

The Health Seeker Satisfied — Dr. Vetrano Tells All!



Joseph Mellon and I — Co-Conspirators in Health at GetWell★StayWell, America! — are pleased to present this new publication in Natural Hygiene to Health Seekers Everywhere! We are proud and honored to join forces with the most famous and most knowledgeable woman in Natural Hygiene today — Dr. Vetrano, as she answers questions and shares her wisdom and experience with us. THANK YOU, DEAR DR. VETRANO!

GetWell★StayWell, America! is carrying on a tradition formally begun in 1832 in our United States by Dr. Issac Jennings and Sylvester Graham. Their teachings and those of many others proposed what was to become "The Hygienic System" and what Joseph and I and many others today call "Natural Hygiene." Hygiene is... "The Superlative, Alternative Health Care System." It is a program that puts responsibility for your health into your own hands and that teaches you how to GetWell and StayWell without drug and doctor dependency. We are, indeed, teaching "The Alternative" to The Medical Mentality. We propose 10 basic teachings — "The 10 Energy Enhancers" — which will bring you "The Superlative" in health and your Highest Health Potential. We urge you to share this great, good news with your loved ones. Editor of *The Health Seeker Satisfied*, *Victoria BidWell*

Introducing . . .

Dr. Vivian Virginia Vetrano
"The World's Keeper
of Hygiene Purity!"
(pictured above)

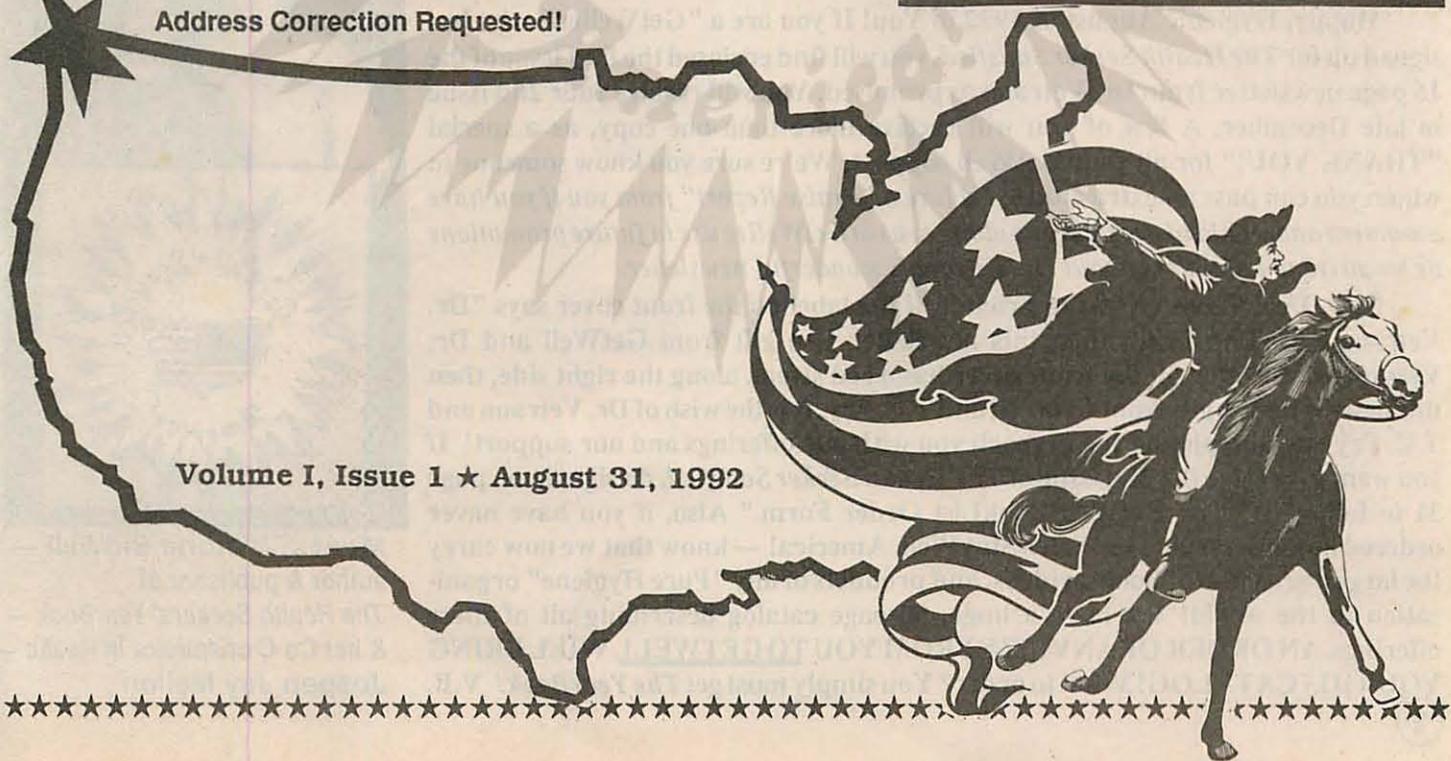
GetWell ★ StayWell, America!

1776 ★ The Hygiene JOY Way
Mt. Vernon, Washington 98273

Phone: (206) 428 - 3687

Address Correction Requested!

BULK RATE
U.S. POSTAGE
PAID
GetWell★StayWell, America!



Volume I, Issue 1 ★ August 31, 1992

Victoria BidWell

GetWell ★ StayWell, America!

1776 ★ The Hygiene Joy Way, Mount Vernon, Washington ★ 98273

Phone: (206) 428-3687



When one adopts Natural Hygiene, one lives in a new world. The transition from the old world to the new is immediate. All nature becomes more beautiful and glorious. Duties which were irksome become easy to perform. We breathe purer atmosphere. New processes animate us. New strength, energy, and power to perform are infused into us. *The change in our character is equally as great.* We see in every tree and shrub and every blade of grass a beauty of which we had not before been conscious. Our whole life is permeated by a spirit of love and good will. We develop a gentleness and kindness that are new to us. A fresh zeal enters into our relations with those around us. Strength is given us to perform whatever, with cheerfulness and delight. Troubles, anxieties, and cares are dissipated, for we know that our welfare is secure and on a firm, physiological, natural basis. ★Dr. Herbert M.. Shelton.

THE 10 ENERGY ENHANCERS in Victoria's *The Health Seekers' YearBook* summarize The Hygienic System for The Suffering Class of America and Health Seekers Everywhere!

- #1. Cleanliness • #2. Pure Air • #3. Pure Water • #4. Adequate Rest & Sleep • #5. The Ideal Diet • #6. Adequate Sunshine & Natural Light • #7. Right Temperatures • #8. Regular Exercise • #9. Emotional Balance & Freedom from Addictions, with High Self-Esteem & A Purposeful Life with Meaningful Goals • #10. Nurturing Relationships★★★★★Victoria

Health Seekers! — GetWellers! Those on Dr. Vetrano's Mailing List! And those on T.C. Fry's Health Excellence Mailing List!

Happy, Hygienic August of 1992 to You! If you are a "GetWeller" who has signed up for *The Health Seeker Satisfied*, you will find enclosed the first issue of the 16 page newsletter from Dr. Vetrano as promised. You will receive your 2nd issue in late December. A few of you will receive more than one copy, as a special "THANK YOU!" for all your GetWell support. We're sure you know someone to whom you can pass an extra along. *I'd love a "Praise Report" from you if you have a moment and would like to pass one along to us at GetWell to use in future promotions as we strive to tell others about Dr. Vetrano's wonderful newsletter.*

Now, Dear Health Seeking Friends, if the label on the front cover says "Dr. Vetrano's Mailing List," then this newsletter is a gift from GetWell and Dr. Vetrano. If the label on the front cover has a red streak along the right side, then this newsletter is a gift from GetWell and T.C. Fry. It is the wish of Dr. Vetrano and T.C. Fry and Joseph and me to reach you with our offerings and our support! If you want to receive the 2nd issue of *The Health Seeker Satisfied*, do sign up on page 31 to follow of "The GetWell BookList Order Form." Also, if you have never ordered anything from GetWell★StayWell, America! — know that we now carry the largest selection of books, videos, and products of any "Pure Hygiene" organization in the world! We have a huge, 80-page catalog describing all of these offerings. **AN ORDER OF ANY SIZE FROM YOU TO GETWELL WILL BRING YOU THIS CATALOG!** What to order? You simply must get *The YearBook!* V.B.



Meet... Victoria BidWell — author & publisher of *The Health Seekers' YearBook* — & her Co-Conspirator in Health — Joseph Jay Mellon

Dear Health Seekers!

I have been enjoying my farm in the wide open spaces of Texas. The ranch is slowly becoming more of a farm. The tomatoes, green peppers, all kinds of melons, cucumbers, and various other foods are shooting up fast with all the rain we have had. We are eagerly anticipating dining on luscious, vine-ripe tomatoes or sweet, juicy melons and cool cucumbers. However, in order to have some produce left for us to get through the winter, much more work must be done. This takes money and lots of it. Several green houses are necessary for winter, as well as for summer vegetables. Fences and more fences need to go up to keep the critters out of the orchard and garden. Can you imagine — they think they have a right to dine on all our luscious foods even before they are ripe? Anyway, growing one's own food has turned out to be very expensive; and things, such as greenhouses, are prohibitive to us.

Consequently, my daughter Tosca, in spite of home schooling her 4 children, decided that she had to go to work to help. So, the garden and orchard and my writing and taping were neglected and postponed to help her get started with the Revitalization and Rejuvenation Retreat. After spending several months searching and researching and searching again to find the right place for it and after almost giving up, finally, an extraordinary thing happened, as if by magic. A house right next to us came on the market. Were we thrilled! And the owner gave us a loan! It has only 2 bedrooms, but we are going to build more so that Dr. Tosca can accommodate 8 "Revitalizers!" The marvelous thing about this house is that it is adjacent to The Farm! Right-smack next door! It only has a river between us. We can swim or walk across the river to get there. However, it takes 20 minutes by car.

The Revitalization and Rejuvenation Retreat sits high on a hill overlooking the "Ranch and Farm." You can see the mountains and valleys beyond The Farm for miles and miles. As the sun sets behind the beautiful purple and forest green hills, casting a red-orange glow across the expansive horizon, the beauty and serenity that engulfs you nullifies and supersedes all one's cares and worries. Yet, the most beautiful and peaceful sight to me is the famous Nueces River, clear and sparkling in the sun, as it flows beneath the hill on which the Revitalization Retreat is situated. I could sit on the large outdoor patio of the Retreat and watch that river all day, just pondering and marveling over how so much beautiful water can keep on flowing day after day in a never-ending stream of diamonds.

Dr. Tosca has not yet celebrated the official opening of the Revitalization and Rejuvenation Retreat. However, she took one guest before her place was completely furnished because of the urgency of the case. Her next "Revitalizer" will arrive in a few days. But the official opening will occur in September when one more room is ready and the place is completely decorated... and when this issue of *The Health Seeker Satisfied* reaches the 6,000 of you! There is no more beautiful setting for Revitalization and Rejuvenation than here in the beautiful hills and valleys of west Texas. It will be an aesthetic and rejuvenating experience for the Revitalizers and an exciting time for Tosca and me as we watch people become healthier and healthier!

Now, about my new newsletter — *The Health Seeker Satisfied* — *Dr. Vetrano Tells All!* I am genuinely thrilled to have the opportunity — through GetWell★StayWell, America! and the efforts of Victoria and Joseph — to reach so many people who are interested in learning more about health, disease, and healing. I welcome your letters and questions. I will try to answer as many as possible in each issue of *The Health Seeker Satisfied*.

I am pleased to be able to have a voice through GetWell's latest publication. It has always been and always will be my policy to endeavor to ferret out The Truth, if it can be found, relate it to Hygiene, and then teach it to the best of my ability. Since no one is perfect, I may make errors; and if I do, and I discover it, these will be corrected so that The Science of Hygiene can continue growing and wind its way to The Ultimate Truth at last, like a river winds its way to the ocean.

Eventually, through *The Health Seeker Satisfied*, we will cover every subject in Hygiene that has been challenged, altered, perverted, or repudiated by modern science, to determine the correctness of that challenge, alteration, perversion, or repudiation of Hygiene's lifestyle and practices. If, by deep probing and modern physiological research, we find that these challenges, alterations, perversions, and repudiations are justified, we will uphold them. However, if we find that these "new" but old repudiations, etc. are not justified, we will reinforce Hygiene's position with new data, if possible.

My purpose is to arrive at The Truth; for, without Truth, we are like lost children in the wilderness, seeking a way out and never finding it. Without Truth, we will fall prey to the mongers of useless and harmful diagnostic procedures, unnecessary operations, energy wasting therapies, modalities, and poisonous "cures" that don't cure. Without Truth, the world's health will continue to slide downhill.

Truth about the proper care of the human body and mind was never more needed than now. Even though we may be living a lifestyle in conformity with Nature's Laws as best we can, we are still being bombarded with radioactive products, radiated food, and forced to live in a chemical-laden environment. Even our genetic heritage is at stake. There is much work to be done to bring our environment up to the standards which Nature demands. The Truths of physiology, as they are discovered, shall be our guide to correct living. Let us rejoice in the task ahead of us, so The Truth can keep marching on!

Sincerely, V.V. Vetrano