



DOOM, DISEASE & DEATH
— or —
VIM, VIGOR & VITALITY?
IT'S *YOUR* CHOICE!

The Vigorous Person & How to Be One!

By... *Dr. Vivian Virginia Vetrano*

Copyright • 1993

DOOM, DISEASE & DEATH

— OR —

VIM, VIGOR & VITALITY

????????????????????????????????

IT'S YOUR CHOICE!

The Vigorous Person & How to Be One!

By

Dr. Vivian Virginia Vetrano

Copyright • 1993

The Life Enrichment Foundation

Box 190 • Barksdale • Texas • 78828

Phone: (210) 234 - 8188

DOOM, DISEASE & DEATH, — OR — VIM, VIGOR & VITALITY? IT'S YOUR CHOICE!

The Vigorous Person & How to Be One!

By... *Dr. Vivian Virginia Vetrano*

(Please study the definitions beginning on page 35 for a clear understanding of pertinent and specific terms.)

INTRODUCTION

In this set of tapes, the renowned Orthobionomist, Dr. Vivian Virginia Vetrano, compares and contrasts for you the results of standard medical care and Orthobionomical guidance. Then it's up to you to make your own choice.

She teaches you how your body heals itself and the way to begin living Orthoecologically so that you can achieve the *Vim, Vigor, and Vitality* you crave and deserve!

In this series, you will learn the Law of Healing and the secret to health and happiness.

You will hear case histories about hyperthyroidism and hypothyroidism, tumors of the breast and silicone gel implants, prostate enlargement and cancer of the prostate, ulcerative colitis, thrombocytopenia, anemia, atherosclerosis, and female infertility and much, much more.

Now, I present to you... Dr. Vivian Virginia Vetrano!

IT'S YOUR CHOICE!

Given the choice, no sane person would consciously choose Doom, Disease, and Death over Vim, Vigor and Vitality; yet it happens everyday from false education and lack of knowledge! If you want Vim, Vigor and Vitality, here is your chance to learn how to unlock the potential within you.

The "vigorous person," vibrant with life and enjoying every second of it, can be you! Not only can it be you, it is your birthright to enjoy Vim, Vigor and Vitality. You are already a thinking, intelligent, conscious being searching for answers to important questions about health. And you deserve the truth about health, disease, and healing.

When you earnestly seek for something, you will usually find it; and if you are earnestly seeking vigorous health, you will discover the pathway in this lecture. This lecture will introduce you to physiological laws, which, if understood, incorporated, and applied to daily living, will help make you into that smiling, healthy, radiant person you desire to be!

!!! ZEST !!!

The most sought after state of life is to be healthy, happy, and effervescing with zest for life! Unless you probe deeply enough in the right places, however, you will find only pseudo-health. But, you don't want pseudo-health! You want exact truth and genuine health!

Unfortunately, the "exuberant" health manifested by many people is artificially induced with drugstore stimulants, as well as with other stimulants such as coffee, tea, and chocolate. Artificially induced "exuberance" is not *genuine exuberance*. Pseudo-exuberance via stimulation is a state of nervousness and frenzied, organic activity occasioned by the stimulant, which is also an irritant. Likewise, that beautiful, smooth complexion of some women imitates real beauty and health; but it is achieved with make-up and facial creams. By contrast, true vitality and genuine health and male and female beauty can be achieved only by conforming to Nature's laws. It is so simple to produce genuine health and beauty by living in harmony with Nature, yet to the neophyte Health Seeker in our counterfeit world, health and its glorious glow seem so difficult to achieve.

HOW DO WE BEGIN?

Becoming a vegetarian is a good beginning; but it is not enough to reach that state of joyous, exuberant health of which I am speaking and writing... and which you desire. There are other requisites of health besides just abstaining from flesh foods. For normal Body Ecology, we need all of the following: fresh, clean air; sunshine; pure water; fresh, uncooked fruits, vegetables, nuts and seeds; ample rest and sleep; exercise; emotional poise (equanimity); cleanliness; a suitable temperature; and congenial family and friends. These ten simple needs of our Body's Ecological System, when properly appropriated and judiciously used, will bring bright, smiling faces, firm fitness, and vigorous health to all those who earnestly seek it and who do not have irreversible pathology.

WHERE CAN I GO TO GET WELL?

You may ask, "Well, where do I go to become healthy? Who can make me healthy?" The answers are: You don't need to go anywhere special to become healthy unless you need a fast and then you would go to a retreat where there are men and women trained in the science and art of fasting. Most of the time, you can evolve into superior health right in your own home. And *you* are the only one who can make yourself healthy! All the most respectable and skilled physicians in the world cannot give you health. To produce health, all you need to know are the "conditions of health" and how to supply them. You are the architect of your own miseries or health, depending on how you choose to live.

To seek health in a physician's office would be like going to a specialist in air-conditioning when you needed a heating system. Physicians are trained to recognize and treat disease. They are not trained to teach health and its practices. They know very little about supplying the conditions of health, nor are they interested in such. They are trained to alleviate and suppress symptoms or to cut out an offending organ. Physicians have no time for teaching. **The vast and far-reaching majority of physicians are interested only in prescribing a medication to subdue and suppress your aches and pains or in practicing the latest surgical techniques. They can cut out your sick organs so you won't be bothered by them, but they can't teach you how to get those sick organs well. They don't know how. They have not been trained in the building of health, and their treatments and armamentaria are destructive and disease-producing — when they are not altogether lethal!**