LEARNED AT OUR HYGIENE HOMESTEAD IN THE WOODS:**

- 1) **I have found a Natural Hygiene program that actually does work for me with enough progress to be pleased and not disgusted.**
- 2) **I have addressed my thyroid and can get the iodine I need by juicing iodine-rich vegetables and fresh sprouts and by eating the sea vegetables such as kelp and dulce until I am at my optimal weight.**
- 3) **I need to follow the guidelines of *The Natural Weight-Loss System* — and especially limit fruits.**
- 4) **I need to minimize animal protein and dairy.**
- 5) **I want to adjust my eating with 70 - 75% raw foods, after getting back to my optimal weight.**
- 6) **I want to incorporate the walking and using the trampoline as a part of my ideal exercise plan.**
- 7) **I need to... ENJOY EATING HEALTHY!**

**I ponder some of the most memorable moments, like my trip with Victoria, Alla, and CoCo in the Cruiser, on the Cascades Highway to Eastern Washington’s cowboy town of Winthrop. The view was breathtaking!**

### **I WILL REMEMBER VICTORIA...**

- **An extremely resourceful teacher of Correct Natural Hygiene who touched me during my life’s journey... • Out-of-the-ordinary, not your regular, stand-offish health director • Highly educated • Strong-willed**
- **Choosing to live out of the mainstream and in touch with nature and animals — and the wilds, instead!**
- **Gentle • The Wilderness Woman who heats with wood only, uses her own hand-made fur blanket on especially cold nights and who has a highly entertaining horse for company!**

### **3 MONTHS LATER, I WROTE TO VICTORIA...**

**Victoria, I am checking in to tell you that I have continued to lose another 15 pounds since leaving Our Homestead this summer. I am making harvests of sprouts and enjoying them, too. THANK YOU! Rhodorra**

**Victoria's Notes: Little Sierra wins the prize for the most e-mails and the most phone calls and the most cancellations and rescheduling of any guest yet to come to Our Hygiene Homestead in The Woods! She was spending some of her last dollars to her name to come here and get help with compulsive habits that were making her life unmanageable — A GIRL AFTER MY OWN HEART! In just the 3 years that The Guesthouse website has been up, I must have listened to at least 20 different Health Seekers for more than 30 hours tell of the terrors of Tanglewood in Costa Rica. Being a semanticist, I put a lot of stock in names. "Why," I always wondered while listening to these "Tanglewood Refugees," would anyone ever go to a place named "Tanglewood" run by a man named "Lockman!" I would not dream of such a thing! So, here was yet another "Tanglewood Refugee." These Health Seekers have been traumatized at this place. They have to talk at great length of the their visits. So, I let them. "Why," I would wonder while listening, "would you ever go to a place on which an entire website exists to tell of miseries experienced there?" Little Sierra continues...**

## **Living the High Light on the Hygiene Diet • March 12, 2013 • Sierra Hooshiari**

**I came to see Victoria in March of 2013 at age 24 with a chronic and miserable case of psoriasis and compulsive behaviors. My psoriasis had me scratch flakes of dry skin after every meal and in disconcerting temperatures or circumstances. My compulsive behavior resulted in chronic overeating after work and on the weekends, compulsive exercising, and compulsive escaping for a change of scenery or to take a geographical cure. I exercised compulsively to compensate for the compulsive eating. Once I started eating, I didn't stop until I was furiously scratching my face and arms or until I felt queasy and sick from being stuffed. All this was my response to stress. When I'd feel stressed, I'd gravitate towards sugar and fat — Nutella, bananas, raisins, cashews, dried figs, almonds, and cream cheese — and eat them until I felt like throwing up. Never sitting down and wandering the kitchen, I ate away the evening. A handful of dates, a spoonful of Nutella, a handful of almonds, a handful of raisins, a spoonful of cream cheese, a spoonful of Nutella. I'd cycle through these foods until an entire container of Nutella, bag of nuts, container of cream cheese, all the dates and raisins had been consumed. Sometimes I would backtrack my behavior and count 5,000 calories I had plowed through in one binge episode. My stomach would bulge out like a 6-month pregnant woman on an otherwise very skinny body. All the sugar would make me start scratching my skin furiously. Once I satisfied the itching, I stopped the scratching. Then, before long, it would be time to eat again. Or I'd be stressed about something in my life again, and the cycle would begin again. I felt so sick and confused going to bed every night, knowing how I'd wake up the next morning feeling like sh\*\*. I would hit the gym for intense cardio classes for hours at a time to compensate for the sick feeling in my head and overconsumption of calories. Or I would jog, jog, jog my misery away.**

**I had a total of \$308 in my bank account when I came to Our Hygiene Homestead in The Woods. I hadn't read the website, although I had 3 months to do so once I put my 2 weeks' reservation in. All I cared about was doing my fast and taking enough days to break it and having a female director to guide me through it! The Tanglewood Loren Lockman did not have a clue of how to help me with my compulsive eating. I did a 21-day water fast in Costa Rica that was successful in healing my Graves Disease but unsuccessful in tapping into my compulsive behavior and food addiction or ridding myself of psoriasis. Eating sugar (refined or fruit, either one) activates these tendencies, and being forced to stick to an all-fruit diet at Tanglewood and when I returned to The States just did not work for me. I had gone backwards after making that trip. I had made a reservation at Victoria's for 10 days of fasting and 4 of breaking. But I could only hold out for 5 days of fasting. After my fast on water-only at Our Hygiene Guesthouse, I woke up**

to find that “The Wilderness Woman” had put out in a basket 1 quart of green juice at my door. The drink had 13 juiced greens, plus juiced celery, cucumber, lemon, and lime. It was just what my body needed — not too sweet, not too sour! Breaking the fast on 2 days of this green drink and 2 days of non-sweet fruit (tomatoes, peppers, and cucumber) and various greens (celery, lettuce, and jicama) was divine! Again — it was not too sweet, not too sour!

Throughout my 2 weeks, Victoria put in many hours in counsel. She is a great listener, and she took me and my ailments seriously. She listened to all my woes and offered insight and assigned readings, documentary DVDs, and Hollywood movies to move me forward. She rewarded me with a doll-sized cup of pudding and a doll’s dish spoon that cracked me up! “See!” she explained, “You can have your sweets now, my deer!” It was a coconut pudding made of the meat of the young coconut, cashews, dates, vanilla extract, and coconut water. During my 2 days of feeding, she left surprises like a tiny jar of fresh raspberry juice at my door. On my first day of re-feeding whole foods, I woke up to find a basket of bliss on the kitchen table — a cantaloupe, red pepper, lettuce, oranges — all fresh and organic! She treated us to champagne glasses of fresh coconut water after I completed all my homework and reading assignments for the day! I remember musing, sitting in the living room with the electric-flame fire and the comfort of “The Wilderness Tree” lights, “This isn’t like being at the Hilton in the Bahamas! It’s way, way better!” After all, there was no Nutella or large bag of nuts anywhere and no store to run to when I felt a binge-pang coming on. For the first time in a long time, I had the opportunity to sit with myself and face myself.

I had spent much of my life wrapped up in the hustle of Cornell University and New York City corporate life. Here at The Guesthouse, I had effectively ditched the rat race. I suddenly found myself waking up to a place of silence. I woke up with so much solitude and completeness, I remember thinking, “What’s wrong with me? What’s missing?” I frantically looked around the room and then opened a window and smelled the neighbor’s burning wood fireplace. Then I realized, I’d never felt so much at peace before! It felt surreal and foreign to not want or need anything. When Victoria and I went to the town of Burlington to run errands, I roamed the department store, watching as people frantically stuffed their carts with stuff. So many in our society live in fear. Fear of facing our feelings, which happens when we fast and watch our internal physiologies change. I’ve been able to stop the world and get off here in The Wilderness Woman’s homesteading habitat of Concrete, Washington. And I have had to face the fact that I have to learn to trust myself, to love myself, and to have faith that I can change my compulsive behaviors into constructive pursuits — fear-free and joyous!

While talking with Victoria on the phone during the 3 months before I got here, I had asked her more than once for counsel. She explained that my questions would entail long and frequent periods of counsel and that we should wait until I got here. Some guests come and do not want any counsel at all, and Victoria offers none. But I was one of her guests who really wanted counsel and assignments and whatever it would take to break the compulsive cycle! One assignment became the theme of my visit. I was asked to draw with crayons on a large sheet of paper what I wanted my life to look like down the road. And the next day, I was asked to draw another picture of the many things that have been holding me back. I did the work, in solitude and with great attention. I drew my life before “B. C.” — “Before Concrete” — with my obstacles. And “A. C.” — “After Concrete” — living the fear-free and joyous life! On my picture of the life “A. C.,” I drew my emotionally balanced self, my vegetable garden, my consulting job in sustainability and resource economics — and many more things I can have if I make good choices. My “B. C.” drawing of the many obstacles made it clear that I had been taking The Path of Least Resistance, over and over and over. During my 2 weeks here, The Wilderness Woman and I spent many hours with these 2 drawings before us as our focal point for conversations to get set

right. One night, I just sat alone and contemplated the 2 drawings and the 2 choices I have: “You can make choices that move you forward or that hold you back or take you backwards. Every moment of every day, you are choosing, anyway. You may as well put out the effort and make the choices that move you forward!”

Since I signed up for 10 full days of fasting and could only manage 5, I was on my own to shop and prepare my meals my last 5 days here. “This is an opportunity to be on your own,” Victoria explained. This was another assignment that I wanted! There are so many exciting tools here! Fun dishes, so many tools, a VitaMix and Champion, strainers and peelers and shredders galore. I experimented with my cucumber-ginger smoothie. After my fast, my basket of fruits and veggies tasted delicious. I felt true hunger again. I did shop for some foods I should not have even had. During those 5 days, I “chose” to eat wrong a few times. I “chose” 3 bananas and a cantaloupe in one sitting, and I felt sick. Another time, I “chose” 2 avocados and several tomatoes in a binge-eating mode and didn’t stop until I felt a tight feeling in my throat and a pounding headache. When I picked up a carrot to continue my binge-eating compulsive behavior, I put it away, stopped myself, and walked to the bathroom to brush my teeth for the night. But a shift did take place in my mind, heart, and soul. Through my conversations with The Wilderness Woman, I realized that fasting would never cure these binge-eating tendencies. Sitting alone for hours in nature and solitude, I brought my subconscious compulsivities, responses, and habits up to my conscious awareness. The stress-eating in large quantities and only stopping until I felt my stomach protrude or until the psoriasis/itching/scratching response kicked in and demanded furious scratching was taking The Path of Least Resistance. “You are simply self-medicating with food when you binge yourself stupid,” Victoria observed. She worked with me on intimate 1-on-1 meetings. She demanded straightforwardness when I dodged being honest with myself and offered a vague answer. She helped me confront areas of my personality and aspects of my relationships with others that were holding me back. The anxiety and racing thoughts I used to have had left me while here. I am ready to face the world and my new life in San Diego.

The next morning, Victoria told me that if I couldn’t handle a lot of sugar, even if it was fruit, I should stay away from it for now. If I couldn’t handle making the raisins and almonds I like sprinkled in a green salad and have to eat them all at once, I should not shop for them for now. Victoria handed me tons of reading and viewing/teaching material on behavior modification, affirmations, and making choices. The first few days, I was in denial and would not touch these materials. But the last many days, I was hungry for all of it and devoured all these wonderful, new ideas. Then, we would talk about what I had learned. **A WHOLE NEW WORLD OF SELF-TRUST HAS OPENED UP TO ME!** I am working on positive affirmations, breathing, and portion control — challenges that only practice over time will make second nature. I now realize that I don’t have to polish the fridge off in one sitting. I see that I need to actually prepare portioned meals and then sit down and slow down and eat with Emotional Balance. I am going to leave tomorrow without overwhelming problems that turn me into a frightened child! I am going to travel into the incandescent skyline of The Hygiene Highline Hiway.

What I love about Victoria is that she didn’t let my lack of finances keep me from coming here. She made it affordable. She didn’t let me make excuses for my condition or my failures. She helped me learn how to make myself accountable. Victoria helped me see the stress factors in life. Together, we put the binge-eating habits right back where they belong — “Before Concrete.” She helped me kick myself off My Path of Least Resistance and helped me set myself right onto My Hygiene Highline Hiway where I belong. I’m not going back to old habits. I’m am moving myself forward!

# Marvin Moses Declares: “I Could See It Comin’!”

## — Victory over High Blood Pressure & a Buddah Belly!

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**THIS IS MY STORY:** My name is “Marvin Moses.” I am from South Carolina. I am 63 years old (young — smile).

I heard about Victoria BidWell nearly 30 years ago, about the same time I heard about T. C. Fry. I had read in his *Healthful Living Magazine* about Victoria and her slogan: “GetWell★StayWell, America!” But little did I know that one day I would be working for her and then staying at her retreat. **GOD KNOWS BEST!**

The timing could not have been more critical. I was coming up for my Department of Transportation required physical so I could keep my lifetime job as a truck driver. I see so many truck drivers out on the road, at the Rest Areas, and at the truck stops who are so sick. In the summer, when some wear knee-length shorts, some have legs that are so swollen, blackish-purple, and so bumpy with varicose veins. Most are overweight. Most have high blood pressure. Almost all are on medications. It is a truck drivers’ epidemic out there! I feel so bad for them — especially since there is a Natural Hygiene answer so easy to find on The Internet. Thing was — I had joined the ranks of these sick-and-getting-sicker truck drivers myself. And I could see it comin’ that one day soon I would not pass the Department of Transportation physical and would be out of a job. Social Security checks would not get me through each month. What would I do then? Besides, I enjoy my work and would like to keep going as long as I can. Victoria shared: “I feel the same way! I am a busy woman with a lot of work yet to do! I don’t want to be put out to pasture until I say so!”

So, here it was, April of 2014. I was overweight, pushing past 260 pounds. I carried most of it in what Victoria jokingly called my “Buddha Belly!” She was right. I had mostly thin legs and carried most of this weight in my torso with a big, round, hard belly sticking way out in the front. But I also packed on extra pounds into my behind. I remember recently climbing up a long flight of stairs and wondering what got connected to my butt because it felt like I was dragging up a gunnysack full of something heavy! And I was! I felt behind me to disconnect whatever had glommed onto me. But I was unsuccessful — because it was my own big behind! And my blood pressure was much higher than it should have been — 165/86. I was taking blood pressure medication, and it was still that high! I was worried for just these 2 problems. But I was also concerned about elevated blood sugar and all the other complications that appear when, as Victoria calls it, “...a person takes The Descent into Disease.” **I COULD SEE IT COMIN’!** I was “a truck wreck about-to-happen” if I did not detour and turn around at the round-about. I kept thinking: “I am only 63. And I can already see the end is near if I stay on this steep slope going downhill at this high speed.”

**I DECIDED THAT I COULD JUST NOT MANEUVER THIS TURNAROUND ON MY OWN.** I just knew that I could not. My friend Eric Watson in New York City had known Victoria for 30 years and had been getting her mailings about her new “guesthouse” and all the services she provided. And that was all it took. I got her on the phone the first try. She told me I needed at least 4 weeks at \$500 a week. But I did not have \$2,000. I only had \$1,300. So I told her I would have to cut those 4 down to 2. But she insisted I get “the best turnaround possible” and told me I could come for her “Pitch-in Prices.” I agreed to work 9 days with free room and board for the extra time I would need. Then, I sent off \$1,300 by Western Union, “Instant Money.”

I came to Victoria’s for the 9 days of pitchin’ in and 23 days of fasting on water-only and 5 days on her “Diabetes-Type-2-Ender Green Drink.” I dropped 35 pounds and got rid of my Buddha Belly. I dropped my blood pressure medication during the 9 days of pitchin’ in, and my blood pressure dropped to 112/75. Victoria drove me up to Bellingham where I took my required Department of Transportation physical. And everything checked out in the “**NORMAL RANGE!**” **WHAT A GREAT ACCOMPLISHMENT!**

Victoria prepared me for the 23-day fast with my very first meal. While she went on errands, she treated me to a veggie salad bar in Mt. Vernon. After that, I was on the all-raw fruit and veggie diet with delicious homemade juices and salad dressings. **IT ALL TASTED GREAT!** She was still in recovery from her knee-replacement surgery, so she shopped for me, and I prepared my own salads and cleaned up afterwards during the 9 days of pitchin' in. I told her I wanted very little fruit and almost all greens. After stocking my fridge, everyday she brought over a few more surprise items — almost everything was 1 shade of green or another! I have many truck driver friends and a lady friend who are all suffering terribly from diabetes. So I decided while I was here to treat myself like a “pre-diabetic.” And Victoria knew just what to do: veggie salads and almost every item a shade of the color GREEN: all kinds of lettuces, cabbage, celery, green onions, cucumbers, asparagus, collard greens, spinach. I added a few of the colored, non-sweet fruits: tomatoes, zucchini, red and orange peppers to my salads. I took a huge handful of nuts or seeds each day.

Looks like Victoria has an endless amount of hard, physical labor around the 2 Homesteads for anyone who wants to do her “Pitch-in Prices.” So my 45 hours spread over 9 days hardly made a dent. But I was happy to rake up the winter branches that had dropped onto the lawn and pusher-mow the 1/2-acre at Our Hygiene Homestead. Victoria was so grateful! We packed up 8 huge contractor bags of clippings and filled “The Patriotic Pick-up” full. I admitted to her: “I have not worked this hard for 30 years! Truck drivers get no exercise at all. And after a long-haul all day, every day, we don't feel like exercising, either.” So, for the first time in 30 years, I actually worked up a sweat for hours a day — 9 days in a row! Victoria had saved HighJoy's droppings for me, too! Forty 50-pound buckets of Arabian poop went over to her neighbor's garden. And when I was too tired the rainy afternoon she set aside to load them into the Pick-up, she shamed me and started moving the buckets the necessary 50 feet all by herself! I could hardly believe my eyes! So I pushed my 63 year-old body on good knees to keep up with her 68-year old body on 1 bad knee and 1 recovering knee! Well, she had told me on the phone before ever meeting me and each time during our several phone calls before I arrived: “I am saving High's poop — all just for you!” She wasn't kidding! I brought a rain slicker and knee-high boots, and we did what she does best: “Worked! Worked! Worked!” At one point, I stood in High's favorite “potty place” where he poops and looked up at her. I told her that I could not imagine a city slicker like Eric Watson or her website friend Mike ever getting their hands and boots dirty in a horse paddock. But I was enjoying the challenge and slept great after each hard work day!

Right when I checked into Our Hygiene Homestead as a paying guest, after the 9 days of work, Victoria and I sent *The Live Food Factor* to my friend Karen. She is a best friend of many years. I wanted her to know how to reverse her diabetes and also to drop weight like I had been doing. She got the book, got her education, and got on the diet for 2 weeks while in South Carolina. Then, she got on a plane to join us. I spent my last 10 days in The Critters' Forest with Karen while she went off her diabetes and high blood pressure medications and got on Victoria's “Diabetes-Type II- Ender Green Drink.” (It is also a weight-loss drink, as each quart has about maybe 200 calories.) I had picked up a good blood pressure cuff at Walmart for us to use, and Karen had brought her blood sugar strips. We checked these readings throughout every day. And they went down, down, down, down... into healthy, normal ranges — without medications! We were amazed!

But Victoria was not the least bit surprised: “It is exactly what I expect! It happens with every guest who takes my direction and assistance. Providing they stay long enough, everybody who comes here gets better. The bedrock foundation of Correct Natural Hygiene is based on 1 idea: Your body is self-cleansing, self-healing, self-regulating, and self-maintaining! Your amazing progress is what I expect when I provide for you The Conditions for Health (The 10 Energy Enhancers) and remove from you The Causes of Disease (The 10 Energy Robbers). And yes, The Correct Natural Hygiene Fast speeds up the processes tremendously over just living right and right eating. The fast on water-only provides the conditions for Energy Enhancer #1 — Cleanliness — to happen rapidly and deeply and fully. Marvin, you fasted. And Karen, you did the very next closest thing to fasting on water-only: my Green Drink. And just look what has happened! **YOU ARE BOTH GLOWING WITH HEALTH AND HAPPINESS! WHAT A HAPPY DAY!**”

Victoria and I had planned a 21-day fast for me. But it went so easy and so fast that I added on 2 more days — “for good measure!” Victoria explained that each day of fasting correctly while deep into the fast is equal to several days at the beginning of a fast in terms of revitalization, cleansing, and healing. So I went to 23 days. Never got sick feeling once. Only got a little weak towards the end. The weather in Concrete was often sunny and even went up to 80 degrees one day. Victoria urged me to take sunbaths when I could, even though I am a black man not needing a tan. Victoria says: “Many studies show that Energy Enhancer #6 — Regular Sunbaths — actually are essential for health and well-being.” I do not want the Buddha Belly back or the high blood pressure. I am now inspired to keep the forward momentum that I have started here. I was planning to come back twice a year, but Victoria tells me that once a year is plenty if I stay on track. **I HAVE NOT BEEN THIS EXCITED ABOUT ANYTHING IN YEARS!** I am planning to come back “once a year” to keep my progress going. (Victoria has promised to save more of High’s poop for us to haul off.)

Victoria and I had long visits almost every day. She kept handing me books to pay attention to and videos to watch. I watched *FAT, SICK & NEARLY DEAD!* It shows a truck driver who went up to 415 pounds when he met the traveling author of this video and who then gave up truck driving to get well on raw juices and live foods. I didn’t need to go to 415. The over 260 all-time high I had reached when I arrived at Our Homestead was enough for me! And I do not think I need to quit my job to keep making progress, either. I have begun to see how I could be “The 10 Energy Enhancers Truck Driver” — on the road who provides The Conditions for Health all along his merry High-gene High-Joy High-Way! It will take some commitment and effort and creativity. But I can do it! Victoria explained that I don’t have to mess with food preparation, that I can just shop for the food, clean it up, and make my salads in my mouth with bites of whole fruits and veggies! “If you do wait until you are genuinely hungry, eating whole foods whole will be extremely yummy and satisfying!” So, I will give up the hassle of complicated food preparation while on the road and, as Victoria reminded me, “Do what they did at Dr. Shelton’s Health Schools from 1926 to 1980: Plop the food washed and whole onto a plate, dig in, and enjoy it!” And I am going to get a folding mini-trampoline to tramp up and down on for my traveling exercise! **I AM EXCITED TO GO HOME AND... “DO RIGHT!”** Victoria is a walking, talking, endless source of knowledge — not only on Natural Hygiene but on many aspects of life in general. I would recommend her and Our Hygiene Homestead to anyone who wants to get healthy or stay healthy. Get in touch with Victoria BidWell. Let her assist you in whatever direction you need to go to make the kind of progress that Karen and I have made!

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## **Karen Gets Off Insulin & Blood Pressure Medications on 10 days of Victoria’s Diabetes-Type-2-Ender Green Drink!**

Victoria continues: Once Karen showed up, I could hardly get a word in edgewise! She and Marvin going at it together was like watching a comedy of 2 friends on the black channel — deep South accents and all — who had to out-shout and out-argue each other — just for the fun of it! At 1 point, I did have to say to them: “Just this once, I am going to finish my thought here.” And they both sat quietly the rest of my visit. Those 10 days were the longest they ever got to spend with each other. I joked: “You are having so much fun in your own little playhouse!” But Karen did get “the health message” — and in just 10 days! Seven years ago, she went on medication when her blood sugar marker read “500.” She left 10 pounds at Our Hygiene Homestead in just 10 days with blood sugar reading “A NORMAL, HEALTHY 88!” and off medication.

For several days after they left, I missed my daily visits to The Guesthouse and the time spent with Marvin and Karen. The 2 of them were...“**THE PERFECT GUESTS!**” They came with the right attitude! They read suggested materials and watched suggested videos constantly! They learned so much! They got so much better! I could see the progress daily in their physical bodies and in their vital readings and in the sparkles in their eyes! **I WAS SO WELL REWARDED! I CAN ONLY THANK THE GETWELL FRIENDS AND THANK GOD FOR THE OPPORTUNITY TO WORK WITH SUCH HAPPY HEALTH SEEKERS!**

# **Transformation: Awakening to The Nature Cure!**

**My 21-Day Fast & 7 Days on Live-Foods at the Hygiene Homestead in the Woods**

## **The 7 Week Follow-Up**

**By: Terry Svolto — August, 2014**

**VICTORIA’S NOTE:** Some guests come requesting “just a quiet place to fast.” They want no pop-psychology counsel. They want no scriptural counsel. They want no assignments. They want no recommended reading or viewing suggestions. And that is just what I give them — “nothing but just a quiet place to fast.” Other guests come requesting “whatever you got that can move me forward.” And that is just what I give them. Terry was one of these latter. And what he got was — an awakening to his true nature, with all miseries and addictions of his lifetime stripped away and with The Nature Cure to bring him joy!

The quiet giant of a bus gently pulled away from the Burlington Bellaire Bus Station curb. It was 2 A.M. — the middle of the night. I watched Victoria scoot off in “The Patriotic Pick-up.” She was proud of the “one million miles on the original Ford engine with no repairs done to it at all!” I smiled as I mused... “a few hundred of those miles were just for Terry Svolto.” Snuggling back into my comfy seat, I realized that upon leaving Burlington, I was on a totally new and much higher level of reality than when I had last sat on the bus to get to Burlington. The intensity of the ending evening at Our Hygiene Homestead in The Woods and the gauntlet of personal growth experiences Victoria had put me through had shifted me into a new and much higher paradigm of perception! The evening gauntlet had left me in between flashbacks of my life experiences that had created in me a momentous malcontent up to visions of really knowing that I actually have what it takes to take a stand for what is possible in my fullest health transformation and to create my destiny with fullest happiness and rewarding purpose! I thus introspected for 24 hours — all the way back to North Miami Beach, Florida.

When I arrived at the airport, my wife and daughter stared at me in jaw-dropping amazement! I walked up to them and hugged them. With a smile from ear to ear, I told them: “I AM READY FOR ALL OF US TO START HAVING FUN — EVERY DAY! WE ARE GOING TO HAVE A NEW FAMILY LIFE OF THE 10 ENERGY ENHANCERS SEASONED WITH LAUGHTER AND FUN! They could not get over the huge changes between before Our Hygiene Homestead and after! Coming back 35 pounds lighter made an impression. I suppose it was because I am such a tall person standing at almost 6 foot 4 inches. The weight loss had dramatically changed my appearance from unhealthfully huge to healthfully happy!

The next day, I stepped into slimming, old jeans for the first time in almost 7 years — with a 38 inch waist! My family members and friends came over to see what all the fuss was about. They were overjoyed to see the changes in me! They all had so many questions about fasting and Natural Hygiene. They were all so happy to receive the gifts that Victoria helped me pick out to bring back. One of the first things we did was enjoy a feast of big, crunchy, fresh-picked Washington Rainier Cherries! It was an all-you-could-eat Hygiene buffet!! Then we had snacks of yummy, sun-dried tomatoes from Victoria’s stash and fresh figs from Florida. WHAT A HAPPY DAY!

The biggest reaction, however, came from ALL THE PEOPLE AT MY JOB! When I arrived at work 3 days later, I felt like a rock star! Everyone was blown away by my new body and the calm and collected composure I exuded! They were not even sure how to communicate with me at first, because I arrived back at work — SMILING! I had become utterly malcontent with my job as a manager of institutionalized SAD food preparation. Most of these people had never even seen me smile once — in 7 years of employment there! So

many people could not believe that I had fasted “on water-only — for 21 days!” And they were even more amazed when I told them that my body wanted to fast for even longer and that it had clearly resisted the juices when it was time break and get ready to go! Their desire to understand and yet being unable to grasp the idea that my body went 21 days on water-only and then “wanted to fast for even longer” just showed me the great need for people to have full access to The Nature Cure education! With such access, they, too, could then awaken to and fully grasp the possibilities of Nature Cure Transformations in their lives! As I was explaining Natural Hygiene and watching my workplace friends try to wrap their brains around my living example of The Nature Cure, Victoria’s words echoed in the back of my mind:

“Natural Hygiene is The Superlative, Alternative Health Care System with its bedrock built upon The Laws of Nature. Foundational is the idea that the body is self-maintaining, self-cleansing, and self-healing if we will do just 2 things: #1 — Provide The Conditions for Health (The 10 Energy Enhancers) and #2 — Remove The Causes of Disease (The 10 Energy Robbers). If we will do this consistently and for a long enough period, the body — in its infinite wisdom built into its intricate cellular structure — will re-energize its nervous system. This renewed supply of energy will then be used to detoxify bodily fluids and cells, balance body chemistry, repair tissues and organs and systems — AND ULTIMATELY, WILL GET THE HEALTH SEEKER... ‘AS GOOD AS IT GETS!’

“And no, not every person practicing these 2 sets of habits will return to the superb health and astounding vigor of his or her 17th year. We are not talking about wand-waving magic here. There is, of course, a pathological point of no return. But that point applies to persons on their deathbeds and not to those of us up and about. No one lives forever. But taking The Nature Cure assures each person that he or she can live a life — ‘AS GOOD AS IT GETS!’ It may not be so easy for The Health Seeker to make all these changes in a short period of time — BUT THERE IS NO DOUBT THAT GETTING WELL AND STAYING WELL AFTER SO MANY YEARS OF SYSTEMATICALLY AND PROGRESSIVELY TAKING THE DESCENT INTO DISEASE WITH ALL ITS WEARINESS AND MISERY IS NOTHING BUT — FUN! FUN! FUN!”

I stayed 100% raw for almost 2 weeks after arriving home. I went from my old habit of 3 meals a day, down to my new habit of 2 meals a day. Breakfast started around 11:00 A.M. till noon, and dinner was between 6:00 P.M. and 7:00 P.M. I would start with fruit in the morning, usually having mono-meals of mangos or bananas or a combination of oranges with berries. Sometime in the afternoon, I would have a handful of raw, unsalted cashews or walnuts. Then dinner would start with some more fruit or a smoothie, then followed by a large salad of mixed greens and veggies. After a couple of weeks, I indulged in some “transitional, Hygienically acceptable, cooked foods,” such as a baked potato or sweet potato. Eventually, as a stressful life and temptation circumstance had it, I found myself in some social situations where toxic SAD food and tempting trigger foods were in front of me. My Old Self would say nothing in protest, and by doing so, set the stage in my thinking that I could indulge in these foods “just once or twice” and that there would be no ill consequences for such indulgences. Thank God! I had my training from Our Hygiene Homestead to get control of any such episodes of disordered eating. Victoria and I spent time on setting methods and strategies for “self-correction.” These techniques became invaluable during those times that SAD foods tempted me and even were indulged in.

Before leaving Our Homestead, Victoria clearly explained that although I was feeling so much better now than when I arrived, that I would not start reaping many of the rewards of the fast until a week or so upon returning to my home grounds. She cautioned that they may be subtle at first. Her words echoed truth. As long as I followed her instructions to “be present with my positive thoughts and be happy having fun,” I started experiencing great bursts of euphoria many times over a 2-week period! One morning, I was driving to work, about 7 days after returning home from Washington. I was looking at the rising sun in the spectacular sky and just started smiling and feeling wonderful throughout my body — for no reason at all! I felt myself centered and alive in a time and space that was full of hope, health, and happiness! WOW!

My workplace friends may have treated me as a rock star of amazing proportions for a day. But in the long run, the most notable reactions came from my immediate family! My wife Laura is so happy with the new me! Before leaving Our Homestead, Laura spoke with The Wilderness Woman: “VICTORIA, YOU ARE JUST AMAZING! WHAT YOU HAVE DONE TO TERRY! THANK YOU SO MUCH! I LOVE YOU SO MUCH!” She praised God.

**Victoria answered: “CONGRATULATIONS! THIS IS THE TERRY YOU WANTED WHEN YOU MARRIED THAT DEPRESSED, OLD TERRY OF A FEW YEARS AGO! ‘THANK GOD’ IS RIGHT — THANK GOD FOR THE NATURE CURE!”** Laura and I had talked throughout the day, every day, while I was transforming at Our Homestead. Even then, even though I was not even back on Florida grounds yet, she knew my Nature Cure Transformation was for real and forever! On the phone that night they talked, she thanked Victoria for sending home — “THE NEW TERRY!” Some of the many amazing “FIRST TIME IN MY LIFE NATURE CURE CHANGES” that I awakened to during my 4 weeks at Our Hygiene Homestead in The Woods follow:

- The treat of going to Our Hygiene Homestead in The Woods — my own modern-day version of Thoreau’s Walden Pond to experience “The Nature Cure at Its Best!”
- The pleasure of breathing in and detoxing on the cleanest air in The United States
- Complete rest: physical, physiological, emotional, mental, and sensory
- A cleansing of my blood and interstitial fluids at the level of my 75,000,000,000,000 cells
- The most complete cleansing and healing ever of my body, mind, and spirit
- An understanding of the most in-depth picture of my past from birth to arrival at The Guesthouse
- Creation and understanding of the most in-depth picture of my most positive future imaginable
- The ability to identify both deep-rooted food addictions and eating disordered habits
- Adoption of self-correction strategies to overcome self-defeating eating behaviors
- The personal experience of The Nature Cure definition of “true hunger” not as an unpleasant, gnawing feeling in my stomach but as “a pleasant throat and mouth sensation”
- A breakthrough in a decade-old plateau in weight loss with a net loss of 35 pounds
- The experience of shutting off completely the self-destructive voice in my mind and achieving the most positive, self-accepting, loving, introspective state of consciousness
- New-found peace and inspiration necessary to step into my new life
- Strength to confront my superiors with the need for a new job description/position that will bring me peace and a pay raise — and the sense of adventure to accept more than I had dared hope for!
- Expression of real joy and genuine laughter — naturally — for the first time since childhood!
- Attainment of the mind-set of and mastery of the knowledge of how to have — FUN! FUN! FUN!

It would take a book to fully explore Victoria’s definition of “FUN! FUN! FUN!” Basically, she explained, it is “ANYTHING THAT MOVES ME FORWARD TOWARD MY GOD-GIVEN CALLING. Scripture says to ‘COUNT IT ALL JOY’ — even if we are miserable at the moment, we should count it all joy when it moves us forward to fulfilling God’s calling for us here on Earth.” To conclude, as I was telling Victoria on the phone recently, I have awakened to the nature of my best intentions. And they are good. I announced to my family upon returning from Our Hygiene Homestead in The Woods: “WE ARE GOING TO WAKE UP EVERY DAY WITH THE IDEA THAT WE ARE GOING TO HAVE FUN THROUGHOUT THE DAY!”

# Transformation: Awakening to The Nature Cure!

## My 21-Day Fast & 7 Days on Live-Foods at the Hygiene Homestead in the Woods

By: Terry Svolto — June, 2014

**VICTORIA'S NOTE:** Some guests come requesting “just a quiet place to fast.” They want no scriptural counsel. They want no pop-psychology counsel. They want no assignments. They want no recommended reading or viewing suggestions. And that is what I give them. Other guests come requesting “whatever you got that can move me forward.” And that is what I give them. Terry was one of these latter. And what he got was — an awakening to his true nature, with all miseries and addictions of his lifetime stripped away and with The Nature Cure to bring him joy!

I am 41 years old. I am 6' 3" tall. On June 1st, Day 1 of my first fast, I weighed 260. I had made myself sick and tired from being in SAD Diet commercial food production and operations management for 20 years. As a very young adult, I aspired to become a Celebrity Chef and received much training. As the years went by and my skills progressed, I became obese from tasting throughout every day. I became addicted to the very foods I loved to make for others.

My addiction to food started as far back as I can remember. When I was a young child and my cousins would visit, I wanted to eat their food as well as mine. I also would find myself binge-eating on foods in secret. I remember one time eating a half jar of peanut butter outside behind the house and then hiding it, only to come back for it at another time. Sometimes, I would fantasize that I was living in a grocery store and could have whatever I wanted and whenever I wanted it. In my teenage years, my addiction grew into recreational drug use which lasted on and off for 24 years. This vicious cycle was a type of switch from drugs to food and back and forth.

At one point, I was ready to go to the second best school in the country to major in Culinary Arts. This would have set me on the path to become a Celebrity Chef or an Executive Chef, until I hit my first crossroads. In 2002, my friend and mentor Peter Quinn introduced me to the raw food diet. He had a library of over 50 books. During the next few years, I read each one. I was heartbroken though, because I had already invested 10 years of my life into developing my career in the world of cooked foods. From that time forward, I walked a tightrope every day, knowing the raw truth but working in the gourmet cooked food world. I did try juice dieting and a semi-raw diet for a time, and both my wife and I succeeded in losing an amazing amount of weight! We looked great! It did not last long term, though. Duty called, and I had to support my family and raise a child. I also was shackled by my cooked food addiction and unaware of its triggers for out-of-control eating, including grazing on cooked food all day at work. So I stayed in the industry and climbed up to kitchen management and eventually became a Foodservice Director for different intuitional companies. I was able to avoid

standing over the stove and ovens most of the time, but all of the bad foods were always there and readily available. I drifted back into abusing these foods and became deeply troubled. I felt like I was overeducated in my head and completely inexperienced in my body. I was not practicing what I was to learn about and live at Victoria's: The 10 Energy Enhancers.

I was approaching desperation when I finally reached out to Victoria BidWell, The Wilderness Woman! I had done a lot of research on-line about other fasting retreats and had spoken with people who had fasted at some of them. I had a great need in my life to fast. I had damaged my stomach from all these years of self-destructive eating. I took my leap of faith with her retreat after reviewing her website, reading the guests' stories, viewing the 2 picture tours, and spending time to think about what I really needed and wanted. When I read her story and understood her mission to make this type of experience accessible to common folk with low to middle income, as well as to the rich, I really appreciated that.

Also, the place is in the woods! Being from Miami, I did not go out in nature much. I did boy scouting as a kid and had some wonderful nature experiences! Victoria's place was calling to me from 2,600 miles away! Being a great reader through all my school years, I loved The Transcendentalists, mainly Henry David Thoreau. I had always envisioned going to a cabin deep in the woods for a vision quest and quiet contemplation. The Guesthouse is nestled into the outer limits of the small town of Concrete, Washington. This is just south of the Canadian border and a little bit northeast of Seattle. The town is also just west of the Cascade Mountain line that runs through Western Washington. Our Hygiene Homestead in the Woods is known as having the freshest, most pure, clean air in America! I made plans with Victoria a year ahead. Thoughts of this coming trip were what kept me going through most of my days at work for the entire 12 months. I planned to escape to Our Homestead and shut out the world. Little did I know that this journey would change my life forever and open doors to my transformation I had never even dreamed of!

I flew to Seattle from Fort Lauderdale and then took the Bellaire Airporter Shuttle to the town of Burlington. I arrived at 1:20 A.M. Victoria drove into the station in her famous Ford pickup painted deep blue and with American Flags air-brushed on the entire hood and roof. We were on our way. I shared my history and why I was coming to the retreat. Victoria listened and then shared about food addiction and her experience with it. After a half hour or so, we arrived at Our Hygiene Homestead in the Woods! Victoria gave me a tour of the main house. I stayed in The Howling Wolves' Den. And what a Den it is! I found it to be the perfect, private room and the best in the house. It had a huge window right by the bed to open anytime and let the fresh mountain air in. The cozy room was well planned out. There were pictures of wolves on the wall, and a huge wolf howling at the moon on my bed in the form of a blanket. I went to sleep around 4:00 A.M. I woke to a new world.

When I got up the next morning, I went outside and walked around the property. This retreat in the woods is a sanctuary of peace and tranquility. It is paradise lost — and then found by those who seek it. The deep wilderness setting is pristine with evergreen trees scraping the sky all around. Through the trees, glimpses of the mountains lead to The Cascades. Victoria calls them “foothills,” but they are “mountains” to me! Birds and squirrels and other wildlife flowed freely and in harmony from the woods through the property and back. The house itself is like something out of the last frontier. It is a real, authentic “homestead cabin,” having been made from trees cut and milled right off the property. Other attachments on the house were made later throughout the years. Inside the house, every inch from ceiling to floor has been carefully thought out to reflect Victoria's Vision. She is happy, whimsical, creative, rustic, loving, and deep in her understanding of healing. These attributes in her are reflected throughout the home. There are little messages all over the property, inside and out. They are on the walls, in corners, on rocks in the plants. And all of them say something thoughtful and encouraging. The sign over my bed urged: “RELAX.” Another favorite stone planted in the ivy simply stated: “WISDOM.”

My fast started out tough. I had not prepared myself by eating a cleansing diet prior to arrival. I was in “burnout breakdown mode” when I arrived. I had slept very little in the 3 weeks prior because of moving to a new house and working around the clock at my job. By the time my travel day arrived, I had been running on pure adrenaline and caffeine during the trip to Seattle. The days passed with gnawing stomach pangs. My entire body was filled with so much nervous tension. I also had acid reflux at times throughout these days. I knew that my stomach was so sick and abused that it was going through the cleansing process to heal.

The first thing I did was finish Dr. Herbert Shelton's *The Hygienic System, Volume 3: Fasting and Sunbathing*. It explained in depth the symptoms I was experiencing. On Day 3, my appetite diminished. By day 4, it was completely gone. I must stress the word “appetite” here for a reason. From reading Natural Hygiene books for years, I learned that true hunger is a pleasant mouth and throat sensation. It is kind of a celebration of the cells crying out in their bio-electrical language: “WE WANT TO EAT!” What I and so many others who claim they are hungry were feeling was not genuine hunger. It was jaded appetite — an abnormal hunger. All of these symptoms commonly reported from just a few hours to a couple days without a meal were not genuine hunger. Symptoms like headache, weakness, dizziness, “gnawing hunger pangs” (a misnomer), and emptiness — they all expressed a toxic gastrointestinal tract in the process of cleansing itself when not interrupted by large shovels of wrong food going down the hatch. I realized that since birth I had never known genuine hunger.

As I got deeper into my fast, I started to get adjusted. I was here — IN THE WILDERNESS! I had successfully escaped Florida and my especially miserable last few years there! I had developed a great appreciation for where I was but had not yet figured out how to relax. On Day 5, Victoria came by and asked me to go on a short outing with her! She took me to Downtown Concrete so she could go to the hardware store. The entire Downtown is one main street with not even one stop light. It looked like a movie set from the 1940s. I had never even been to any place this rural ever before. Then she took me to the memorable Concrete Fire Station. The exterior wall is a complete mural of Concrete, Washington, and the surrounding Cascade Mountains. After that, we went driving up old, abandoned mining roads and up through the mountains and deep into primitive forests. We visited Victoria's favorite swimming hole and then pulled onto a lookout and talked for an hour.

The Wilderness Woman was very generous with her time. We discussed some of my fears if I were to experience a healing crisis or felt really sick. She said that it is very rare in the early part of a fast for someone to get sick. But if that were to happen, we would deal with it. She also told me not to focus on fears but on the great progress I am making here! We next drove to a field of wild daisies and took photographs. By the second week, my body had learned how to relax. But my mind was still flying at full speed. I realized that not only had I never experienced genuine hunger, but that I also had never known what “complete rest” was or how to shut off all the fear-oriented tapes that played all day in my mind. Victoria came to visit me almost every day. She does take one day off a week for her personal time if the guests are doing fine, but also calls on those evenings. She spent hours and hours

with me. We talked and talked about all of her journeys in life and how they crossed over to the road of being a leader in The Natural Hygiene Movement. She always laughed at so many things and contained a happiness and state of self-mastery that I could not comprehend. I listened and shared but did not laugh. I was not even sure how to really laugh, because it has never come natural for me. I was intrigued by her presence, confidence, and bursts of joy that came through in all of our conversations. She had a plan for me and had taken a stand to see me GET WELL AND STAY WELL! I shared many of my experiences in the world of culinary arts and foodservice management, my history, and an in-depth look at what I later came to see were self-destructive behavior cycles.

One day, she brought over a large white poster board and asked me to draw my life experiences. In one sitting, I was to draw from as far back as I could remember and up to my arrival at Our Homestead. So I did. It took about 3 hours. Doing so surfaced a lot of emotions and reflections. It was very revealing. Two days later, we sat down and went over “my past” in detail. It took another 3 hours as I brought Victoria along the path of my life, picture by picture. All through this process, she guided me into identifying a 24-year cycle of self-destructive events driven by fear, stress, and addiction. This self-destructiveness had either overshadowed my life events or flowed as an undercurrent. The years of mood-altering, mind-altering recreational drugging had been my great escape from fear. The experience left us both wondering how I had made it through life so far and thankful that I finally had arrived here for rest and renewal. **AROUND THIS TIME, I REALIZED THAT I WAS NOT ESCAPING ANYTHING BY COMING TO THE GUESTHOUSE. I HAD COME TO RELAX IN THE LAP OF NATURE TO REBUILD MY ENTIRE LIFE!**

My next assignment was to flip the poster board over and draw out my future from the day I leave our retreat in the woods. I was also instructed to watch various versions of *A Christmas Carol*. I watched the 1951 version that very night. Scrooge’s moment of transformation was powerful after completing the work I had done that day! It made me introspective on this whole process of “cleansing.” The fast is not only a physical cleanse but a mental, emotional, and spiritual one, as well. Three days later, I drew the other side of the poster board with the future life I want once I leave Our Hygiene Homestead. It took me a couple hours, and it was one of the best activities I have ever done! I created the life I want. It led into health, prosperity, and happiness. Victoria came in the afternoon, and we spent about 2 hours enjoying my future. We went into some deep discussion about it and set up self-constructive, self-corrective actions for my entering back into my Florida world and dealing with situations and slip ups that might occur

in my diet. She also recommended some wonderful books on overcoming eating disorders.

The Guesthouse Library is one of a kind. There are hundreds of books organized into various “little libraries”: raw diet and food preparation, fasting, Natural Hygiene, mind and body connection, love and emotions, addictions, and nature and The Wilderness, and more. There are also years of magazines published from Natural Hygiene leaders, videos on many subjects, and movies. I read many books from the library, but the 2 that were the most powerful for me were *Thin Tastes Better* and *Binge No More*. These books gave me deep insight into myself and identified the cunning nature of my eating disorder. They gave strategies to cope and manage it successfully. I have a form of “BED” otherwise known as “Binge Eating Disorder.” In my case, it is triggered by stresses and anxieties. The root of all darkness is fear, and it always leads to thoughts and/or actions of self-destructive behavior. Victoria and I counseled extensively on my BED and set in place the self-corrections necessary to stop the syndrome. I also reviewed again some material from *2 BOOKS IN 1: The Health Seekers’ YearBook with The Best of Common Health Sense* and refreshed myself on “Slow Down Behaviors” while eating.

Victoria is a former English, communications, and speech teacher. She had been profiling my method of communicating: “...way too little listening, too much monopolizing, way too fast speaking, too monotone, and poor pronunciation.” She analyzed: “You pronounce so incompletely and so rapidly, it is as if you have your own private dialect. And I can hardly follow it!” We discussed these patterns throughout my entire visit. “They reflect your high state of anxiety and the low-grade state of fear you have come to accept as normal,” she explained. She coached me on breaking all of these modes of miscommunication while I practiced new, intelligible, and engaging speech patterns. About 2 weeks into the 4, she casually mentioned: “I have yet to see a really happy, full-mouth smile on your face. And I do not even know what your laughter looks or sounds like — let alone what a big belly laugh from you is. **YOU ARE NO FUN BECAUSE...** you are just not having fun!” Then she aimed this at my aspirations: “If you are to stand before an audience one day and share Natural Hygiene, you certainly need to know how to communicate so The Health Seekers enjoy you and get The Message!” I could see that she really wanted to help! I received her observations enthusiastically. And I am becoming way better for doing so!

As I got into my fast, more changes happened. I had an easy fast with virtually no discomfort or detox symptoms. Victoria attributed this to the my many years of veganism with so many raw fruit and vegetables. Despite my junk food binges, I always ate large amounts of organic, raw

fruits and greens. The common signs of going into my fast materialized. They started on Day 3 (after all hunger ceased) with a fully coated tongue, halitosis, acetone in the urine, weakness, and lowered body temperature. The first 10 days or so, I had more bouts of mild weakness and low energy. But as the fast got deeper, my energy actually increased. On most days later in the fast, I enjoyed walking for a few blocks. Some days, my energy was lower. But generally as I got into the deeper stages, I felt better and better. On all of those days, regardless of my energy levels, I took a short sunbath and let the sun apply its own healing touch. Victoria kept urging me to go outdoors and to get in touch with “God’s Great Nature” and “your own true nature!” After Day 18, a major shift started. I lost all interest in reading and wanted to become immersed in the outdoor liveliness.

This is from my journal: “At some point, I went for a very short walk. My awareness and participation in nature continue to rise. My mind has become completely calm and quiet. No noise or the tapes that have always played. I am in such a state of deep relaxation that even my father thought I sounded weak or out of it when we spoke on the phone in the afternoon. I explained to him that this is the first time in my life that I have actually relaxed and been still and at peace for such a long, steady period. Later, I sat out front at the picnic table. The sun came out. I sat in just a T-shirt and jeans and let the sun warm me. I became much immersed in my natural surroundings and content with watching the rocks, trees, insects, birds, and all else nature served up.”

Victoria and I had a nice talk during these extreme moments of getting in touch with nature. We identified my peace and tranquility of body, mind, and soul as... “THE NATURE CURE AT WORK!” That is the cure that comes from allowing nature to do its work when we get out of the way. Victoria explains: “Spending time in nature, hours and hours at a time, allows you to get in touch with your own true nature. This can reveal many truths about who you are and what you want and how to go about getting it.” Throughout the final days of the fast, I still remained very introspective, appreciative, relaxed, and immersed in nature. I wanted to be outdoors, mostly every minute possible. My facial features changed. And I grew fingernails for the first time in over 20 years. I had spent all my life picking and biting them out of sheer stress. I also shed 35 pounds! I got a transformation I never dreamed possible!

On Day 22, I broke the fast on the nicest assortment of juices! They were all Victoria-made-fresh and delivered in a basket. The strawberry juice was my first taste in 21 days. No words can describe how my taste buds jumped alive and danced in sweet-and-tart waves of bliss! Every faster has a different refeeding plan depending on his or

her situation. My plan was juices for 3 days, then a day of melons, then the last 2 days with whole fruits and vegetables. Although my plan was in place, my body had a tougher time refeeding than fasting. On Day 2 of juices, my body started rejecting them. I was low in energy and had brain fog. A heavy metallic detox taste irritated my taste buds. I was alarmed at first, thought I should perhaps resume fasting. “Yes! You should,” agreed Victoria. “But you must leave in 4 days! You must get ready to go!” It all made sense. She explained I had broken the fast too soon, that my body was not done yet. It wanted to keep fasting. She added that about 1 of every 3 fasters experiences problems refeeding when breaking the fast early. I had read about the cautions of breaking a fast early. She advised: “You must continue to drink your juices — to force-feed yourself against nature, if need be! That is why, for those who do not feel like eating, it is called ‘breaking’ the fast!” At that moment, my 75,000,000,000,000 cells were still set for fasting and sending me signals that they wanted to continue! By following the guidelines to keep drinking my juices, my digestive system and elimination systems would get the consistent message: “The fast is over!” And according to The Law of Accommodation, they would have no choice but to accommodate me — their vacation would be over, and they would go back to work again. After 3 days of juicing, their protests ended. I woke up on the 4th day and had watermelon the entire day. All symptoms passed. My cells called out with an unmistakable desire for food! My strength and energy started returning rapidly.

On Day 5 of my refeeding, I experienced “genuine hunger” for the first time in my life! It was exactly as Dr. Shelton described — a pleasant mouth and throat sensation with a calling from all of my cells: “WE ARE HAPPY! WE WANT TO EAT!” My mouth kept watering, and the feeling of wanting to eat was very pleasant. Genuine hunger is never in the stomach. I now know this, firsthand! I sat down to a melon meal in the morning and a large assortment of vegetables for lunch.

Later that afternoon, Victoria came by with a surprise. We were going on an adventure! I made plans with her to go into town that day, but she had some additional stops in mind. My housemate Phillip and I got into her famous “Patriotic Pickup,” and we were off. First we went to Downtown Concrete again and showed Phillip the main street and the Fire Station with the mural of the Concrete area. “Now you know where you are!” Victoria beamed.

Then we drove around some back roads and arrived at the headquarters of GetWell★StayWell, America! This is also the home of Victoria and her stunning white Arabian horse named “Captain HighJoy America!” Victoria gave us a personal introduction to “The Mighty High Joy” of her life! At first, he was a little shy and suspicious of ap-

proaching us. Victoria explained it was because he had endured a 3-hour forced beauty bath just a couple days prior and did not fancy another! But after some coaxing, he came right up front and introduced himself! The bond between Victoria and HighJoy is unique and a joy to behold! He actually understands her and follows her directions. He has quite an entertaining personality! After performing various tricks, he was treated to one of his favorite snacks — a potful of whole grains — raw, “of horse!” We then sat with him during his snack and watched Victoria hand-feed him. This was the first time I had ever been so up close and personal with a horse, especially a famous one!

After HighJoy’s lunch, Victoria invited us to come inside her home. We toured her offices where she works and communicates with Health Seekers around the world! And we visited The Health 4 the Billions Library. She showed us more than 1,000 books she received from Dr. Vetrano. Most were dated in the 19th century. It was just like stepping into a time machine! This one collection held 200 years of knowledge and healing — from famous masters to the many lesser-knowns. There was a large portrait-painting of Dr. Shelton on the wall above her desk. I felt a sense of standing in history merged with my destiny — which is still opening up to many possibilities this moment.

We then went back to the retreat to drop off Phillip. Our adventure continued. We drove through deep, remote valleys of the foothills of The Cascade Mountains. After some time, we stopped and pulled over by a huge meadow. Victoria said she was going to cut fresh grasses and clovers for High. I was to go out in the field and just be in it all. “THIS IS ONE OF YOUR LAST CHANCES TO TAKE THE NATURE CURE!” I walked far into the field and sat down to gaze into the foothills in various verdant shades and enjoy Goya-like clouds getting ready to summer storm. There I sat — in quiet contemplation with my mind still. This was my next to the last day in Washington. I took in the meadow, the mountains, the sky, and the pure air. Then, I laid into the deep grass and just became part of it all.

Next, Victoria gave her horse-holler! And it was off to the next adventure! She left me at the cemetery where Victor Bidwell was buried and instructed me to get in touch with my own nature there. I wandered the gravesites, aware of the fluttering ribbons and swaying flowers before the cloudy sky turned into a summer storm. Upon returning, Victoria asked what I had learned. I answered: “LIFE IS FOR THE LIVING. AND I AM NOT GOING TO LIVE IN SELF-DESTRUCTION MODE ANY LONGER! YES! I AM GOING TO SELF-CONSTRUCT WITH MY NEWFOUND NATURE CURE!” After that, we went to a park and shared a dinner. The Wilderness Woman had gone off to get us lettuce, avocado, celery, and lots of

Rainier Cherries, “...fresh-picked this morning, eaten this afternoon!” This was my first time for Washington Rainiers! They were the meatiest, juiciest, and most crisp cherries ever — with a special, divine sweetness! Our dinner was a most notable moment! Teacher and student shared the original food provided by nature. OUR FOOD ITSELF IS PART OF... “THE NATURE CURE!”

Day 27 was my last day of re-feeding, and I spent most of the day packing. I was not sure what Victoria had planned. Little did I know. What had the universe in store for this night? It turned out that Victoria had nothing planned except a dinner. But first, she indulged us in a spontaneous creative dramatics act! What happened to me is beyond what I can describe in words. But I will try. Victoria sat down on the couch between Phillip and me to share her 2 children’s coloring books. The *Dr. GetWell’s Apples to Zucchini Coloring Book* amazed us with a page for each letter of the alphabet and a picture of a fruit or vegetable and an animal starting with that letter and a sentence alliterating that letter many times, too! As I commented on the pages, Victoria suddenly stopped. It was our last night. And I was still talking in a monotone. She had seen me smile over the last 2 weeks, genuine smiles. But she had not heard me laugh or give a good belly laugh.

She could not bear this on my last night at The Guesthouse! The monotone pitch communicated my almost complete absence of joy! She directed me to stand in front of Phillip and her and to read and act out each alliterated animal and fruit or vegetable in a highly exaggerated, highly animated, and highly entertaining way! I was instructed to “...delight us 5 year olds until we scream with high joy!” My fearful self fought the directions at first, but then something shifted in me. As I processed the ridiculousness of this entire portion of the evening, I suddenly started to laugh. A little, genuine laughter at first. And then belly laughter to the point that it hurt my ribs and I got tears in my eyes! I could hardly stand up! Barring high times in my youth on recreation drugs, this was the very first time I had ever belly-laughed in my entire life! This was the breakthrough Victoria had been seeking! Every one of my 75,000,000,000 cells in my body were happy all at once — all in unison! Once I adapted to this brand-new mode, I moved into “The Entertainer Mode!” *I started performing for them like they actually were 5 year olds!* I took my attention off my fearsome, old self and put it on entertaining these 2 children to the point that they loved it! They were squealing and clapping and bouncing up and down! This silliness and laughing continued in intensity until I began singing and dancing across the room at Victoria’s direction. The creative dramatics ended with my actually singing “Zippity Do Dah! Zippity AY! Me, Oh My! WHAT A WONDERFUL DAY! Plenty of Sunshine Heading My Way! Zippity Do Dah! Zippity A!” I did the song and thus

finished the entire A to Z book. It took about an hour because I had to do the first several letters of the alphabet over and over until I got them right!

Then, Victoria had 2 more breakthrough assignments for me! I sat in a chair with another empty chair across from me. I then started a dialogue between my newly created self and my old self. I switched chairs as I switched characters. The old self was imprisoned in a fear-cage, drug and food addicted, miserable, and looking right at me with hopelessness written all over his face. I, my Nature Cured self, sat strong and confident with a new appreciation of the happiness and fun and belly laughs to be had in life. Our dialogue went back and forth about my breakthrough success on this trip, about my newfound peace, my strong self-confidence, and my finding the key to being happy and having fun! I let the old self know: “This is who I am now.” My old self protested too much and assured me that the change would be short-lived and that he was not buying into it. My new self invited my old self along for the fun ride! But since that was not his nature, the back and forth several times brought no melding of us 2. So I let the self-destruct guy in the dust with an “ADIOS!”

After I had finished this conversation, Victoria asked me to close my eyes. She then told me to open them and deal with whatever happened from my viewing what was on the chair in front of me. I opened my eyes to look upon a huge cupcake the size of a large grapefruit! It was pure chocolate with mounds of white butter cream frosting on top. It jarred me to see this, and I stared at it and took it all in. It brought up many old thoughts and feelings of all my past binge eating. At first, I admitted to the cupcake: -“Wow... you look really good.” But upon shifting into my new self, I had absolutely no desire to eat the thing. The cupcake did not even look like food to me anymore. I told it: “Go away. I have no desire to eat you.” I was done. After some time to reflect on what just happened, Victoria had me pick it up, place it in a box, and hand it back to her. Since HighJoy is not on as strict a regime as I, he was to enjoy that gigantic chocolate cupcake later!

Next, we 3 toasted with my favorite — a sparkling strawberry juice, Victorian-fresh. Phillip, still fasting, stayed with just the sparkling water. They both wished me “THE BEST NEW LIFE FOR EVER AFTER!” Then, Phillip retired. Victoria and I had our final dinner — 2 huge, elegantly prepared platters of a fine assortment of veggies and non-sweet fruits. Each platter displayed a bowl in the middle of a wonderful Raw Raspberry Instead-of-Vinagrette, chunky style with walnuts and sun-dried tomatoes and dried mango. Because it was so thick, it really ate like a “chutney” — and the tastiest ever! We shared pleasant conversation and a recap of the work that we had accomplished! The quantum shifts and breakthroughs kept coming in waves through me all during the meal.

After dinner, Victoria left, only to come back at 1:45 A.M. to drive me to the bus station. The whole ride there, I could not say much. I was in shock from the intensity of the evening that had just transpired. I had broken through the barriers of my body, my mind, my consciousness, and my spirit to declare my true nature of who I am and who I will come to be. The Wilderness Woman had taught me how to have fun and release happiness from within! I now want High Joy, too... to have... “FUN! FUN! FUN!” I want to check throughout the day to make sure I am having it! We arrived at the Burlington Bellaire Bus Station just before departure. I loaded my luggage and hugged her over and over again — each for a long time, kept thanking her, and telling her how much I loved her. A minute later, I stepped back from the bus steps and hugged her again! Then I sunk into my seat. I watched The Wilderness Woman drive away in her American Flag-painted Ford pickup.

Our Hygiene Homestead in the Woods and Victoria BidWell helped me transform my life! This was a training camp for leading The Natural Hygiene Movement forward in any way that I am led and that I can. Healthful Living is achieved by following The 10 Energy Enhancers of Natural Hygiene. And fasting on water is the greatest and the fastest way to clean the bloodstream and the tissues in preparation for that Healthful Living. I am beyond grateful for all of the things I learned in Washington. I will be back again — next time with guests to share the wilderness experiences.

A FEW DAYS LATER, TERRY WRITES... I am well — and happy! My wife and daughter are amazed at how much and how easily I smile now. They love you for the work you did with me. My wife declares: “YOU ARE AMAZING!” We are having fun. I stayed 100% RAW for 11 days!

I did a test. I took my wife and daughter to the Cheesecake Factory tonight. As soon as the bread basket hit the table, I pushed it to the other end and did not have one crumb. I ordered fresh-made guacamole and a large mixed-greens salad. The platter did come with some tortilla chips. I ate fewer than 15. I left a pile of them on the plate. I watched everyone else eat their cooked food and was very happy with my choices. On the way out, I ordered a large slice of smores cheesecake to go for my daughter and had zero desire for it. This very successful restaurant meal with loved ones proved Victoria’s Nature Cure has taken root: “I can trust myself. I can eat out with loved ones and be just fine. AT AGE 41, I HAVE FOUND MY TRUE NATURE... IT IS TO BE HAP- HAP- HAPPY!”

# Phillip Saarinen's 4-Week Visit to Our Hygiene Homestead in The Woods

## Complete Healing from The Misery of Colitis

### Spring & Summer of 2014

**BEFORE COMING TO OUR HYGIENE HOMESTEAD IN THE WOODS:** I contacted Victoria BidWell in May, 2014, about coming to her Nature Cure Raw Food Health Retreat for a fast. By the time I arrived at Victoria's Healing Homestead in The Woods, my symptoms from a bout with Ischemic Colitis, 4 months earlier, had subsided. The medical (allopathic) community told me there was no cure. I was told to stay well-hydrated and to avoid constipation. I was further told that if and when symptoms returned, they would be treated with "the best the doctors have to offer." My symptoms had been severe abdominal pain and bloody diarrhea several times an hour. In researching Ischemic Colitis, the standard, allopathic medical model had little to offer except suppression of symptoms while the disease slowly progresses to ever-worsening stages. The research did not use the terms Victoria uses all the time. The research did not discuss "healing" or "reversing the disease process" or "complete recovery." The research did discuss various kinds of drugs and surgery. I reviewed information on Natural Hygiene and Correct Fasting on Water-only that I had received from Victoria several years prior. I decided the very best possibility to avoid another bout of Ischemic Colitis was fasting on water-only, changing to a mostly raw food diet (80%) after fasting, and embracing The 10 Energy Enhancers suggested in Victoria's 2 BOOKS IN 1: *The Health Seekers' YearBook with The Best of Common Health Sense*.

In February of 2014, I had been hospitalized with a bout of Ischemic Colitis. I suffered for 12 days with rectal bleeding and severely painful cramps. My diet had been sporadically good, whole foods interspersed with several times a week pastries and coffee for breakfast and fried chicken for lunch. After being hospitalized, I cut out most dairy, coffee, pastries, and the fried chicken. I slowly began to improve. But I felt that to allow my body to fully detoxify and completely heal, a fast was absolutely necessary. Several years ago, I had fasted for 5 days on my own and knew it was difficult to do at home with food constantly available. My thinking at this time was that it would be impossible to fast successfully at home. **I had read some Natural Hygiene books and had Victoria's 2 in 1 YearBook and The Live Food Factor, both of which I started reading some more of. Next, I researched on The Internet and concluded Our Hygiene Homestead would best suit my needs. AS IT TURNED OUT, IT WAS THE PERFECT CHOICE FOR ME!**

Victoria and I began talking on the phone. I wanted to get a 2-week reservation. But after Victoria heard my story over a number of phone calls, she told me that 2 weeks would definitely not be enough. That I needed 6 weeks. That even 4 weeks may not get me the results I wanted. She asked if I could do 4 weeks. It was not about money but about being away from home and my wife for so long. Victoria practically begged me to do 4 weeks. She offered a discount the 4th week as an incentive to do the time. Then, she told me I must read 2 really long stories at The Guesthouse website: [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com): Greg Crook's and especially Holly Kallner's. Reading these stories and Victoria's urgings convinced me. I made my reservation for 3 weeks of fasting and 1 week of feeding. Come to find out, I did indeed need those additional 2 weeks beyond the 2 that I originally has planned to do.

**THE 4 WEEKS AT OUR HYGIENE HOMESTEAD IN THE WOODS:** So, I arrived on June 14th — with color pictures of the outer walls of my colon in hand for Victoria to review. "Well," she commented, "they are not as bad as Little Holly Kallner's. But they definitely show the disease process has progressed well beyond the pink and healthy tissues of a normal colon!" With that, I started fasting for 21 days.

Our Homestead is a lovely 1/2-acre oasis in a small, rural subdivision boarding The Skagit River. The house is quaint, clean, and homey. My huge, "Critters' Forest" private bedroom was upstairs and very comfortable. The fasting went very well for me. **Occasionally, slight hunger the first 2 to 3 days. THEN, NO HUNGER! AMAZING!** I had occasional stomach discomfort like mild heartburn, only in the stomach. But it was of very short duration. I drank 2 quarts of distilled water every day. I enjoyed a housemate to the end of June. He had made his reservation a year in advance. And he was doing a 21-day fast also. He was 14 days ahead of me. It was very helpful to discuss how he experienced his fast. Victoria came over daily, usually in the evenings. She was extremely supportive and knowledgeable of the entire Natural Hygiene process. We'd usually sit on the front or back porch and enjoy the evening while discussing my fast and how it was going. Victoria had many stories to share from her more than 30 years of Natural Hygiene Health Educator experiences.

On the 22nd day of my stay, **Victoria prepared 6 different juices for me in little 1/2 cup glass jars and a whole quart of cucumber-&-celery juice. I drank 1 small jar every 2 hours. THEY WERE AWESOMELY DELICIOUS! WHAT**

**A REAL TREAT AFTER 21 DAYS OF FASTING ON WATER-ONLY!** I also took a daily quart of cucumber-celery juice which was very good, as well. The next 2 days were more wonderful juices of various flavors in larger amounts, then a day of melons, and then the next day of fruits and vegetables of various kinds — all fresh, delicious, and mostly organic! My last day here, The Wilderness Woman was in her element! She took me for a captivating tour of The American Alps, a short drive from Our Homestead. We stopped at Cascade Organic Farms and got fresh-picked-this-morning berries! On the return from The Cascade Mountains, we stopped at a wooded National Park campground on the edge of a huge lake — absolutely green in color! We took our time and enjoyed an awesome dinner: lettuce, celery, avocado, raspberries, blueberries, cucumber, and the sweetest mangoes ever — and I am from “Floridian Mango Country!”

**In conclusion, I am happy to leave my story to share with other Health Seekers before I head out tomorrow. I HAD A WONDERFUL HEALING EXPERIENCE!** It was my pleasure and honor to get to know Victoria and her handsome, smart horse — HighJoy! He was a marvel to watch as he would dance and prance for his Natural Hygiene treats! I leave this story with high hopes that many people will come to Our Homestead to experience the healthful rest of body and mind that allows our bodies to revitalize, repair, and rejuvenate.

**AN E-MAIL A WEEK AFTER LEAVING OUR HYGIENE HOMESTEAD IN THE WOODS:** Hi Victoria, Thank you for my most wonderful stay at Our Hygiene Homestead. I LOVED IT! With your guidance and wonderful visits, I FEEL GREAT! I had a little difficulty leaving Seattle, however. The airplane broke. I was supposed to leave Wednesday but was delayed until Friday. Washington didn’t want me to leave!

**ANOTHER E-MAIL:** Victoria! Finally made it home. I AM FEELING GREAT, EATING VERY GOOD, ABOUT 80% FRESH AND RAW! And I love the Champion Juicer you encouraged me to get! I usually start with fruit juice in morning or fresh fruit. Then, I take veggie juice for lunch, with some nuts or avocado. I end the day with a big, fresh salad for dinner. Usually, there are some slight variations. My weight has stabilized at about 173 pounds. I started at 189 pounds before the fast and ended fast at 164. I’ll try to stay between 170 and 175. I HAVE LOTS OF ENERGY! And after a carrot, celery, cucumber cocktail, I FEEL HIGH!!! LIKE HIGHJOY! I hope all is well for you and that The Guesthouse is filling up. I LOVED EVERYTHING ABOUT MY STAY! And though I looked forward to coming home, I miss the joy and tranquility of Our Homestead. Thanks again for everything. It was my great joy to get to know you. Love, Peace, and Ever-new Unexpected Joy, Phillip

**ANOTHER E-MAIL 3 WEEKS AFTER LEAVING OUR HYGIENE HOMESTEAD IN THE WOODS:** During the fast, I was pleased and amazed at how wonderful it felt TO NOT EAT and to simply allow my body the rest it required to save up the extra energy it needed to heal. I see now that my body used its own “inner nature cure wisdom.” AFTER THE FAST, I FELT GREAT! NO SYMPTOMS OF DIS-EASE! And as I began to take in whole, raw foods again, I would consciously be aware of how different foods affected my energy and psychological well-being. One of the aspects I most enjoy now that I am back home is being aware that real hunger arises much less often than it ever has. Most of my perceived moments of hunger were merely the habits of eating patterns asserting their power. These patterns were usually based on imaginations and thoughts of foods or on meal times throughout the day or on something to eat to fill empty time. NOW, I EAT MUCH LESS IN QUANTITY, MUCH LESS OFTEN THROUGHOUT THE DAY, AND MUCH RAW AND MOSTLY ORGANIC FOODS THAT LEAVE ME MUCH HEALTHIER AND MUCH HAPPIER! My deep gratitude to God, to you Victoria, and for the wisdom to fast on water-only and embrace Natural Hygiene. Getting away from the usual routines in life, the 21 days of fasting, and the steady support I received from you while fasting and while transitioning back into eating again made it all a grand success story for me!

Dear Victoria, I have shared with several others my story of fasting and the joy of being at Our Concrete Homestead and of getting to know you. Some have asked for your website. And I hope some will decide to contact you. Who knows? **Some people are amazed and have never studied or considered Natural Hygiene and fasting as something for health and happiness. Now they have more “FOOD FOR THOUGHT!”** Just want to mention that when you first introduced me to celery-&-cucumber juice, my mind said, “YUK!” Now? It is one of my favorite juices! Sometimes, I add carrot and tomatoes with it and love that also. Finally, I have a friend who proudly told me he had fasted for 40 days when I shared my story with him. Later he added that he had taken juices on his fast. Of course, we know that is not fasting at all. That is taking The Juice Diet. And the benefits of The Juice Diet and The Fast on Water-only differ greatly, especially the amount of detoxing and healing. I am grateful I chose the Fast on Water-only. I consider myself “HEALED!” — as I have no more symptoms whatsoever of the Ischemic Colitis! Many do not understand the real principals behind Natural Hygiene Fasting. All is well in my Florida neck of the woods (swamp). I know you are busy. And I really enjoy it when I hear from you. **May Blessings of Love, Peace and Ever-new (High) Joy Be with You and All Health Seekers, Phillip**

## **Eric Hoenigmann's Short & Sweet Stay at GetWell★StayWell, America!**

**My stay at GetWell★StayWell, America! in June, 2015, was an unforgettable experience! When arriving, I was greeted with a wonderfully big smile from Victoria BidWell. She is an amazing storyteller! And I love her great sense of humor! My comfortable stay was in The Howling Wolves' Den. Despite having to cut my stay short to two weeks from the planned six, the stay did me whole lot of good. At the end of my seven day fast, my skin and eyes became more clear than they have ever been!**

**The first 2 days of re-feeding consisted of delicious watermelon, the third of Black Bing and Rainier cherries-in-season galore! And the days that followed, there was 1 homemade tasty treat after another. Since returning home, I have made the delicious, sun-dried Tomato Pecan Dip Victoria taught. Throughout my stay, Victoria was very accommodating and fulfilled any request that I had. I miss the crisp, clean Washington air, the endless landscapes of mountains and trees, and laughing with The Wilderness Woman! Victoria puts a lot of love into helping people "GetWell!" and "StayWell!" I am forever grateful for the experience she provided me. I will definitely return one day — with my car and my kayak to paddle across the wild lakes and flow down the mighty rivers that abound here. Thanks, Victoria, again for everything!!! Eric Hoenigmann, A Teacher from California**

## **The Happy Family Enjoys Raw Foods & Ponies & Kangaroos in Washington!**

**Our stay at Our Hygiene Homestead from August 24th - 28th, 2015, with Victoria BidWell was everything we hoped it would be! The three of us — my wife Kate, our 4-year old daughter Chloe, and I enjoyed the stay and experienced quite a bit about Living Natural Hygiene. Our agenda for the stay was to get some comfortable rest in a nature setting and get some light activities exploring the area — we were able to accomplish both in our few 5 days. I fasted on water-only for 3 days and quit coffee while Kate and Chloe ate much more raw food than they have been at home.**

**The accommodations were plenty charming, with room for up to 6 people. An older couple with much Natural Hygiene experience was also staying for 4 weeks. We 5 often visited for long talks about how to take The Nature Cure. The 2 Fair-Weather Cabins — The Bear Cave and The Barn — were not in use. So, we got to choose where we wanted to sleep with the exception of the main house where the 2 personal friends of Victoria were staying. I actually chose to sleep in the Barn as I found the queen-sized bed very comfortable while Kate stayed in the house. Our daughter Chloe alternated the nights between Kate and myself. The fenced-off half acre was a great delight to Chloe! She had the run of the place without us having to worry, and she had her own private playhouse in The Bear Cave. She was a very busy bee playing! Victoria also had many animal friends (toys: a lizard, 3 Little Bears, 2 zebras, 2 frogs, a snake, and more) for Chloe to play with. Since we wanted to do some light activities, even though I was fasting, we asked Victoria if she would recommend to us something kid-friendly. She told us of her friend's Pony Farm within 20 miles of Our Homestead. We went riding — my daughter was overjoyed! We also drove to a Kangaroo Farm close by which was great as we've never seen real kangaroos in our lives!**

**One of the things I asked Victoria as well was to show us how to prepare A Raw Food Dinner with enough variety, as it is one of the struggle points for us in adopting A Raw Food Lifestyle. She definitely delivered on the promise and showed us some great ideas — the food was delicious! My entire family, Kate, Chloe, and I — we all enjoyed it! Even my daughter, which was a surprise!**

**One of the things I personally enjoyed was Our Homestead Health Library with some rare books you could never find anywhere else. Victoria was nice enough to gift each of us some of these books as we were leaving. Chloe got Victoria's 2 coloring books and the Nursery Rhymes. We are very happy and most grateful for our experience at Our Hygiene Homestead. It was a great time, looking forward to coming back! We are —"THE HAPPY FAMILY" (as Victoria calls us) Eugene, Kate, Chloe Dvornitsyn**

**P.S. I LOVE EVERYTHING ABOUT WASHINGTON!**

# **Yohannes Gamlak Finds The Raw-Foods-Only Diet To Be “The Missing Factor” in Trying to Recover from Psoriasis & Psoriatic Arthritis!**

**HELLO, FELLOW HEALTH SEEKERS!!!**

**My name is “Yohannes Gamlak.” And I live in British Columbia, Canada, just two hours’ driving distance from Victoria BidWell. On April 17, 2015, I came to Our Hygiene Homestead in The Woods for four weeks to do a fast and to break it exclusively on raw, live foods. I wanted to try taking THE NATURE CURE FOLLOWED BY RAW FOODS ONLY!**

**I am an Ethiopian medical doctor and work as a nurse. Here is a little background on how I came to know about Victoria’s place. In September, 2014, I had been at Dr. Goldhamer’s True North, Santa Rosa, California, to fast for the problem I have with diagnosed “Psoriasis” and “Psoriatic Arthritis” (mostly on my hands). I spent about \$1,000 a week and water-fasted 16 days followed by 7 days refeeding at True North. While I was fasting, my symptoms improved. There was no pain and no stiffness in my hands. After starting refeeding on three buffets a day and eating some cooked food at just about every meal, however, the pain and the stiffness started to come back. I was told that this might be a healing reaction, that all the pain and stiffness would go away again. Hoping that was the case for the better, I went home. But gradually, slowly, the symptoms started to increase. By the middle of October, all the symptoms were the same as before I went to fast under Dr. Goldhamer and to refeed on all-you-get-to-eat cooked foods with raw food choices, as well. No one there even mentioned “raw foods” as something special.**

**Frustrated by my conditions having returned full force, I started to search on The Internet for answers. I was impressed by The Raw Food Diet information to overcome many ailments. I started to browse through an excellent book on the subject. It was *THE LIVE FOOD FACTOR* by Susan Schenck with Victoria BidWell. WHAT AN AWESOME BOOK FULL OF EVIDENCES AND SCIENTIFIC RESOURCES! I devoured most of the pages within a short time and made up my mind to go to the place where I would meet “The Wilderness Woman” — Victoria BidWell. There, I would take “THE NATURE CURE” and consume only raw foods at Our Hygiene Homestead in The Woods. I was happy that it was a just a two-hour drive from my place.**

**I called Victoria several times, and we exchanged e-mails as when to come and the charge. She is very merciful. She gave me the lowest rate to stay for a month, less than half what I had paid at True North. I started my journey on April 17, 2015. At The Canadian-USA border, I told the inspector that I was going to Concrete to do a one-month health retreat. The inspector was amazed at how in the world I was going into such small place in the tiny town of Concrete, Washington, for one month! He asked me many questions, and I tried to answer them. But still unconvinced and suspicious, he told me to park my car and go into his office for more investigation and interrogation. There, I was asked and asked questions. And finally, I told them to Google “Victoria BidWell” and learn more about her place. Sure enough, after fifteen minutes on The World Wide Web, he was not just convinced — but impressed! I was then released with his well-wishing to come to Concrete, Washington.**

**Well, as I came to Victoria's HighJoy Homestead offices, I was greeted first by Karen, her helper. What a charming lady! She greeted me with a hug as if she had known me for long time! A few minutes later, Victoria came and greeted me very warmly with a huge hug! Victoria had undergone major surgery for a knee replacement in December and was still on a crutch and pain pills. But she braved her way all**

throughout my visit. Victoria and I sat down by the famous horse “HighJoy!” And was placed into our hands each half a honeydew from Karen. As we were eating our melons, Victoria started to talk with the horse. AMAZING! She asks him, “Do you want a bite of melon? More?” And the horse answers these questions by his gestures of jumping up and down. And she asks him to, “Say Please!” And he does! He stretches his neck way forward, turns his head horizontal to the ground, and puts a pleading look on his face!

After the melon fun, I was given a very tasty mango and orange juice — very refreshing! After that, we headed over to where the guests live about 5 miles away. As we drove, I was astonished by the quietness of the area and the big cedar trees. Rarely did I see cars or children playing by the street — just unspoiled, second-growth wilderness. As we entered into Our Hygiene Homestead in The Woods, I was amazed how beautiful and life-giving the little half-acre was from the outside! Lots of animal figures carved from different woods, stunning stones, colorful marbles! AMAZING! I couldn't count how many animals are represented and even more in the inside!!!! A lot of encouraging and inspiring words and quotations adorned the walls: “FAITH,” “JOY,” “PEACE,” “HOPE”... many from *The Bible*.

After a brief tour in the building and around the half-acre, I was shown my room where I would be spending my days here. I am here in my room right now. Very nice, clean, and all things you need are present in each bedroom. Oh! I love my little Howling Wolves’ Den bedroom! My comfy and inviting bed and pillows, a special top blanket with a lone wolf howling at the full moon, and most important above all — my big, personal desk with its nice lamp. How I love reading and writing at my desk! Heat is in the room if it is needed. There are gorgeous and long, dark curtains to block sunlight when not needed. In fact, all the rooms in the building have very dark, thick, and long curtains to block out the sun and to invite sleep. More encouraging words on the wall in my room. A nice view from inside to look outside through the window — green-leafed maple trees backdrop the nature back yard. There is a covered porch outside my room to sit, meditate, and enjoy fresh air and to engage in nature viewing. Two wood-carved, life-sized, howling wolves face each other on this charming back deck. Without even starting to fast and heal, this nature all around and so up close is so refreshing and healing! WHAT AN AMAZING PLACE!

How genius is Victoria to start a healing retreat in such a place! For sure, as a Christian, I can testify that she got the inspiration and wisdom from God. And she is doing everything here according to her calling. Here, the Health Seeker is encouraged to stay in bed till noon. No waking up in early morning to take blood pressure and vital signs as at True North. Very early in the visit, I tell her of Dr. Goldhamer’s: “THERE IS NO COMPARISON!” Victoria laughs! She exclaims: “Those are the exact words that Anne just said to me 10 minutes ago! Anne was what Victoria calls “A Dr. Goldhamer Refugee.” She had come straight from California by plane to Our Hygiene Homestead in The Woods after paying for one week at True North. She, too, blurted out after just a few days here: “THERE IS NO COMPARISON!”

Another aspect very unique and special to this place are the various collections found in Our Homestead Library — books, booklets, magazines, CDs, DVDs, even old-time cassettes with lectures from last century’s pioneers in Natural Hygiene are housed in a large room by itself. Books are authored by many different alternative health teachers on many different topics, but mainly on Natural Hygiene and the raw food lifestyle. “WHAT AN AMAZING COLLECTION!” I can say that each time when I enter into Our Homestead Library. It doesn't take me much time or effort to pick which books are “juicy” to select. Even in my country of Ethiopia, I had worked as assistant librarian. And I have loved books throughout my life. I was even called “The Bookworm Boy” over there. I have bought many, many books in my life. Out of the many books I read here, four very old books written by Evangelist Franklin Hall during the 1950s and 1960s about praying and fasting blessed my soul. Truly, in this

place, you will find a gold mine collection of science and facts about healthful living.

What a great joy it was to break my fast and start re-feeding! Since I was skinny from the beginning, Victoria and I decided to break the fast after 10 days on water-only. It was a wise decision. And even more wise is how Victoria “wakes up” your digestive system with a very gentle re-feeding schedule. First two days, with tasty juices. Then two days, with melons. Then, two days with her “Simple-Simple” servings of whole foods. And finally, Natural Hygiene Correct recipes with non-toxic whole foods in proper combination made into special recipes. **EVERYTHING SHE SERVED WAS RAW — NO COOKED FOOD BUFFETS HERE!** Not enough words to describe how each food is delicious and tasteful with the only purpose of health and flavor in mind! The fasting and the re-feeding were complete successes for me! I lost 17 pounds about as quickly as I am gaining it without over-feeding and on raw foods only. Now after two weeks of re-feeding, my weight is 130 pounds. (I started with 137 pounds.) My joint pain is completely gone. My poor skin conditions are almost gone during fasting but were coming back shortly after breaking the fast. But interestingly, they have start to subside again while I am still here! I am getting better every day! This tells me that the brief period of worsening right after the fast is a continued healing reaction. The body is trying to expel the left-over toxins. Only this time, I am going to continue on The RAW-FOODS-ONLY Diet. That was the missing factor at Dr. Goldhamer’s. But it will not be the missing factor in my life from now on!

I really appreciate Victoria for taking so much time to give me different food demonstrations. Even though still in much pain post-surgery, she is never in a hurry. And we enjoy the food together after she prepares it. Every day, once a day, she lets you participate in the preparation. You don't get this opportunity in any other place. She has millions of tricks to make raw-foods-only preparation tasty, healthy, very simple, FUN! She takes a lot of care and asks you frequently, “Are you well fed?” I get daily snacks besides regular meals to gain back my weight more quickly. She overflows the fridge every day for the two meals a day that I prepare, and she continues to supply a variety of melons in the basket outside my room for breakfast. I also get frequent juices, besides everything else! Before departing, I had a privilege to go out in a restaurant with Victoria’s direction. I learned a great lesson from her: how to choose just the good foods from the buffet tables and then to “smuggle in” some Natural Hygiene dressing and a ripe avocado which the restaurant does not have and to put them into my raw foods choices.

In conclusion, I want to say that my coming here for my physical challenge was a success! Besides these physical benefits, I got a chance to know more my God because of the completely quiet times alone after the other guests left that I had to study my *Bible*. I also got more indoctrinated about the Natural Hygiene lifestyle which will shape my life in the future for the better. Because of Victoria’s generosity, I was able to buy The 11 Compact Disk Collections of Dr. Tilden, Dr. Shelton, T. C. Fry, “Our 3 Texas Doctors,” and Victoria. I highly recommend “The 11-Disk Set” to fellow Health Seekers and to order it from her.

Finally, I want to give all the credits to God for bringing me here. This visit at Our Hygiene Homestead in The Woods has impacted my life in a such a huge, positive way to bring joy, peace, and health! I thank God for calling Victoria to start this place where hundreds of Health Seekers have been helped directly and millions more indirectly through her websites. I am happy that one day, my own story of healing will be posted among “Our Guests’ Best Stories” at [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com). My humble prayer is to bless Victoria abundantly so that she will continue to be “A True Beacon of Light” to the sick and suffering in our world.

I definitely recommend this place to anyone who is serious to improve his or her health by this natural approach of the NATURE CURE FROM THE WILDERNESS WOMAN!

**PRAISE BE TO GOD ALMIGHTY! Yohanne**

## **2/2015, KIM VAL: CITY SLICKER TURNS INTO “NATURE GIRL” AT OUR HYGIENE HOMESTEAD!**

As I sit here by this breath-taking, swift-moving, green-colored river, I turn my music off so I can hear her flow. Listening to the river brings so much calm into my mind and body. I realize I can clearly see all the beauty in the wilderness surrounding me. I can see the trees on top of the mountains, every single wave in the water, the birds flying above me in the blue sky, and the busy, brown squirrel running around me nearby. Even as I look at the trees across from me, I can make out their individual bark patterns. I can't believe how I can clearly see these details around me! It's been just one week since my 32-day fast on water-only!

One WONDERFUL side effect in me was the significant improvement in my vision! I was amazed!!! Before my water fast, looking at things in the distance was nothing but a blur! Technically, I was supposed to wear glasses but never wore them. Before my fast, I was a squinter. I strained my face by squinting to try and make things out in the distance, but it never really made much of a difference. Blurry here. Blurry there. Blurry everywhere!! However, the surprising improvement in my vision was a side effect I did not mind having as a result (I 100% believe) from my fast at OUR HYGIENE HOMESTEAD IN THE WOODS!

Coming to Victoria's small but comfortable and beautiful retreat at OUR HYGIENE HOMESTEAD IN THE WOODS was one of the best decisions I've made!! I am so grateful it's in the woods! I stopped appreciating nature a very long time ago. Sitting alone by the river that I had to walk to was a miracle for me. I rarely walked anywhere! While I was walking on the “HIGHWAY” (NEVER DONE BEFORE!) heading to the river, someone pulled over and yelled, “Are you walking for fun or do you need a ride?” A burst of laughter came out of me. I yelled back, “FOR FUN!!” and waved him goodbye. I started laughing harder because I couldn't believe it myself — me just walking for the fun of it! You see, the past 3 years before my fast, I hardly walked anywhere. I drove everywhere. I'd rather stay home than walk. I had gotten extremely lazy.

Following is a brief description of me and why I chose to stay at OUR HYGIENE HOMESTEAD IN THE WOODS for 6 weeks and a few days. I'm 23 years old. I have no major health problems. However, I had been 40 pounds overweight before arriving at Victoria's. And I am barely 5' 1". I was addicted to fast food, junk foods, and sweets — especially sweets. Chocolate, ice cream, and cheese cakes were my cocaine. Every day I needed a fix. I even turned my roommate back home onto desserts he's never tried — “HA!” My roommate and I at one point would go to Dairy Queen every other day for our favorite ice cream: Strawberry Cheesecake Blizzards. “Come rain snow or sunshine,” we'd go out to eat at restaurants at least 3 times a week and wouldn't stop eating until we were stuffed. I overate all the time and at all hours of the day. I knew a lot about what was good for my body but just couldn't resist the unhealthy food temptations — even if I had to go OUT OF MY WAY to get them!

### **My list of things that occurred while fasting at OUR HYGIENE HOMESTEAD:**

- I LOST 26 POUNDS IN 4 WEEKS! • First 3 nights, I woke up with sharp pains in my stomach.
- First 3 days, I was hungry and very weak. • After 4th day, I was no longer hungry.
- Did not have a bowel movement while fasting. • My tongue coated white.
- I had a strong body odor. • I did not talk much. (I learned that people can literally drain you. “Energy Robbers,” Victoria calls them. There was a guest that could not just BE AND RELAX. I would engage in conversation with the guest just so I wouldn't be rude; however, when the conversations are over 3 hours long every day and I only speak about 20 minutes and the rest is the other person, it's no longer a sharing experience or fun anymore. I was not there to entertain anybody or waste my energy.)
- I slept A LOT! Easily 10 - 14 hours a day. • I stayed in bed most of the time.
- Deeper into the fast, taking showers was too exhausting, almost blacked out about 4 times.
- I was sometimes nauseous. • Sometimes, I felt like I was having heart burn. (“Fasters' Acid Reflux.”)
- I became very sensitive to different smells. (I had to ask a guest after 3 days of feeling extremely sick from the scent of her deodorant if she could stop using it. PLEASE BE CONSIDERATE AND NOT USE ANYTHING WITH A SCENT WHILE OTHER PEOPLE ARE FASTING. I know Victoria says it on her website,

**but I've learned some people really do come to her retreat without having read her website!**

## 2/2015, KIM: A WEEK AFTER LEAVING CONCRETE

VICTORIA'S OUR HYGIENE HOMESTEAD IN THE WOODS IS A MARVELOUS HEALTH RETREAT! I ABSOLUTELY left feeling a lot healthier, no longer craving junk foods or man-made sweets. Once I started refeeding, I learned to appreciate the taste of raw vegetables and fruits. I loved the juices she provided. I fell in love all over again every single day with all my salads. I started craving salads. The salads Victoria taught me to make were not boring by any means. The dressing were amazingly delicious! They were nut-based with fruits and herb. And the salad had so many tasty vegetables jammed packed in them, for examples: peppers, romaine lettuce, onions, tomatoes, celery, cucumber, mushrooms, and so many others. These may not make your mouth water right now. But after fasting, you'll be in heaven munching down on a juicy cucumber. The fast reprogrammed my taste buds and got me back on track to eating wholesome, healthy, tasty meals.

The BEST thing that happened to me while at OUR HYGIENE HOMESTEAD IN THE WOODS (aside from becoming healthy) was that my cell phone charger broke! Throughout my fast on water-only, I used my cell phone to watch movies, shows, "food porn" (food network) and reality TV. That's how I made the time go by quicker — by distracting myself. However, my journey at OUR HYGIENE HOMESTEAD IN THE WOODS took a turn for the best when I couldn't get access to The Internet or have people distract me with unnecessary phone calls. I was put in a predicament where I was forced to be alone with myself.

Throughout my fast, there was always at least one other person in the house. I was happy to have it like that because I was afraid of being alone in the woods in the middle of "nowhere." I was scared to look out the window at night because I was so afraid of looking out into the darkness and seeing something pop up and scare me. (Very silly fear, I know.) I've always lived in cities and never really experienced being out in the woods alone. There were always street lights on at night where I live. Right after my phone charger broke, the only other guest in the house was leaving soon. I was going to be alone for a few days. I was terrified about this! This guest, however, was so kind to me before she left. We conversed a lot. I started refeeding at this time so I had more energy for socializing. She mentioned she was getting ready for a walk. I commented how I never really walked and really didn't like it. So she invited me to go with her for a walk. Trying not to be lazy or rude, I went. Plus, Victoria called earlier that day and insisted I go outside and get some fresh air!

The walking this woman did was different. She made our walk into an adventure! We walked on the high way, found little pathways into the woods. And we stopped and enjoyed some views. She talked about "walking meditation" and "walking in silences" and "listening to nature." I heard her when she said these things, but I didn't understand what she meant about "walking in silences" and what not. The very next morning, this guest was leaving. I guess she sensed that once she left, I wouldn't be out walking much. So she made the extra effort to show me a nice and easy area I could walk through. She gave me tips and kept talking about all the great benefits she received from walking. She helped me experience the joy a simple walk outside could give. This was the encouragement I needed to get my butt moving again!

Victoria picked up the guest, and I was left alone in the house with no way to access the on-line world for entertainment. I started panicking the moment they left. I felt sad, lonely, and scared. I didn't know what I was going to do all alone in this house. I started scaring myself with unrealistic things like, "What if someone comes in the house in the middle of the night and kills me!?!?" I think because I had watched some crime shows before my phone went down, they helped feed my paranoia and these unrealistic fears in me... "Hahaha." When it became dark, I really believed there was someone outside waiting to get me!!

Victoria and I spoke over the phone about my fears. She was playfully blunt: "Get over it. I'm not going to worry about you." When she said this, I got so pissed off and angry! Instead of her feeling sympathy for me and trying and comfort me, I got the exact opposite! How could she not understand me and my unrealistic fears!?! I was mad... until I thought a little bit on what she said. I realized — she was right. She was, after all: "THE WILDERNESS WOMAN" — AND FEARLESS! I was being a big, scared baby. *I really did have to... GET OVER IT.* She said earlier and playfully: "Oh yeah! Like I deliberately picked a place for a health retreat with a high concentration of serial killers stalking nearby!" I would eventually come to explore the peacefulness that this Concrete community and all the trails had to offer. And I did... *GET OVER IT.*

So the very next day, I made it my goal to spend time outside from morning till night fall. Since there was really nothing to do in the house either way, this was easy. I didn't really spend time in nature like I mentioned earlier, so I wasn't sure what to do. I started with a walk. While walking, I enjoyed listening to the

birds chirping — to the beautiful music they like to sing. Aside from a cramp I was getting on the back of both calves and a pain by my hip, it was a very tranquil walk. Once I got back, I sat outside in the couch on the front porch (not because I wanted to but because my legs were in so much pain from walking!). I sat out there for 3 hours in silence (since you know, I couldn't listen to music on my phone because it died). I looked out at the trees in front of the house, deeply inhaled the evergreen tree scents, and felt the sun bathe my skin with a gentle warmth. I started sensing a strange feeling within me. A feeling I have not been aware of having for such a long time. ***I WAS AT PEACE.***

I sat outside for hours every single day till I left 2 weeks later. I was by myself just for a few days, but those days opened up my eyes tremendously. I learned to just... BE. I learned how important it was for my soul to commune in nature. I had lost touch with myself. But I had found "THE REAL ME" again as I spent time outside in the front and back of the house and walked all over and sat by the lakes in the woods. It's a beautiful thing to rediscover myself in a place I wasn't looking. Maybe my subconscious knew exactly how my trip was to play out. I can't remember the last time I felt so much peacefulness in my heart and enjoyment in just being. I'm a little saddened that my cell phone charger took so long to break. (It broke 20 something days after I started my 6 weeks here.) But at least it happened, and I was able to arrive in a path I haven't been in life before. It's crazy how something like your cell phone and not having it or the limitless content and videos on it make such a huge difference. I could wander through it all day just so that I didn't have to really be present in life and with myself. But luckily, it broke before I left.) There's a picture framed up in the kitchen at OUR HYGIENE HOMESTEAD IN THE WOODS that I read when I got there but didn't care for it: "THE CLEAREST WAY INTO THE UNIVERSE IS THROUGH THE FOREST WILDERNESS." I get it now.

When Victoria and I first spoke on the phone about the days I wanted to be here, she was going in for knee surgery on December 23, 2014, and said I'd have to pick different dates. However, I insisted because I really wanted to fast. She was getting surgery on her knees: an accident several years ago when they went sideways, she explained. We came up with a deal where Victoria would give me a great, low rate if I felt I didn't need her to visit with me often while I fasted. She'd call me every day to check up on me. I researched "water fasting" briefly and really didn't think anything bad would happen to me. I had enough fat to live off of for some time! I took the deal. So we didn't get to bond much during my 6 weeks here — ended up she had to spend 3 full weeks after her surgery in a nursing home she was in so much pain. But Mike Gurevich watched over on me and checked on me every day. He was a 5 times experienced faster and a personal friend of Victoria's. So, it worked out perfectly, and I never felt left alone or abandoned for one minute!

Once Victoria started making her daily visits on crutches, I did learn and appreciate some things from her! Victoria is a tough woman. She will tell you what you need to hear, not what you want to hear. And there will be times you could get offended if you are not mature. Don't fight it, learn to work with her. She's not there to sugarcoat things for you. She is also a very kind soul in her own, unexpected ways. I had mistaken the days my flight was supposed to leave. Long story short, I missed my flight by a day... "Hahaha" — also missed my shuttle to get to the airport. (Being at her health retreat, you're living on "YOU-time." You are so immersed with yourself, and you forget the rest of the world and the days of the weeks.) She let me stay basically 3 extra days in total without charging me and got me a nice salad to take on my way to the airport. There were many other kindnesses The Wilderness Woman extended to me. She is such a loving person! She gives great bear hugs. And she taught me how to learn to accept myself and people as they are and that mistakes are okay to make and to enjoy them while you make them!

If you come to OUR HYGIENE HOMESTEAD IN THE WOODS for any form of real improvement in yourself physically, mentally, or spiritually, you'll also learn to appreciate her and her tough love. There's no place else like VICTORIA'S HOMESTEAD IN THE WOODS. I am so grateful I stumbled upon her website. She is a woman on a mission to help Health Seekers reclaim their health. I will cherish the memories of the time spent in Washington forever. I actually couldn't get enough of it and am heading back in a few months to do a complete fast and spend more time in the woods! "YAYYYY!" I CANT WAIT!

**JUNE 1st TO AUGUST 1st, 2015, KIM: A WEEK AFTER LEAVING CONCRETE** — Kim's requested The Bear Cave for a 10-week visit last summer. Her conversion story from "A City-Slicker" to "A Nature-Girl" would make a great book! But I won't get started with that story here...

**GLORIA WESSEL'S STORY WRITTEN ON SEPTEMBER 18, 2015:  
MY EXPERIENCE  
AT OUR HYGIENE HOMESTEAD HEALTH RETREAT  
25 DAYS OF FASTING ON WATER-ONLY  
& 3 DAYS OF FRESH-JUICES & "SIMPLE-SIMPLE MEALS"**

**“The Emotional and Spiritual Experiences  
at Our Hygiene Homestead Brought about  
a True Cleansing & Healing of My Soul  
as Much as the Fasting Brought about  
a True Cleansing & Healing of My Body!”**

My name is "Gloria Wessel" — 67 years young. I am in very good health except for a touch of rheumatoid-like arthritis in my fingers for several years and which now has left them slightly deformed. That is the physical side of health for which I came to Our Homestead Health Retreat — to get a “Tune-Up.” After 4 weeks here, I now have no more arthritic stiffness or gnawing pains in my fingers.

The emotional piece of my health was worse than I had realized as was my spiritual health. God had a plan to place Victoria in my life to work with his healing of these two areas. I have had 47 years of some sort of therapy including psychologists, psychiatrists, social workers, ministers, rabbis, priests, hypnotherapists, and any other counselor you can think of except a voodoo doctor. I have taken all the prescribed medications "to cure" me, including antidepressants. I have spent tens of thousands of dollars on all this emotional and spiritual health seeking. Now, in just 4 short weeks that went by so fast, I can honestly say: "I have received more healing in just 4 weeks with The Wilderness Woman for under \$2,000 than I got during all those long decades from all those therapists for all those tens of thousands of dollars!" She loved hearing this! But it is true! In her humility, she speculated: "Maybe all those therapists all those years just got you supremely ready to tumble into wellness once you got here."

Victoria has a true gift of discernment from God. In her words: "I have been given the unique ability to apply The Natural Hygiene's 10 Energy Enhancers to a person's troubled life and see exactly what the problem is and how to cut straight to applying them so that a healing comes about in a few short weeks." She is better called: "The Caring and Knowledgeable Wilderness Woman!" She has a manner of presenting her insights in a loving yet effective manner, without judgements. She told

me as we counseled that her ideas are "...just my perceptions to take or to leave, to do what you want with them." Much to my chagrin, she was "RIGHT ON!" — every time. And my ego just had to deal with it — every time. I had carried a great burden of resentment and anger that had caused my life to be less than what God and others and the world wanted to offer me. I had developed a very protective facade to shield me from others and the world. Victoria's gift for creating awareness of what was really going on within me unlocked the door to my emotional turmoil and spiritual bondage. It happened during the very first long talk the very first long night, and it kept happening during every counseling/visiting session. I have experienced a true and very deep connection to The Lord as never before! To think that I taught Sunday School and knew my Scripture so well and that I had allowed myself to be distracted from my faith for 10 years! I had just slipped away. BUT... "WITH GOD, ALL THINGS ARE POSSIBLE!" is very real in my life today. Victoria guided me to realize that I could and must forgive myself for true healing to take place. I now start each day with a clean canvas for The Lord to show me how to paint it for the life promised me and to do His work.

The emotional and spiritual experiences at Our Hygiene Homestead brought about a true cleansing and healing of my soul as much as the fasting brought about a true cleansing and healing of my body. God created me as a total being, with no part being more important than the other. As a result of my 4 weeks in "The Wilderness of Washington," I have emerged whole and renewed. I now see my beloved partner in a healthy way. While before "The Wilderness of Washington," he and I were on the rocks with petty resentments and flare-ups and protective habits that only took us farther apart, now we have the relationship that we have both always dreamed of.

The cottage I stayed in was out of a fairy tale. Only thing missing was the gingerbread (which isn't good for you, anyway). My bed was as comfy as The Baby Bear's bed in "Goldilocks and The 3 Bears." I know comfort. I am spoiled. I sleep at home on a Tempurpedic Mattress. Victoria's beds and bedding are just as heavenly as my own! We do a lot of traveling. And I know that even \$200-a-night hotels do not provide the heavenly beds that Victoria has.

The Wilderness Woman showed me that I was able to be whole and healed ALL THE TIME — that I can wake up every day to "A WONDERFUL LIFE!" — that I can allow myself to be playful and have... "FUN! FUN! FUN!" ALL THE TIME! Well, that is because Victoria's definition is so broad: "Anything that moves me forward into fulfilling God's calling for my life is... FUN! FUN! FUN! And that includes any form or amount of misery I might encounter as I move my many projects forward to help Health Seekers along."

The gnawing, unhappy memories of my childhood that I held on to all these years, the negativity of them, all are now remembered in a new light: "IT REALLY IS A WONDERFUL LIFE!" I have fallen in love with the cedar trees that swayed in the big summer storm, the eagles that soared above me as I sunbathed almost every day, the wild rivers and mighty mountains that these Magnificent Cascades hold! I would say I am on "A Cascade Mountain High in Victoria's Great Outdoors!"

This is truly the most magnificent place to find God and yourself! I came for so very little and received the most bountiful blessings of my entire life!

Dearest Victoria Wilderness Woman, I admire the woman you are and how you have co-operated with God to do His work. You are true inspiration to me. May God give you the blessings required to carry the message of "Get Well and Stay Well" to America! Gloria Wessel

## **DR. ALAN STEINER'S TESTIMONY ON SEPTEMBER 18, 2015: FROM A BOTTOMLESS PIT STOMACH & A WOUNDED HEART TO A HEALING OF BOTH — IN 4 SHORT WEEKS!**

### **25 DAYS OF FASTING ON WATER-ONLY & 3 DAYS OF FRESH-JUICES & "SIMPLE-SIMPLE MEALS"**

I am a 68-year old Holistic, neuromuscular dentist. I have been practicing for 45 years. I started my Health Journey over 38 years ago. I was diabetic, sometimes taking 180 units of insulin a day. • I weighed 260 pounds at my highest while standing just 5' 9." I have been exercising regular since 1976. I never missed one day of exercise for 30 years. I used to consider and call myself: "The healthiest, fat person I know!"

I have struggled with obesity for 53 years. I have lived with painful joints and muscle cramping. A swollen, arthritic finger that could throb for weeks. A shadow of darkness hung over my spirit. I came to visit Victoria BidWell to deal with my weight problems and to finally conquer my diabetes, as opposed "to controlling" it. High Blood pressure, chronic post nasal drip and use of nose drops, dry skin patches, and pre-cancerous skin lesions. Eye drops so my patients would not think I was sick, my eyes being red and too dry all the time. Need I say more? Here is more to add to this list:

- Pains and cramps in my legs and feet and ankles
- Stiff neck and back
- Carpal tunnel syndrome and a trigger thumb
- Gall bladder removal
- Basal and squamous cell lesions, leading to painful and disfiguring surgeries
- Mercury and other heavy metal toxins
- On nose drops and eye drops
- Addictions to dairy and coffee that put me to sleep instead of waking me up.
- I need to mention I had intestinal parasites. Took two cycles of modern medicine cures. One cycle of Hulda Clark's herbal products and weekly preventive dose of the same. I thought the parasites were gone. (They were not!)

**I HAVE, AS MANY OTHERS HAVE, TRIED EVERYTHING UNDER THE SUN!**

I made our reservation in November of 2014 and got to know Victoria quite well over the phone. She was so enthusiastic about "The 11-DVD-Data-Disks" that I got them immediately. Since I am a speed-reader, by the time of our arrival in August, I was able to have skimmed through all The Disks, much to my huge benefit for the 4 weeks at Our Homestead. I took three shorter fasts on water-only (unsupervised fasts) in the many months just prior to this trip to get myself into optimum condition to receive the maximum benefits from this 4 week journey. I will speculate that "unsupervised fasting" at some of these clinics I had looked into could not yield the same results as being "assisted" by "The Wilderness Woman." I am blessed with a medical doctor background. I could monitor myself physically; however, "Being Assisted by Victoria" is the only way to go if you want mind and spirit wholeness! Little did I know the miraculous results in Body, Mind, and Spirit that would be gifted ME, by doing my 4-week assisted "Correct Natural Hygiene Fast" at Our Hygiene Homestead.

The Nature Cure has been around a long time, longer than the formal alternative health care system on Natural Hygiene itself. As you can imagine, this 1800's Nature Cure than made its way over from Germany to The United States employed nature in getting a person well: fresh air, water treatments, sunshine, exercise, wholesome foods, and so on. Victoria's "Oasis of Nature Homestead" and her endless bag of exercises into self-awareness and wellness, however, is "THE TRUE NATURE CURE!" Each session opened up more of what I had been doing wrong (THE ENERGY ROBBERS) for me to examine. After she would leave, after these sessions, I was left with "The Nature Haven" grounds of The Guesthouse and the trails nearby to wander and to contemplate further the changes for the good I would make. My heart is now full of JOY! My intimacy sparkles with love and communication! No longer am I fraught with hidden secrets and covert hostility.

**My relationship with my Soul-mate and Life Partner Gloria has been moved into a heavenly paradigm, saving us perhaps even more years of therapy dealing with usual issues that confront wounded people who are trying to make a go of their relationships. My communications to the outside world, my children, my co-workers, my peers — all now comes from my healed heart as opposed to my troubled mind and bottomless-pit, starving stomach. I am now speaking from my healed heart to their hearts and not from my troubled brain and bottomless-pit starving stomach to their brains.**

**Victoria BidWell is an amazing human being — a blessing to this planet.**

**I fasted 25 days. I checked in at 214 pounds. Today I weigh 179 pounds. I am no longer considered “Morbidly Obese.” In just 3 weeks, my BIM went from 31 to 25.6. That means from Morbid Obesity to a point where if I lose any more weight, it would not increase my life span, (according to the modern medicine authorities). I lost over 30 pounds in 23 days.**

**VICTORIA LOVES TO SING OUT: "IT'S WONDERFUL! IT'S MARVELOUS!" AND SO IT IS! HERE IS WHAT HAPPENED TO ME IN JUST 4 WEEKS:**

- **My eyes are clear and bright. No more nose drops.**
- **My blood pressure is 118/66. Pulse is 62.**
- **My blood sugar reading is 80. No more testing and sticking myself with 10 to 12 needles daily.**
- **After 3 years of suffering with wearing head gear for oxygenation hooked to a machine to sleep, I have been sleeping better without it for the past 10 days.**
- **No pains! No pain in my legs. No pain in my body.**
- **I did much stretching on my big double bed many days while here. I am now more flexible than when I was 30 years old. I can touch my nose to my knee, something I have been working to do for 45 years! It happened here in 3 weeks!**
- **While I have previously done IV and oral chelation for toxic heavy metal poisoning and did have significant improvement in my symptoms, now I am certain that I was still toxic upon arrival here. And I have completed the detox process with Correct Natural Hygiene Philosophy. I know this because of the odiferous and foul excrements that were released from my body on a 24-hour a day basis.**
- **My memory is better. And feel like I am using more of my brain. It is like I have super-hearing and super-cognitive powers compared to my pre-Wilderness Woman daze. Also, my brain is clear.**
- **And my addictions to carbs and alcohol and sugar and other killer-substances are gone. My brain has detoxified — emotionally and spiritually! I have achieved what the many past years of therapy could not ever come close to achieving.**

**My plan is to weigh 154 pounds. This used to be an obsession for me. Now it is a reachable goal, and I know it will happen in GOD's timing. I am confident and proud that I am on target to achieve that goal after 53 years of struggling.**

**Victoria explained, "Day 22 of fasting on water-only is like the first many days of fasting put together in detoxing and healing power!" I got a first-hand experience of that. On Day 22, I had my first bowel movement in 3 weeks. Out came a viscous pile of many intestinal-parasitical-worms — not moving, ALL DEAD. If I had not taken the longer fast, if I had only done 14 or 18 days, they would not have been starved out and eliminated out. While most were just one or two inches long, a few were as many as 4 inches long and as wide as my little finger. To me, each looked like The Devil itself.**

**I cannot pick out "THE BEST THING I RECEIVED HERE" because the transformation and the gifts to my body, mind, and spirit continue. (Victoria's Note: Gloria and Alan could have easily written a good-sized book if they were to have gone into detail of THE TRUE NATURE CURE they received here — day by day, assignment by assignment, excursion by excursion, meal by meal. Perhaps, that will come with their autobiographies!) The most important thing right now is that I know I have arrived to "The Other Side of Darkness" where only light shines, and I will not go back to the treadmill of pain and suffering I had been jogging on for 53 years. The Wilderness Woman's Nature Cure worked where all else had failed. I wish I could have been here for 8 weeks instead of 4 weeks.**

**P.S. I know my testimonial above could seem hard for some of you to believe. The very best part of my experience is that... MY TESTIMONIAL IS 100% TRUE!!!**

**ALAN STEINER, WHOLISTIC DOCTOR OF MEDICAL DENTISTRY, SEPTEMBER 18th, 2015**

# Mary's Love

**DEER GETWELL FRIENDS!** During the 10 years that I have been turning a rough, little vacation home and half-acre into the Correct Natural Hygiene facility that Our Hygiene Homestead in The Woods now is, I held tight to the God-given vision for the property and its use. I pictured Health Seekers visiting who would make the maximum use of Our Homestead to get the maximum good for their time and money here! I pictured Health Seekers who would appreciate all of my 10 years of efforts to provide an absolutely wonderful and life-enhancing experience! I pictured a place affordable to those who are not rich and whose credit cards cannot take the heavy burden of \$1,000 a week. I pictured Health Seekers living and learning in the spirit with which I transformed the property — a spirit of love and kindness and generosity and appreciation and delight and awe of nature and adventure for learning about Natural Hygiene and enthusiasm and FUN! FUN! FUN! I pictured Health Seekers embracing the back-to-nature theme and getting a kick out of my “Wilderness Woman” approach! I even pictured Health Seekers getting a kick out of The HighJoy Horse and how he lives so close to nature and The 10 Energy Enhancers. (Well, for a hot-blooded Arab, his Emotional Balance will always be on the high side of excitement!) That picture is now even more wonderful in reality than it had been in my imagination! SO MUCH HAS BEEN DONE BECAUSE OF YOUR CONTINUING GIFTS OF LOVE AND ORDERS AND “HELP!”

When Mary Horvath entered my life last October, she brought an endless string of gifts from God to me — from Mary's Love to Mary's Dollars for several big orders that I have used to help Health Seekers. In December, Mary hauled the 3 pound+ *2 BOOKS IN 1: THE HEALTH SEEKERS' YEARBOOK WITH THE BEST OF COMMON HEALTH SENSE* to Hawaii during her family vacation. I was honored to see the hefty book make it into her suitcase! While there on the beach, she was so taken by “The Superlative Alternative of Natural Hygiene” that we phoned each other back and forth so that she would have 7 sets of the *2 BOOKS IN 1* plus sample seasonings and many of the raw bars and other items from “The Great & Yummy GetWell Edibles” waiting for her upon coming home to make Christmas packages for loved ones! Then Mary booked herself for a 30-day visit in the spring to Our Hygiene Homestead in The Woods for a detox and physical tune-up and time for fasting and prayer.

Already dozens of loved ones have learned about Natural Hygiene through Mary's Love. Two of her loved ones booked for this spring and summer. Since her daughter is a new medical doctor, thousands more will learn about Natural Hygiene or be touched by its foundational teachings in some way. And the goodness of Mary's Love just goes on and on.

Mary Horvath is the epiphany guest — she symbolizes the reason I put in all those 10 years of work, work, work. Originally, I had named Our Hygiene Homestead in The Woods “GOD'S GUESTHOUSE.” Then, I renamed it “Our Hygiene Homestead in The Woods” after “Our Home in The Hills,” a mid-1800s' Natural Hygiene health school the size of a modern-day Marriot and before the term “Natural Hygiene” was even invented. Today, I look at all Health Seekers who visit as gifts from God. It is now a facet of my calling to help all who come in whatever ways I can. It is such a pleasure to have Health Seekers come here to live and learn. As for Mary? It has been such a joy to watch her revel in Washington's spring offerings and play with The HighJoy Horse! The truth be known, Mary's Love has done much more for me than I for her! Last Monday, we headed out for The Seattle Airport in “Black Beauty” — a 2005 PT Cruiser I was forced to get and make 4 years of payments on because I could not keep my older Ford trucks running. And before getting on that jet plane, Mary handed me her write-up. She called it an “Ode.” And it was written with the imagery of pure poetry but without the stanzas and rhyming and alliteration. So I added those technicalities. I share Mary's Love with you now.

**DEER GETWELL FRIENDS! When Mary Horvath left her write-up of her stay at Our Hygiene Homestead in The Woods, she used so much poetic imagery in it and then entitled an “Ode...” — that I decided to break it into stanzas, add parallel grammatical structure, some rhyming and alliteration. We share with ya’ll!**

**Written by Mary Horvath of Tuscon, Arizon on May 14th, 2012**  
**Ode to The Wilderness Woman... to HighJoy...**  
**and to... My Hygiene Homestead in the Woods**

I will miss the awesome, heart-stopping, glorious beauty — of your Pacific Northwest,  
Your fresh and pure gift-from-God mountain air, simply the best!  
I will miss your majestic, snow-capped, free-rambling mountains,  
Your streams tumbling down through the woods as free-falling fountains!  
I will miss your ever-so-green — “Christmas Trees Everywhere,”  
Your green maples and green ferns and green meadows, so rich and so rare!  
I will miss the bursting-forth flowers like soft-petaled fireworks — wherever my eyes look,  
From High’s bright-yellow lunch dandelions to the purple clover supper buds he need not cook!  
I will miss the fragrant blossoms that turn trees into big pastel snowballs — showing not one green leaf,  
From white apples and pears and prunes to pink cherry blossoms, abundant beyond belief!  
I will miss the sweet-smelling flowers — lavender lilac and the tiny, rosy daisies big as my thumbs,  
From the white, winnowing dogwoods to the Washington State Flower red rhododendrons!  
I will miss the rolling, green rivers and tranquil, blue lakes — and all that in these pristine Cascades abide,  
From the smaller, sweet deer to the protected, grand elk who live not in fear and need not hide.  
I will miss the coyote, the squirrels, raccoons, possums — and the beaver,  
From their howlings and scurryings to their food-gatherings and washings so eager!  
I will miss the grand birds of the air — hawks, hooting owls, and the soaring American Bald Eagle,  
From the chirping dawn-birds happy for a new day to their afternoon songs of praise so regal!  
I will miss the peace and calm and refreshment — that comes here with each day,  
From the back-to-nature garden to The Guesthouse that made up my fine stay!  
I will miss skies star-studded — each so very bright like a sparkling diamond jewel,  
From the Homestead front porch, they are seen as the heavens they do rule.  
I will miss watching each night — the waning then waxing of the high moon,  
From the sliver, slight crescent to its 28th night fullest and brightest, serenaded by the loon!  
I will miss the warm coziness of my private spot — in The Eagle’s Nest,  
From my pleasant 21 fasting days spent in leisure... reading, praying, sunning, sleeping, and deep rest!  
I will miss my tangelo-&-cashew best drink — and all the adventures that come with this place,  
From our surprise outings upriver to your generosity of heart to your ever-smiling face!  
I will miss you, My Wilderness Woman — your visits and “The Best-Ever Bear Hugs” delivered each day,  
From your energetic exuberance to your Correct Natural Hygiene commitment showing me the way!  
I will miss HighJoy — whose name translates to “HIGH ON LIFE — LET ME SHOW YOU THE WAY!”  
From living back-to-nature, he performs “The 10 Energy Enhancers” and in the sun loves to lay!  
I will miss this gorgeous mascot epitome of “Natural Health” — for us all,  
From us over-technologized, over-civilized, over-electronified Health Seekers, he has had a great fall!  
I will miss his playful, smart image enduring for me — of Nature’s finest, homestead-grown horse,  
From his jumping high for fragrant, fresh-picked grasses to deeply delivered butt-scratches, of course!

THANK YOU! THANK YOU! THANK YOU! Deer Wilderness Woman & HighJOY!

I will never forget you and the way were we. A life-changing has been accomplished in me.

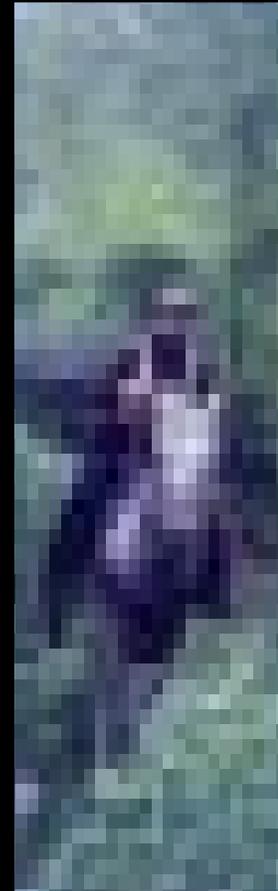
I am far better now than before visiting your place,

And from living at this slowed-down, back-to-nature Hygiene Homestead in The Woods’ pace!

Much enriched am I by my 30-day retreat in your loving embrace!

HAPPY TRAILS TO YOU UNTIL WE MEET AGAIN... WITH LOVE AND GRATITUDE AND BLESSINGS TO YOU!

I Am Called to Help Health Seekers...



I Also Live & Love  
to Get High & Go  
Back - into - Nature  
Everyday We Can!

*Victoria & HighJoy*

Taken Back in the Day  
before High Turned White!

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