



# COMMON HEALTH SENSE

*Natural Hygiene Contraband  
for The American Health Seeker*

Volume I: Issue 1: Copyright 1996

From... GetWell\*StayWell, America!

Conceived in . . . "The Spirit of '76"

*These are the times that try our souls.*

*We shall build Superlative Health, when we . . .*

*# 1. Learn to Remove The Causes of Disease*

*# 2. And to Provide The Conditions of Health.*

The Collaborating Authors & Editors...

Dr.V.V. Vetrano, Victoria BidWell & Dr. H.M. Shelton



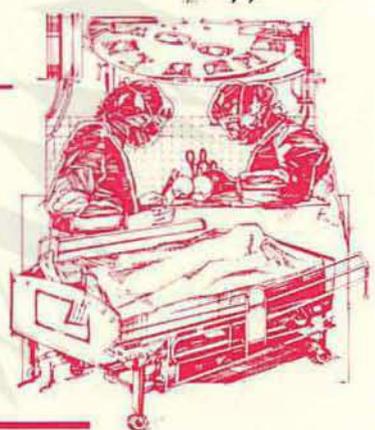


# DEDICATION

When Virginia was a young woman of 18 or so, her Father and she were talking one day about what would become of her when she grew up. Happily, she assured him that she would make him proud of her and that one day she would become famous! That grand day has come!

In the memory of and on behalf of Virginia's Dear Father, Leon Joseph Vetrano, therefore, and — in the fulfillment of Virginia's Promise — this first issue of *Common Health Sense* is dedicated to...

**The Suffering Class of America**  
★★★ and ★★★  
**Health Seekers Everywhere!**





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*Natural Hygiene Contraband for The American Health Seeker*

Issue I: Volume 1: Copyright 1996 — From... GetWell\*StayWell, America!  
1776 ★ The Hygiene Joy Way! Mt. Vernon, Washington ★ 98273

**TOO-MANY OF THE AMERICAN PEOPLE ARE TOO-SICK AND TOO-TIRED of the too-many unsatisfactory results, the too-often unGodly suffering, and the too-frequent and too-unconscionable costs inherent in today's conventional medical system!** Thus, in sympathy with Thomas Paine's 1776 sentiments, these 1990s are once again... *"the times that try men's — and women's — souls."* One in 3 Americans are so tried, that they seek alternatives to Establishment Medical Thinking, lest they, too, unwillingly join "The Suffering Class of America." Alternatives to The Medical Mentality abound in America's marketplace, promising to cure The Sick and Suffering. But in these trying times, only Natural Hygiene offers Health Seekers... "The Superlative, Alternative Health Care System." Here is a system based on "The Natural, Physiological Laws of Life" — on how the body works in health to preserve itself and in disease to restore itself. Here is "The Message and The Promise of Natural Hygiene" — that if we will learn to co-operate with our God-given bodies in their natural design, we may each claim Superlative Health. Here is *Common Health Sense* — to teach us Health Seekers exactly how it is claimed:

**First of all — WE remove the causes of disease.**

**Secondly — WE provide the conditions for health.**

**And in so doing, the body proceeds to recover the Nerve Energy it needs to revitalize, detoxify, repair, restore, and rejuvenate! We GetWell and StayWell! We feel and look years younger! And we live in the natural state of Hygiene Joy!**

From The Collaborating Authors & Editors . . .

Dr. V.V. Vetrano, Victoria BidWell & Dr. H.M. Shelton

(A Letter to The Faithful Friends of... GetWell★StayWell, America! on 1/1/95)

From Dr. Vetrano... WELCOME TO THE GREATEST REVOLUTION OF ALL TIMES...

## *The Common Health Sense Revolution!*

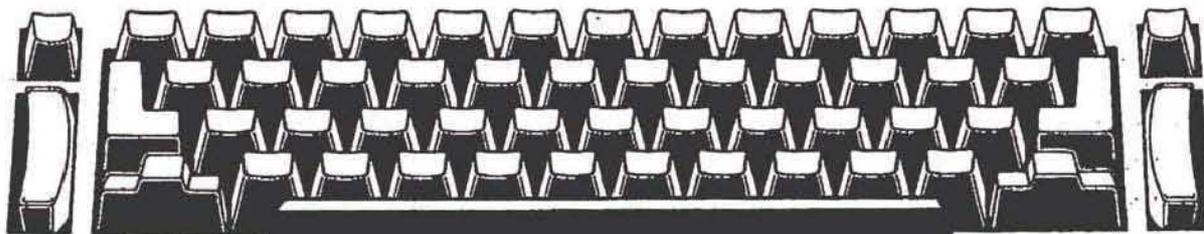
Victoria BidWell's upcoming publication will be the first issue of a brand new magazine that was conceived in "The Spirit of '76!" Victoria wants to start a genuine Health Revolution in your life. She wants to help you discover a new and revolutionary way of caring for yourself so that you can enjoy a superb state of health that you may not have enjoyed, even as a child! After beginning The Hygienic Way of Life, and getting over a few crises along the way, like many others, you will want to get on a soap box and shout to the world that you feel better than you did when you were twenty years old!

I am proud to be a part of this Grand GetWell★StayWell Health Revolution. I, too, desire that all suffering and disease be rapidly dispatched from this Earth and that only happiness and health remain. A state of health is the normal state of everyone, and it is achievable. In this day and age, we need to know how to care for ourselves more than ever. The "Health Care" provided by our Government, while it may do some good, cannot be relied on to give you Superlative Health. It can only patch you up and suppress symptoms. Each and everyone of us must fashion our own lives in such a manner that we build and maintain Superlative Health. I am, therefore, proud to be The Consulting Editor and a Contributing Author to the *Common Health Sense* magazine. Our aim is to show you a lifestyle that will enable you to build a state of health perhaps unknown to you before. We will bring you articles and questions and answers that will guide you in your quest for Genuine, Superlative Health.

I stated in the beginning that Victoria wants a Health Revolution. She, therefore, has chosen inflammatory rhetoric — through theme, word choice, and display — to achieve her goal. She is enthusiastic, exuberant, and flamboyant! This is reflected in the layout, design, and typesetting of all her work. Do not be fearful of a little extra color, a little extra flare, and a few stuffed pages. She may be right: it very well may take this added flair to catch the attention of those Health Seekers who are enervated and toxic. Victoria's revolutionary rhetoric is designed to encourage you, to engender enthusiasm, and to spur you on to achieve better and better health! Just begin with the title of each article presented; then take one sentence at a time. Ponder over each sentence, and you will find The Jewels of Health Wisdom and Natural Hygiene Gold by Victoria and me, sparkling in there! You can do it! You are All Winners!

Victoria and I wish to thank those of you who subscribed in advance to *Common Health Sense*. We wish to thank you for the gift subscriptions you have ordered and hope that you will order more to help us start the greatest Health Revolution in America since the first Hygienic Revolution in the 1800s. We hope that you will lend your copies of *Common Health Sense* to others and encourage them to subscribe. In doing so, you will not only be helping others achieve Superlative Health; but you will be helping to create a wholesome, physical and emotional environment for yourself, your children, and your children's children.

The *Common Health Sense* Magazine will pilot people out of the dark ages of health ignorance into the bright light of health knowledge. You will become educated in physiology and will learn and know for sure that by applying the principles of physiology, that you can "GetWell" if you are sick and "StayWell" after you have recovered. Finally, by achieving Superlative Health, you will enjoy — to "The Hygiene Hilt" — being a part of The Greatest Health Revolution of all times! We love you — for the part you are taking in the most humane of all revolutions — *The Common Health Sense Revolution!*



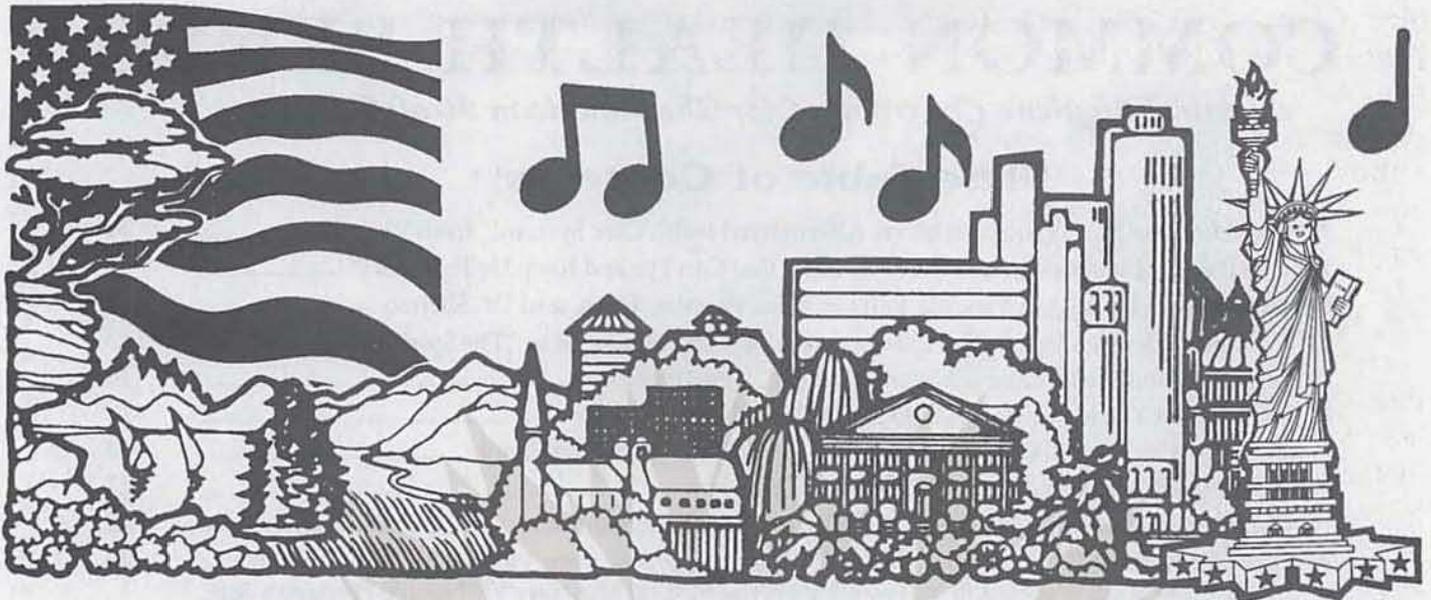
*This Typewriter Belongs to... Dr. Vivian Virginia Vetrano!*

# COMMON HEALTH SENSE

*Natural Hygiene Contraband for The American Health Seeker*

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## “Welcome to... *Common Health Sense*”

From ... Victoria BidWell

### Natural Hygiene Is... “The Superlative, Alternative Health Care System!”

Since *Common Health Sense* — *Natural Hygiene Contraband for The American Health Seeker* is simply a continuation of *The Health Seekers' YearBook*, I can provide no better introduction than that opening paragraph which I wrote 5 years ago for *The YearBook*.

“Since 1823, across The Land of America, a little-noticed, little heard-of, underground, GrassRoots Health Revolution has been spreading. I call it a “GrassRoots” movement, because it travels from person-to-person by way of the written and spoken word and through the living example of the individual. I call it a “Revolution” because it shows The People a revolutionary, new “Hygiene Mentality” — how to GetWell and StayWell without drug and doctor dependency and without disease-dealing “goods” and dis-services. And, finally, I call it a “GrassRoots Revolution” because such a health care system, adopted by the millions throughout The Country, would certainly cause a much needed upheaval in our American democracy today on all levels: social, cultural, political, and economic. Certain power groups, that is, who are presently profiting from The Disease Industry Complex and The Medical Mentality in our Sweet Land of Liberty would surely topple if our grassroots were to get a firm grip in the soil of The Collective American Mind. So when this “Great GetWell GrassRoots American Health Revolution” does burst forth across The Land to light up the skies now darkened by suffering, it will be all the better for a free America and all the worse for The Disease Industrialists!”

This health care system has a special name: “Natural Hygiene.” And its adoption into your lifestyle promises to completely revolutionize your life! For once you adopt Natural Hygiene, it will inspire in you the creation of a stronger American citizen — most fit for serving and loving your fellow countrywomen, children, and men. The purpose of *Common Health Sense*, therefore, is twofold: first, to lift up the quality of your own health to your Highest Health Potential; and secondly, to create in you a living example of a Common Health Sense Revolutionist who can so uplift others with whom you share your corner of America.

**THE FIRST STEP** in becoming a Health Revolutionist is to seek that program which presents the truth about how to GetWell and StayWell. You have found that program in **Natural Hygiene**. Undoubtedly, you have already figured out that The Medical Mentality and drugging-cutting-treating system today offered by conventional doctors is neither inspiring nor guiding The American People toward self-made Superlative Health. And although you may run across many “holistic” and “alternative” health care programs in your seeking, you will find that all of them are successful — only to the degree that

they approximate “The Basic Tenets of Natural Hygiene” which are firmly bedded in “The Natural, Physiological Laws of Life.” For this reason, I have formally designated “Natural Hygiene” as “The Superlative, Alternative Health Care System.” **THE SECOND STEP in becoming a Health Revolutionist is to break with any False Establishment Thinking that promotes unhealthful living habits** — be these habits in the areas of the air we breathe, the water we drink, the food we eat, the amount of rest and sleep we get, the amount of sunlight we take, the kinds of temperatures we enjoy, the amount and kind of exercise we get, or the emotional habits in which we indulge and the kinds of friendship environments we create. If the living habits are based on brainwashing by money-makers to keep us consuming toxic food, drink, air, and water and in pursuing toxic associates, activities, and environments, as Health Revolutionists, it then behooves us to break with The False Establishment Thinking on each point that harms us. For we cannot claim our birthright to Superlative Health unless we turn our backs on all false teachings and erroneous paradigms and downright lies and disease-promotions that have enslaved us and that are draining the health right out of us and our fellow Suffering Americans on all sides! Once we have found The Truth of Natural Hygiene, we so claim our birthright to Superlative Health by declaring — before friends, relatives, God, and Country — our “Health Independence.” And then we continue to study Natural Hygiene Contraband and the anti-Establishment, true and timeless teachings available to us from pioneering “Health Generals” who have fought and are fighting to free America from False Establishment Thinking.

One such “Health General” was Dr. H.M. Shelton (1895 - 1985). Dr. Shelton revived and resuscitated the 19th century teachings of Hygienists. Despite his heroic efforts to bring about a Health Revolution in this century, he did not live to see Americans get excited about getting well and staying well with Natural Hygiene. Throughout his endless writings, Dr. Shelton called for a “Health Revolution!” And he called for it in no uncertain terms: “How is a man who is already sick to be made less so by swallowing a substance that would sicken — even kill him if he were to take it in a state of health? The theory that a serious disease can be removed by creating a temporary and less serious one with poisons must have been invented in a madhouse! We Hygienists are not reformers. We are Revolutionists! Medical reform? The world has had quite enough of that! We cannot change false teachings. As Revolutionists, we have only to teach THE TRUTH!” Dr. Shelton did more to promote the pure teachings of Natural Hygiene than any man in history. His protégé and cohort — Dr. Vivian Virginia Vetrano — schooled herself well in the pure teachings of Natural Hygiene and has become “The Top General” in the fight to free Americans from False Establishment Thinking! Dr. Shelton has passed on. **Dr. Vetrano lives on. To serve The People. This first issue of *Common Health Sense* is filled with her teachings and the vim, vivaciousness, and veracity of her spirit!**

*Common Health Sense* provides a full armamentarium of Natural Hygiene Contraband for you. *Common Health Sense* is actually a new genre: it is a book, a magazine, and a catalog rolled into one. Dr. Vetrano rightly calls *Common Health Sense* “A Tome that Teaches Tremendous Truths!” in her “Welcome” statement. The book-magazine section runs from pages 1 - 154. Here Dr. Vetrano and I teach not only the basics of Natural Hygiene, but Dr. Vetrano shares many specifics of Hygienic care and Hygienic living. The catalog section from pages 155 - 240 then offers The Health Seeker turned Health Revolutionist the largest selection of books, audios, videos, products, goods, and services in the world. Here and throughout the magazine section, you will find continual mention of *The Health Seekers’ YearBook — A Revolutionist’s HandBook for Getting Well & Staying Well without The Medicine Men*. This book is actually the forerunner to the *Common Health Sense* magazine. Edited for its “Hygienic accuracy and honesty throughout,” *The YearBook* has Dr. Vivian Virginia Vetrano’s stamp of approval on every page. Although *Common Health Sense* is power-packed Pure Hygiene, it cannot take the place of *The Health Seekers’ YearBook*. I urge you to keep *The YearBook* by your side as you travel The Hygiene Joy Way.

**At this point, I must thank Dr. Shelton posthumously, for cutting the rough trail that I now easily travel and have named “The Hygiene Joy Way!” I am gratified to be carrying on with The Health Revolution he called for and to do so in “The Spirit of ’76” which befits us Americans. I have slightly edited his 3 pieces in this issue of *Common Health Sense*. I also must thank Dr. Vetrano for allowing me to slightly edit her teachings and to add an occasional note to help further emphasize for you the mightiness of her teachings. God Bless You All.**

## THOMAS PAINE

Alias...

"The Forester"



***"Independence is the only bond that can tie and keep us together!"***

Thomas Paine, born in 1737, the son of an English, Quaker staymaker, arrived in America in 1774, sponsored by Benjamin Franklin, with the express plans of opening a school for women. He arrived, however, to meet his destiny and boldly accept his true calling — not to be teaching America's young women — but to be inciting young America's men! Thomas' soul stirred with deep resentment toward English tyranny. Talent and destiny forged Thomas Paine into The Liberty Bell personified! He is long to be remembered as "The Mighty Mouthpiece of The American Revolution!" Paine's pamphlet, published throughout 1776, *Common Sense: Addressed to The Inhabitants of America*, most completely and eloquently presented, multifaceted arguments for democratic principles from a rationalistic point of view, while his unparalleled, burning fervor for American Independence for all Americans added an emotional appeal that few could resist and that the majority embraced. It was Thomas Paine — in *Common Sense* — who played the decisive, passionate role in persuading the colonists to commit themselves to independence! It was Thomas Paine, a common man himself, who first aligned himself with the fears and dreams of the malcontent colonials and who then first articulated those sentiments into a cry for "INDEPENDENCE!" Paine thought nothing of the ridiculousness and impossibility of attempting to defeat the most powerful military authority in the world! Paine thought nothing of the colonists' natural reluctance to commit treason against England! Paine thought nothing of putting his heart, body, and soul on the line for the cause in which he so passionately believed! And so, this one man, with no resources but his pen and his God-given talents and calling, pamphleteered America into her INDEPENDENCE! And now, I share with you, Friends of A Loving and Healthy America, Thomas Paine's most marvelous rhetoric . . .

***"These are the times that try men's souls. The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of their Country; but he that stands it now, deserves the love and thanks of man and woman. Tyranny, like hell, is not easily conquered; yet we have this consolation with us, that the harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly; it is dearness only that gives everything its value. Heaven knows how to put a proper price upon its goods; and it would be strange, indeed, if so celestial an article as FREEDOM should not be highly rated."***

Let me tell you more of "The Thomas Paine Story." Once the fighting began and General Washington's troops were bitterly cold and demoralized, Washington ordered his officers to read Thomas Paine's *Common Sense* and his *Crisis* pamphlets to his few 5,000 troops. They rallied. And they succeeded. Up until the sudden appearance of *Common Sense* in 1776, the concept of "American Freedom" had existed virtually subconsciously — as an unarticulated, unexpressed strain of political radicalism or as a component of the over-zealous, evangelical, religious mind. But no one openly, publicly challenged the view, with both reason and emotion, that the British Constitution, with its balance between monarch, Lords, and Commons, was the most perfect system of government in the world! With *Common Sense*, Thomas Paine literally transformed "The Collective American Consciousness" into Freedom Lovers and Freedom Fighters! UP UNTIL COMMON SENSE, most colonists were still trying to reason with English officials to bring about reform and reach more reconciliatory agreements. BUT AFTER COMMON SENSE, the American colonists were set afire with the desire for their own independence — without compromises!

Likewise, many schools of thought today are still trying to compromise Natural Hygiene

so as to "reform" it. In this *Common Health Sense* for The American Health Revolution, let me reiterate what Dr. Herbert M. Shelton felt about attempts to "reform" Natural Hygiene: "Reform means 'a change of externals.' Reform is, thus, a patchwork program and is justifiable only when the thing that is to be reformed is basically sound and worth saving. 'Revolution,' on the other hand, is 'a change from within.' Revolution corrects evils at their roots, instead of making conditions more bearable by patching them. Revolution is a fundamental reconstruction or the replacement of an old order with an entirely new one. Revolution is imperative when the old system, like the medical system, is rotten-to-the-core and contains virtually nothing worth saving!"

We, as Hygienists, are in agreement that The Disease Industrialists and those with The Medical Mentality are not only physiologically incorrect — but many are morally corrupt. *Common Health Sense* will expose both this incorrectness and corruption, always with an accompanying attitude of Hygiene Joy and in celebration of Superlative Health as our end goal! Dr. Vetrano and I call upon you to join in this Common Health Sense Revolution in the same sense that Thomas Paine called for an Independence Revolution or that Dr. Shelton and the 1800s Hygienists called for a Health Revolution!



It was in 1990 when others first began declaring Victoria BidWell "The Self-Made Thomas Paine of The American Health Revolution." Frieda Kabelac-Ireland of Florida: "*The Health Seekers' YearBook* is an Hygienic Masterpiece! It is True Hygiene — without compromises found in so much other Hygienic literature. It is a good composite of 3 areas of Natural Hygiene: (1) Philosophy, theory, and principles; (2) Historical background and development; and (3) Much practical information about food, diet, and lifestyle. This book is a gold mine of knowledge and practical information. *The Health Seekers' YearBook* will inspire The American People to make revolutionary changes the same as *Common Sense* did for The People of the 1776 American Revolution! Victoria BidWell bids fare to become 'The Thomas Paine of The Great American Health Revolution'!"



*Victoria BidWell*  
Alias... "Dr. GetWell"

"These are the 1990s that try women's and men's souls. The summer soldier and sunshine patriot will, in this American health crisis, shrink from the service of their Country; but those Common Health Sense Revolutionists that stand it *now*, deserve the love and thanks of all Americans! The Disease Industrialists and Establishment Thinking, like hell, are not easily conquered; yet we have this consolation with us, that the harder the conflict, the more Hygiene Joyous the triumph! What we obtain too cheap, we esteem too lightly; it is dearness only that gives everything its value. Heaven knows how to put a proper price upon its goods; and it would be strange, indeed, if such celestial articles as... A HEALTHY LIFE, LIBERTY, and THE PURSUIT OF HAPPINESS should not be highly rated." Victoria, with my deep gratitude to Thomas Paine!

*Victoria BidWell*

January 1, 1996

*Get Well \* Stay Well, America!*

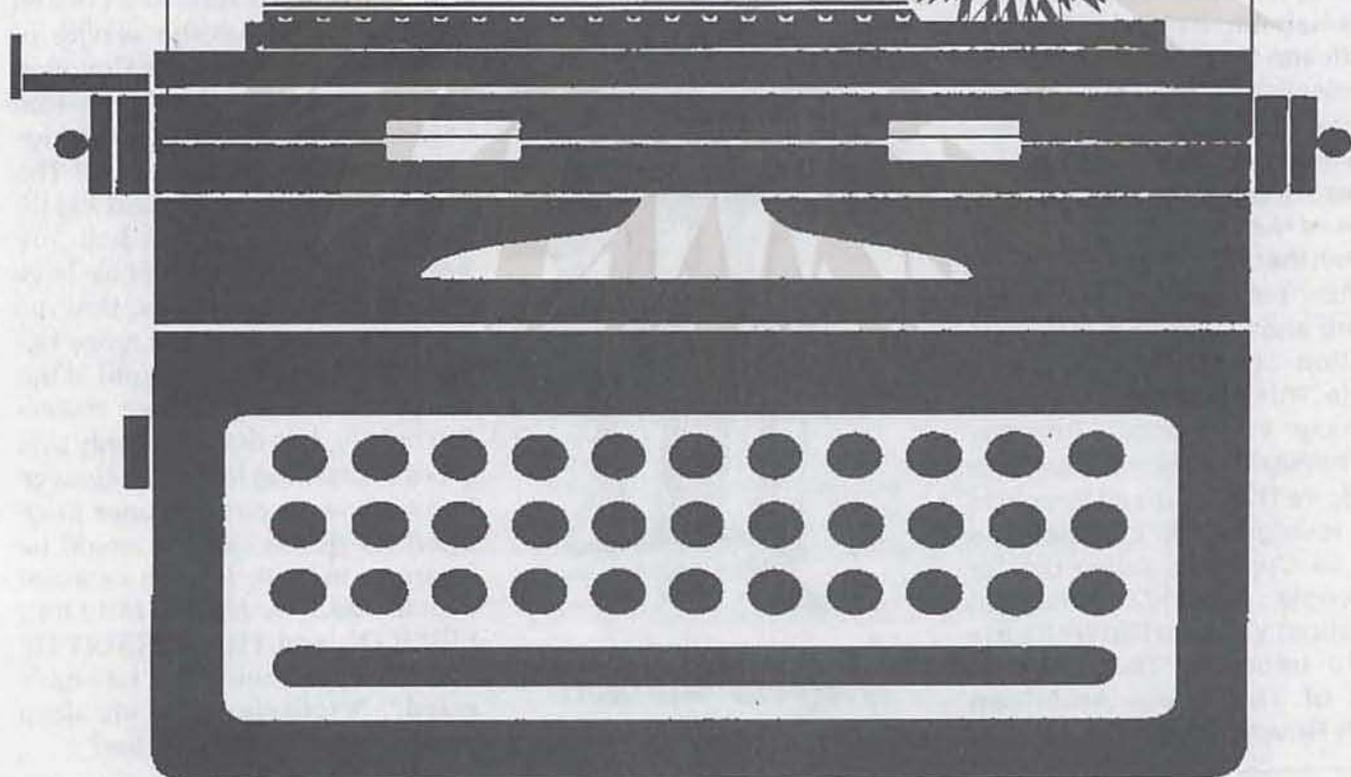
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**Dear Friends in Common Health Sense . . .**

In preparation of this issue of *Common Health Sense*, I have saved writing this page until last — as writing a letter of introduction for Dr. Vivian Virginia Vetrano that will do her justice, I find impossible! “Impossible” in the sense that no words I write can adequately introduce the grandeur, the humility, the sparkle, the intelligence, the beauty, the delight, the innocence, the strength, the compassion, the dedication, the love, the inspiration, and the magnanimity which are hers! Dr. Vetrano lives Hygiene on all levels! And without her, there would be no *YearBook*, no *Common Health Sense*, no doctor working to keep the teachings of Natural Hygiene PURE! On the next page is my presentation of Dr. Vetrano, written in 1990, that appeared in the opening pages of *The Health Seekers’ YearBook*. At that time, by comparison, I do not remember having the difficulty I now face in introducing Dr. Vetrano. And that is because I know her so much better now... and all she has done for me personally... all she has done for the preservation and promotion of Pure Natural Hygiene... all she has done for Health Seekers... and all she has planned yet to do for The Health Revolution and all concerned. She has done so much, and she is planning so much more!

At a time and in a position in life when most would be concerned with “taking it easy and enjoying the grandchildren,” Dr. Vetrano continues to work in dedication for Hygiene and for Health Seekers — with love, and undoubtedly, with the simple pleasure of receiving your gratitude — as her primary driving forces. With greatest pleasure and with my deepest personal gratitude, therefore, and on behalf of The Suffering Class of America yet to profit from Dr. Vetrano’s efforts and on behalf of Health Seekers Everywhere, I introduce to you Dr. Vetrano. I further invite you to write to “Dr. V.V. Vetrano” at P.O. Box 190, Barksdale, Texas 78828 to offer your letters of “Many Thanks!” for all she has shared with us here today.



(This page of Introduction was written by Victoria for *The Health Seekers' YearBook* in 1990.)



A book,  
not which affords us a cowering enjoyment, but in which each thought is unusual and daring,  
— such as an idle person cannot read — and by which a timid person would not be entertained —  
a book which even makes us dangerous to existing institutions . . .  
that is what I call "a good book!"  
Henry David Thoreau, 1860.

**INTRODUCING . . . Dr. Vivian Virginia Vetrano**  
**INTRODUCING . . . "The World's Keeper of Hygiene Purity"**

Dr. Vivian Virginia Vetrano began her in depth study of Natural Hygiene at the young age of 18. She studied all of Dr. Herbert M. Shelton's works thoroughly and knew Hygiene long before going to chiropractic school in San Antonio, Texas. After graduating from chiropractic college in 1965, she immediately took over Dr. Shelton's Health School, which she successfully managed during his 17 declining years. She edited and wrote for *Dr. Shelton's Hygienic Review* from 1954 until he ceased publishing it in 1980. Her numerous articles on the dangers of ionizing radiation published in the *Hygienic Review* brought the evil influences of the pollution in our environment to the attention of Hygienists for the first time. She was one of the first writers in the United States, and maybe in the world, to point out the cancer-producing effects of x-rays absorbed from viewing television.

As you will discover in Chapter Two, supervised fasting is a revolutionary alternative to choose in your search to get well and stay well without the medicine men: it is also "the fastest way to bring about your own health revolution." Dr. Vetrano has fasted as many, if not more, Health Seekers than Dr. Herbert M. Shelton himself. She often supervised as many as 50 fasters at one time. After leaving Dr. Shelton's Health School, she ran her own health school for some years. Health Seekers have come from every part of the Globe to seek her care. Not wanting to take people who were seriously ill, other doctors — many a time — sent their worst cases to her. Consequently, Dr. Vetrano has experience handling all types of people with all types of conditions — the young and the old, the strong and the enervated, the quite well and the severely sick. Today, Dr. Vetrano is world renowned for her expertise in guiding people back from the depths of pathological depravity to the heights of health and happiness.

A few years ago, Dr. Vetrano turned to her present occupation, which is *Dr. Vetrano's Health Information Service*, providing telephone consultation to those in need. She is readily recognized as a top speaker and a firebrand teacher of Natural Hygiene. Especially noteworthy is that Dr. Vetrano is famous for preserving the purity of The Hygienic System, for keeping The Hygienic System free from dilution and misrepresentation by those who either do not know any better and/or who would profit from such damaging modifications of solid Hygienic principles. In light of her self-styled role of "The World's Keeper of Hygiene Purity," we are fortunate indeed, to have Dr. Vetrano's hand on every page of *The Health Seekers' YearBook* — for this book is Natural Hygiene at its best — without dilution and without misrepresentation. Thankfully, *The Health Seekers' YearBook* is the first in a line of books to follow. For Dr. Vetrano has now begun the much needed task of presenting a series entitled *The Health Seekers' HandBooks* which spell out "The Hygienic Solution" to overcoming specific aggravational and killer diseases rampant in America today.

It is with great pleasure, therefore, that I formally introduce you to both our Editor and to the woman who offers "The Foreword to The Health Seekers' YearBook" — Dr. Vivian Virginia Vetrano. Iconoclasts and Health Revolutionists to-the-core that we are, Dr. Vetrano and I have broken tradition from beginning to end with *The Health Seekers' YearBook*. For it is certainly against protocol for the editor of a book to also write the foreword and to offer featured items within the text of a book itself. The fact is, however, that there is undoubtedly no more highly qualified woman in the world than Dr. Vetrano to provide all of these services for this — *A Revolutionist's Handbook for Getting Well and Staying Well without The Medicine Men!*



## "It Has Been a Life of Thanksgiving!"

The Short Biography of Dr. Vivian Virginia Vetrano by Her Daughter Tosca



**Vivian Virginia & Tosca in 1992**

Vivian Virginia Vetrano was born in Houston, Texas, on Thanksgiving Day, November 27th, 1927. It was an appropriate thing — to be born on Thanksgiving Day, as she has remained humble and appreciative for a life rich and full of love and service. Josephine, Virginia's mother and a direct descendant of Daniel Boone, lived to 89 in good health. Leon Joseph Vetrano, Virginia's father, had to quit school in the 4th grade to help family finances and eventually became a successful self-made man. He died at age 56 with cardiovascular disease and, thus, provided Virginia's inspiration to become an Hygienic doctor. "I wanted to save my family from suffering and a needlessly early death," she explains.

After graduating from Stephen F. Austin High School in 1945, Virginia Vetrano went to Hockaday Junior College in Dallas for 1 year and then decided to go to New York to study ballet. Two weeks after arriving in New York City, her talent landed her a job as a dancer in the show *Oklahoma*. She stayed in the show until it closed in 1949. Then she could have gone to England with the company or have the lead dance role for the road show, but she refused both. She was more interested in classical ballet. Consequently, she chose to go to France to study ballet with her Russian teacher Madame Piankova.

While in New York, prior to leaving for France, Virginia became interested in Natural Hygiene and studied many hours a day when she was not dancing. The logic and the fundamental principles of The Hygienic System inspired her to study in depth. Little did she know she was preparing for another career! In 1953, the shock of her father's early death spurred her on to drop show business and to become an Hygienic doctor, teacher, writer, editor, and lecturer.

After graduating from Chiropractic college in 1965, Virginia became the Doctor *and* the Director of the famous Dr. Shelton's Health School. At his school, and at hers, which she opened later, she successfully cared for and taught tens of thousands of Health Seekers how to GetWell and StayWell by living more healthfully. Most of these people, despite being diagnosed and pronounced as "incurable" by the medical profession, regained and then maintained superior, if not Superlative Health with Dr. Vetrano's guidance. At that time, she advocated the fresh fruit and vegetable diet, a totally far-out thing way back then! She suffered much ridicule, scorn, and derision from both family and friends; but she was totally convinced of the benefits of The Hygienic Way of Life and continued teaching the principles of Natural Hygiene to those who wanted to listen.

In addition to the demands made upon her at Dr. Shelton's Health School, Dr. Vetrano edited and wrote with prolific flair for *Dr. Shelton's Hygienic Review* from 1956 into the 1980s. This magazine, for over 40 years, served, in printed form, as "The Keeper of Pure Natural Hygiene" and promoted no compromises in observing "The Requisites of Health." In 1981, this remarkable woman launched Dr. Vetrano's Health Information Service, a unique telephone network for Health Seekers. Though thousands of miles away from her clients, many desperate people recovered their health when she taught them, by telephone, "The Laws of Life" and how to apply them under the varying circumstances and vicissitudes of their unique lives.

Dr. Vetrano has lectured extensively and has given numerous seminars and contributed numerous articles throughout the years in The United States and Canada, as well as abroad. She spoke numerous times when T.C. Fry was active with the *Healthful Living* magazine and the Life Science Institute in Austin, Texas. And she was a favored speaker at the conventions sponsored by the American Natural Hygiene Society. She served as President for the American Natural Hygiene Society and was active with the Society for years, until she withdrew her support in favor of promoting only Pure Natural Hygiene without compromises. In 1983, Dr. Vetrano was the only doctor in charge of a T.C. Fry sponsored experiment conducted by a Korean Catholic hospital using only Hygienic means to care for tubercular patients: the most serious cases were chosen and handed over for this experiment, which was extremely successful.

In 1990, Dr. Vetrano offered to edit Victoria

BidWell's *The Health Seekers' YearBook* — A *Revolutionist's HandBook for Getting Well & Staying Well without The Medicine Men*. The story of this undertaking is shared in "The Foreword to *The YearBook*," which Dr. Vetrano wrote, on pages 165 - 167. This book has been reviewed by most members of the International Association of Professional Natural Hygienists and other Hygienic doctors and promoters: and they have declared *The YearBook* as the best-basic, take-it-home, do-it-yourself handbook on Natural Hygiene ever seen! See page 169. It was Dr. Vetrano's editing which brought their praise! Members of The Natural Hygiene Teachers' Organization of America across The Nation are, likewise, declaring *The Health Seekers' YearBook* as the best-basic, give-it-to-students, use-it-as-at-seminars textbook ever seen! Dr. Vetrano's editing of this book leaves all Health Seekers' forever fortunate and grateful for her services.

From 1991 to 1993, Dr. Vetrano began the momentous task of putting her expertise and experience on tape and into print. She produced *Getting Back to Basics*, the video tape; *Doom, Disease & Death — or — Vim, Vigor & Vitality? It's Your Choice!*, the audio tapes and the transcript; *Genuine Fruitarianism*, the audio tape and transcript; and *Revitalization and Rejuvenation (in a Nutshell)*, the audio tape lecture series. These materials are reviewed on pages 176 - 179 and may be ordered on page 156. In 1992, Dr. Vetrano also prepared articles and questions and answers for 2 issues of *The Health Seeker Satisfied* — *Dr. Vetrano Tells All!* This was published by GetWell★StayWell, Americal And these newsletters became the inspiration for the revival of a Pure Hygiene magazine for The American Health Seeker — *Common Health Sense*.

In September of 1994, Dr. Vetrano was the featured speaker for the celebration of The Fiftieth Anniversary of the British Natural Hygiene Society in London. From there, she was called to France for an interview for *La Nouvelle Hygiene*, a French Natural Hygiene magazine. Then Dr. Vetrano was invited to speak at the Italian Natural Hygiene Society. She was very warmly received everywhere she traveled.

Today, Dr. Vivian Virginia Vetrano has ceased her professional, Hygienic career as a practitioner and consultant in favor of many writing adventures. As well as serving as Consulting Editor and Contributing Author for *Common Health Sense*, Dr. Vetrano is presently in the process of completing several, exciting books on achieving Superlative Health through the diligent practice of Pure Natural Hygiene! She plans to have her first, *Fire The Doctors Within — Hire The Doctors Without*, completed by late-1996. The availability of Dr. Vetrano's works will be announced in forthcoming issues of *Common Health Sense*.

(Victoria's Note: According to plan, Dr. Vetrano will have her new books and existing tape collection prepared into a promotional package at about the same time that The GetWell★GrassRoots Victory Wagon heads out the driveway of The Barn Headquarters into America. At that time, she will — from time to time — follow The Wagon in her vehicle and join Angel Shamaya and me as we speak with The People and with media interviewers under the auspices of "Dr. GetWell's Traveling UnMedicine Show." When Americans hear The Common Health Sense Message and learn of The Hygiene Joy waiting for them, it is the mutual dream of Dr. Vetrano, Shamaya, and me to see our books, tapes, catalogs, and other materials presenting Pure Natural Hygiene on the bookstore shelves across America and to be booked, ourselves, for touring across our Sweet Land of Liberty and speaking to Health Seekers Everywhere — you all included!)

*In Memory of...*  
**Leon Joseph Vetrano**  
1897 - 1953

*May his dear daughter's efforts  
continue to help save lives!*



From The Desk of... Dr. Herbert M. Shelton on 9/31/60  
Dr. Shelton's Health School, San Antonio, Texas  
Topic: Letter of Introduction, Presenting Dr. V.V. Vetrano,  
Our New Graduate and Practitioner of Natural Hygiene

To My Many Friends, Co-workers, and Fellow Hygienists  
assembled at the Cleveland Convention of the American  
Natural Hygiene Society, Greetings:

I send you this message to express my deep regrets  
at not being able to be with you on this happy and  
auspicious occasion. This, our Seventeenth Convention, is  
the first one that I have missed; and I am not happy  
about being forced to be absent at this time.

Two reasons make it impossible for me to attend  
this happy convention. The first of these is the  
condition of my back, which makes a long trip and the  
strain of the convention inadvisable. It is most  
important that my back be given rest.

The next reason is that with the Health School  
filled with guests and students, it is not possible for  
both Dr. Vetrano and me to get away at the same time. We  
talked this matter over and decided that it is highly  
important that the younger Hygienists take a more active  
part in the work of the movement and the Society. Hence,  
it was agreed that she would attend the convention.

Dr. Vetrano, who has just recently joined the staff  
of the Health School, has the best scientific background  
of any living Hygienic practitioner, is dedicated to  
Hygiene, and has an ambitious plan to make the Health  
School the biggest and best Hygienic Institution of all  
time. She made top grades in the University and graduated  
with the highest honors from the professional college she  
attended with a grade average of 97. She has a brilliant  
future before her; and I predict that she will eclipse  
Mary Gove, Harriet Austin, Augusta Fairchild, Helen  
Densmore, Susannah Dodds, and the other outstanding women  
Hygienists of our glorious past.

And now for another matter of vital importance ..."

Dr. Herbert M. Shelton