



GetWell★StayWell Affirmations for Americans!

How to **Bust Up...**

Old, Rigid, Fearful, Energy Robbing Patterns in Consciousness

— And — How to **Restructure...**

A New, Flexible, Loving, Energy Enhancing Sense of Life!

... from ... **Victoria BidWell**

AffirmWell & StayWell throughout The 1990s!

We Are Going to... "Blow The Lid Off" the "Health Care System" in America Today!

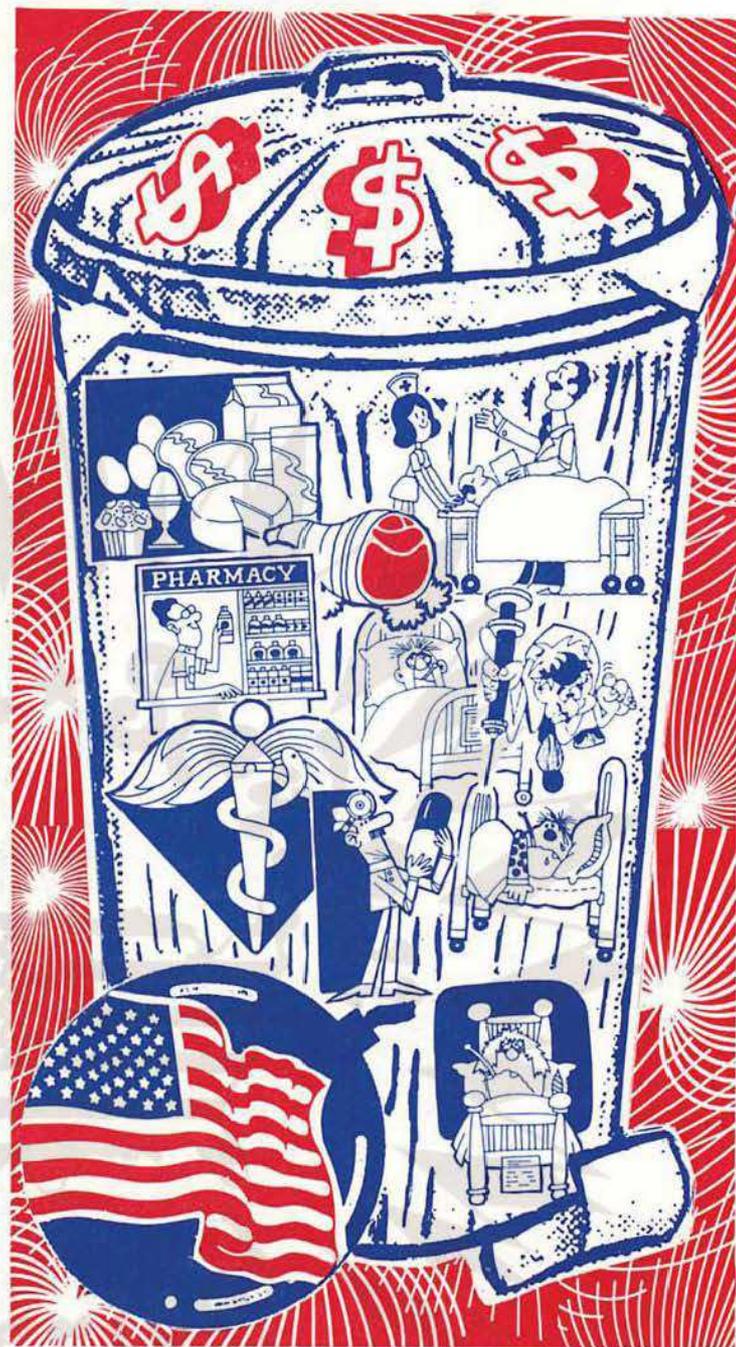
However trite, this cliché of "blowing the lid off..." seems, it relentlessly bombarded me with a thundering excitement and freshness and fireworks while fasting and resting and talking with Dr. Scott daily, and while witnessing not only my own healing miracle, but the healing miracles of every patient under care at Dr. Scott's Natural Health Institute! You can contact Dr. Scott at Box 361095, Strongsville, OH 44136; or you may call (216) 238-6930.

I want to share with you what I mean by the declaration that: **"We Are Going to... Blow the Lid Off the 'Health' Care System in America Today!"** — because, if you will share with me this vision and join with me in this "Hygiene Joy Bombing," we will have the reward, pleasure, and fun of seeing the knowledge of Natural Hygiene brought into the lives of every citizen in every city and town across America! Of course, it will take time, once The Hygiene Joy Bomb is planted, for the fuse to fizzle down to the fireworks and for the bomb to explode each toxic and enervated person's erroneous Medical Mentality, and for the old way of thinking about health and disease to be replaced with courageous and joyous neurotransmitters that will then one-pointedly, electrochemically process the Common Health Sense of Natural Hygiene and enable The Health Seeker to envision the joy and richness that his own Hygienic commitment is bringing! Of course, I do not presume that this will be an overnight air raid. **But in terms of the "reach-every-home-and-every-citizen-progress" Natural Hygiene has made in the 20th century since Dr. Shelton resuscitated it, what we are about to do will, in comparison, be an overnight coup de grace — a "death blow" to the so-called "health care system" in America today as we SADly know it!**

So, Dear GetWell★Friends, here is how we blow that lid off! We get Dr. GetWell's Traveling UnMedicine Show into the media with *Common Health Sense* in print. We teach "The Hygienic Truth and Nothing but The Hygienic Truth." Immediately, listeners and viewers call and write into The GetWell Headquarters for a copy of *Common Health Sense*. It will teach them "Natural Hygiene's Basic Tenets" and introduce them to *The YearBook* and all GetWell Offerings, as well as all doctors and promoters working with GetWell.

Now, listen closely... **Basically, the way we "Blow The Lid Off The Garbage Can of The Present Health Care System" is... to start with statistics and studies and take virtually every disease to which The Medicine Men and their Disease Industrialist partners cater and show "The Hygienic Edge" in costs and specific results and side benefits under Hygienic care!**

Just take cardiovascular treatment: open heart, by-pass surgery for clogged arteries, for instance. This can cost



anywhere from \$35,000 to \$50,000. It is extremely frightening, enervating, and unnatural. Drugs poison The Sufferer throughout the process. He is left demoralized and pitifully uneducated as to how to keep the condition from reoccurring. **Now, simply compare that with Hygienic care!** The Sufferer undergoes a supervised fast with weeks of feeding on The No-Cholesterol, Ideal Diet. He spends about \$6,000. He leaves lighter, detoxified, rested, mentally sharp, clear-eyed, and "on a Hygiene Joy Ride!" **AND** — he has learned how to allow his body to continue dissolving the arterial plaque. He has learned how to avoid subsequent poisoning in his blood and plaque-building in his arteries! Plus — we now have a fellow GetWell★Friend and Health Revolutionist that simply cannot be shut up about how good he feels and how grateful he is! **And that, Dear GetWell★Friends, is how we... "Blow The Lid Off The Garbage Can!"** We get this knowledge out to The Suffering Class of America and Health Seekers Everywhere — comparing, on all levels, standard medical care with Hygienic care for every pathological state possible!

GetWell★StayWell

Affirmations

for Americans!

...from... **Victoria BidWell**

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GetWell★StayWell, America!

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Please! Write or call for my 150-page magazine★catalog... *Common Health Sense — Natural Hygiene Contraband for The American Health Seeker!*

We SEE It Become Reality...

because We BELIEVE It!

because We ENVISION It!

because We AFFIRM It!



FOREWORD

I know that each of you GetWell★Friends who receive this First Edition of *GetWell★StayWell Affirmations for Americans!* has, also, a copy of *The Health Seekers' YearBook*. Nevertheless, I have included several pages from "Chapter One" of *The Health Seekers' YearBook* as review for you. If you have received *GetWell★StayWell Affirmations for Americans!* from a store or another source, then of course, this review will be new and essential for your best understanding and most exciting application of "the mind-body connection knowledge" offered in this book.

According to its endorsements by Hygienic practitioners Drs. Vetrano, Scott, Cinque, Graham, Esser, Sidhwa, Bass, Benish, and others, *The Health Seekers' YearBook* gives one of the best introductions to Natural Hygiene versus The Medical Mentality in existence. And I could have just referred you to *The YearBook*, instead of providing pages from its "Chapter One" in the following. With the hopes, however, that *GetWell★StayWell Affirmations for Americans!* will — by destiny — fall into the hands of your Health Seeking Friends, Loved Ones, and Bookstore Browsers who have never heard of "Natural Hygiene," I have included much of the basics from *The YearBook's* "Chapter One" in *Affirmations!* "Chapter One," as well! This way, *GetWell★StayWell Affirmations for Americans!* stands alone as a complete introduction to the basics of Natural Hygiene versus The Medical Mentality, and as Hygiene's first "AffirmWell & StayWell HandBook for Americans!" And this way, your Health Seeking Fellow Americans and newcomers to The Superlative Alternative will see The Big Picture, hear the full message, and get the total feel for what we GetWell★Friends have all been up to all this time!

Thank You, again, for all you have made possible through your continuing encouragements, gifts, affirmations, orders, and now... through your subscriptions to *Common Health Sense*.

Your Patriot Friend & Firebrand In Health... Dr. GetWell

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 and as a component of the over-zealous, evangelical, religious mind. Yes, much discontent and much begrudging of The Mother Country existed in the colonists' minds. But no one had openly, publicly challenged the view, with both reason and emotionalism, 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! (Or — you could say — he brought to the surface an awareness of what the colonists really wanted and hadn't recognized yet!) Just think of it, GetWell★Friends! Just think what 150,000 copies of *Common Sense* did! Circulated among just a few million Americans ready and willing to be set free, *Common Sense* turned farmers into soldiers!

THIS BOOK IS MANNA FROM HEAVEN! After reading Victoria BidWell's *The Health Seekers' YearBook*, I just sat in awe of its great power! A mighty talent among us has produced a powerful work at just the right historical juncture. It is just what is needed to push The American Health Revolution a giant step forward! Victoria BidWell, with her flair for language, organizational skill, and her knowledge, has produced a magnificent book that will be a landmark from whence The American Natural Hygiene GrassRoots Movement will get started. Millions of people are ready for Natural Hygiene's revolutionary ideas about health, disease, and healing. Most of the people in our Country are over-fed, malnourished, over-stimulated, and chronically poisoned. The thoughtful and open-minded among them are seeking a way out of their enervating and crippling lifestyles. Now we have an all-encompassing, comprehensive presentation of Natural Hygiene in one fine volume for these very people.

BREAK WITH YOUR MEDICAL MENTALITY! Dr. Herbert Shelton wrote: "The knowledge about health, disease, and healing is so simply and easily understood that if given straight to the people, it would do away with so many vested interests that it would bring on chaos." If the knowledge about health, disease, and healing is so easily understood, then why have so few grasped it? All of us since early childhood have been conditioned by misinformation about the body that has led to our developing a treatment-mentality and a cure-psychology. This is what goes to make up what Victoria called "The Medical Mentality." She correctly points out: "The only way 'The Health Seeker' can declare 'Health Independence' and claim freedom from medicine is to give up 'The Medical Mentality' and take up self-responsibility." *The Health Seekers' YearBook* shows you how to get rid of your "Medical Mentality" in the most masterful way, and that's the real nitty-gritty of Natural Hygiene. Victoria's *YearBook* is, indeed, *A Revolutionist's Handbook* that inspires you to become autonomous and take responsibility for your own body, instead of thinking that The Medicine Men will keep you in good health. When the bodily needs are met in Natural Hygiene living, it naturally knows how to function for its own self-preservation and always works toward perfection. This is a revolutionary way of thinking about the body! In *The YearBook*, Victoria boldly brands a group of Americans "The Disease Industrialists." They are those who profit from sickness, and they are in the forefront of scare-mongering about disease and peddling misinformation about it. These sickness profiteers present the body as a fallible contraption that constantly malfunctions and has to be treated. In order to sell their treatments and poisonous drugs, The Disease Industrialists have to dissuade you about the true nature of the human organism — especially its self-constructing, self-regulating, and self-healing capacities.

A GIANT STEP FOR THE HEALTH REVOLUTION! *The Health Seekers' YearBook* is a Hygienic Masterpiece. It is True Hygiene — without compromises found in so much other Hygienic literature. And — there is something in it for everyone! 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 that all Hygienists, Natural Hygiene teachers, and those aspiring to be teachers should have and use. *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 fair to become the Thomas Paine of The Great American Health Revolution! • Frieda Kabelac-Ireland in Tallahassee, Florida

Thank You! ★ July 4th, 1993...

Dear GetWell★Best★Friends...

This First Edition of *GetWell★StayWell Affirmations for Americans!* goes straight into the hands of you who have subscribed to *Common Health Sense — Natural Hygiene Contraband for The American Health Seeker!* This book and accompanying audio tape are my "GetWell Gift" to you! Please read this as a personal letter from me to you, as I express my "Thank You!" for your support. With the hopes of enlisting all on The GetWell Mailing List to subscribe to *Common Health Sense*, I have offered this First Edition of *GetWell★StayWell Affirmations for Americans!* and its companion audio tape as my enticement to subscribe and as my "Thank You" for having subscribed to *Common Health Sense*. **Thank You! Thank You! Thank You!** (If you have purchased this book separately from GetWell or another source, you may order the accompanying 60-minute *Affirmations!* tape for \$9.00 postpaid from GetWell ★ Box 1776, Mt. Vernon, WA ★ 98273.)

For years, I have wanted to create this very book and audio tape. All the other self-help organizations have their "affirmations programs." Natural Hygiene needs one, too! I have been studying and researching this newest knowledge of the "mind-body connection" for years. You may be interested to know that I was so ready to write this book that the 500 Affirmations flowed out of me in just 5 days' time. Then, I spent hours and hours perfecting them and 3 months writing the remainder of the book. I urge you to truly take this newest knowledge to heart for your most potent, personal Health Revolution!

Before you begin *GetWell★StayWell Affirmations for Americans!* — let me share with you, that what you have in this book and tape may very well be the most powerful pieces of Hygienic firepower you have ever aimed at your unhealthful living practices! Excitement and mightiness now sit in your hands, cocked and ready for taking aim and then busting up counterproductivity in consciousness! Yes, I know that *The Health Seekers' YearBook* was a milestone for Natural Hygiene as a basic handbook for Americans. And I know that Dr. Shelton's *Human Life* was the best book ever put into print on Natural Hygiene for those who prefer it to *The YearBook* and who further prefer Dr. Shelton's writing style and who are used to tiny print and linear presentation and no graphics. Nevertheless, I maintain that you have here... "Pure Hygiene, Make-It-Happen Gold" in your hands with *GetWell★StayWell Affirmations!*

For with *GetWell★StayWell Affirmations for Americans!* now in your hands — ready for reading and listening — you have the weaponry to finally bust up those thought-feeling patterns in consciousness and their consequent less-than-healthy and less-than-loving, Energy Robbing actions and reactions, once and for all! The ways and means to restructure Energy Enhancement into your Sense of Life are now yours! Success to you! I would love to receive both a "Progress Report" from you once you have gone to work — **and PLAY** — with these Affirmations!

I knew when I was preparing *Affirmations!* that I had something very special. Like I had a marvelous secret — like when I was preparing *The YearBook*. This was confirmed for me when I shared them with Dr. Vivian Virginia Vetrano and Dr. Tosca Vetrano. They called *Affirmations!* — "*Your Best Work!*" They actually marveled at the Affirmations and their powerful and joyful presentation and at their potential to help us overcome our all-too-strong tendency to often times do ourselves Nerve Energy Robbing harm! They were delighted that we would now have *GetWell★StayWell Affirmations for Americans!* to help us become ever and evermore Genuine Hygienists!

AffirmWell... to GetWell & StayWell! ★ Victoria

THOMAS PAINE

Alias,
"The Forester"



INDEPENDENCE IS THE ONLY BOND THAT CAN TYE 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."

GetWell★StayWell Affirmations for Americans!

...from... Victoria BidWell

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**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 D. THOREAU**

*'Tis the good reader that makes the good book! In every book,
he finds passages which seem to be confidences or asides hidden from all else
and unmistakably meant for his ear. The profit of books is according to the
sensibility of the reader. The profoundest thought or passion sleeps as in a
mine, until it is discovered by an equal mind and heart.*

RALPH WALDO EMERSON

The underlying concept of *GetWell★StayWell Affirmations for Americans!* speaks of "the mind-body connection." It is both simple and complex. The basic premise is just Common Health Sense — yet as complex as the reality that all matter is actually vibrating energy at the level of the atom! The underlying theme I am about to share with you is so simple that a 5-year old could comprehend its truth — yet so complex that all the human physiology textbooks and current research write-ups could never do it justice! The main thrust of this book is so simple that a part of you will exclaim: "Well, of course! That makes perfect sense! A child could understand it!" — while another part of you will sit with the wind knocked right out of you in wonderment, marveling at the complexity of "the mind-body connection!" Get ready for some mind-boggling, breathtaking "WOW!"s. But even so, it is not this newest knowledge of "the mind-body connection" that is so utterly amazing — rather, the "amazing grace" of this newest knowledge will, without a doubt, be... *what you decide to do with it to take a quantum leap and turn every aspect of your life from not-so-good to good and from good to even better and... better and... better and... better!*

It is my greatest challenge yet, as an English teacher turned Hygiene teacher, to communicate this newest knowledge of "the mind-body connection" so that the simple truth rings clear — and yet, so that you ever more fully appreciate the incredible complexity and sensitivity of your marvelously and magnificently designed and created human mind-bodies, as well! My goal in *Affirmations!* is to show how you can take the irrefutable and fully substantiated findings from the pioneering sciences — alternatively called "Molecular Biology," "Quantum Healing," and "Psychoneuroimmunology" — and join them with my teachings in *Affirmations!* to better learn how to GetWell & StayWell without drug and doctor dependency and with Natural Hygiene and Affirmations! It is my purpose to formally bring this newest "mind-body science" into the realm of Natural Hygiene proper as... "The Superlative, Alternative Health Care System," and to thereby see us Health Seekers, with this knowledge successfully applied, make quantum leaps into new heights of health and Hygiene Joy! It is, therefore, my privilege to bring — to Health Seekers on The Natural Hygiene Scene in America today — a book that clearly informs us that science can now prove that thought-feeling impulses we generate communicate with virtually every one of the 75 trillion cells in our bodies at lightning speed! And that by taking loving and caring and joyful control of the quality of our thought-feelings, we also take loving and caring and joyful control of the direction of our bodies, our health, our actions, our relationships, our circumstances, and — ultimately — our lives! As Health Seekers, of course, that direction will always be towards Getting Well and Staying Well and sharing that health and its accompanying wealth with others! **ThinkWell & FeelWell! Victoria**

CHAPTER 1

THE DECLARATION OF HEALTH INDEPENDENCE

An Introduction to Natural Hygiene & The 10 Energy Enhancers as The Core of The GetWell★StayWell Revolution!

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 "health mentality" — how to GetWell & StayWell without drug and doctor dependency and without disease-dealing, so-called "goods" and their 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 bring a much needed upheaval in our American democracy today on all levels: social, cultural, political, and economic. Certain power groups, that is, who are profiting from The Disease Industry and The Medical Mentality in our Sweet Land of Liberty would surely topple if our grassroots get a firm grip in the fertile soil of the collective American mind turned healthy! So when this "Great GetWell ★GrassRoots American Health Revolution" does burst forth across The Land to light up the skies darkened by suffering, it will be all the better for a democratic 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 — all for the better, of course! For once you adopt Natural Hygiene, it will inspire in you the creation of a stronger American citizen — most fit for serving our fellow countrywomen and men and children. The purpose of this — *GetWell★StayWell Affirmations for Americans!* — therefore, is twofold: first, to help you lift up the quality of your own life to its highest potential; and second, to create in you a living example of a Health Revolutionist who can so uplift others whom you personally touch.

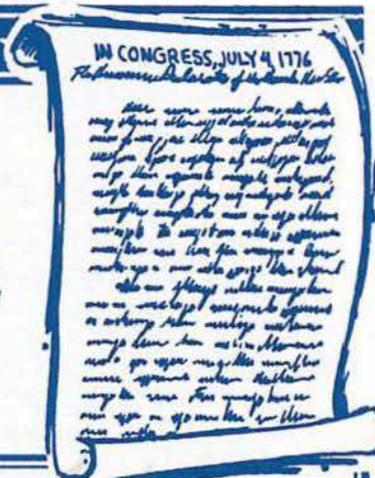
In the pioneering days of the 1800s, the leaders of The American Health Reform Movement were strong Christians. Many considered themselves not just "reformers" but "revolutionists!" And they spoke of Getting Well and Staying Well without the medicine men and in the name of "God." In this century, the leaders of this selfsame Health Revolution have — by and large — promoted the program as a pure science. Either way present day Health Seekers prefer to practice The Superlative, Alternative Health Care System of Natural Hygiene — in the name of "God" or in the name of "pure science" — their health will improve. And the vast majority will GetWell & StayWell! In fact, the findings presented in this book prove conclusively that even a significant number of those given up for near-dead and who were told to "get your affairs in order" by the medicine men have experienced spontaneous remission and complete recovery when they fully applied the fascinating, scientific principles now set before you!

A recent survey reported by the television magazine *48 Hours* stated exciting news for Natural Hygiene: 1 out of 3 Americans today seeks alternatives to standard medical care when they become ill! **WOW!** The Great American Health Revolution is here! 1 in 3!!! The war against The Disease Industrialists has most certainly been declared when 1/3 in The Nation are seeking alternatives! It is the burning desire of GetWell★StayWell, America! that all citizens find that alternative in Natural Hygiene! The first step in becoming a Health Seeker is to find the truth about how to GetWell & StayWell. Your further study will reveal that you have found that program in Natural Hygiene. Although you may run across many "wholistic" and "alternative" health care programs in your health seeking days, you will find that all of them are merely effective — only to the degree that they approximate Natural Hygiene's Basic Tenets. For this reason, I have designated "Natural Hygiene" as "The Superlative, Alternative Health Care System." The next step in becoming a Health Seeker is to identify yourself as a Health Revolutionist. For we cannot claim our birthright to health unless we turn our backs on all disease-promotions that have enslaved us and that are draining the health out of us and our fellow Suffering Americans. We do this by declaring — before friends, relatives, God, and Country — our "Health Independence!" And then, we courageously practice Natural Hygiene — now with The 500 GetWell★StayWell Affirmations — to the best of our ever-improving, ever-joy-increasing ability!

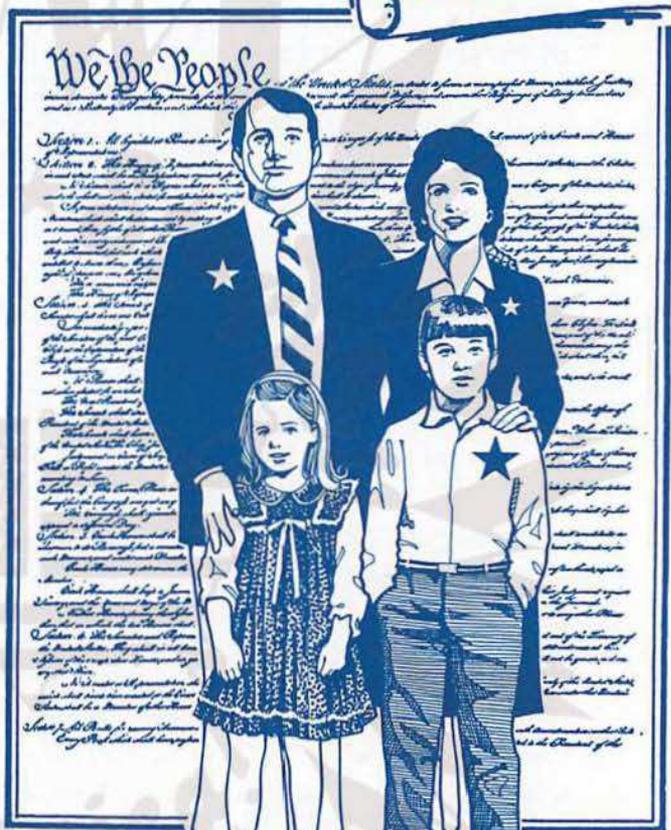


DECLARATION OF HEALTH INDEPENDENCE

July 4, 1989



Today, in the Course of human events, it has become necessary for The Health Seekers of America to dissolve the social, economic, and political bands which have connected us with suffering. We have chosen to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle us. Out of decent respect to the opinions of those against whom we are in revolt, we hereby declare the causes which impel us to the separation. *GetWell★StayWellAffirmations for Americans!* bodily declares that we — as Health Revolutionists — will no longer support those American businesses and institutions that promote health-destroying, death-dealing, poisoned-products and dis-services. This document speaks for The Suffering Class of America and Health Seekers everywhere as it openly declares independence from all ignorance, lies, and brain-washing which are the works of The SAD Food Giants, The Medicine Men and their Pharmaceutical Pushers, and all other politicians and business persons who profit from the consequent addiction and demise of The American People.



We hold these truths to be self-evident, that all men and women and children are endowed by their Creator with certain inalienable Rights — that among these are A Healthy Life, Liberty, and The Pursuit of Happiness!

We hold those persons responsible for helping to create The Suffering Class of America as we hold the rest of woman and mankind. Enemies in Disease, in Health — Friends.



CLAIM YOUR FREEDOM FROM THE MEDICINE MEN!

Statistics show that approximately 91% of The American People take medicine. Family tradition and television initiation to "the easy life" well prepare us to pop a pill or swallow a potion any time we feel the slightest ache or pain. Consequently, the American child is medicated while in the womb from his mother's habit; he is medicated at birth; and he soon learns to medicate himself all the way to his dying day.

The Senior Suffering Citizens are the very best customers of the medicine men. For the older Americans, almost invariably, get sicker as they get older. And the sicker they get, the more susceptible they are to the brain-washing and intimidation of the medicine men. Consider that The Suffering Senior Citizen takes — on the average — 13 different kinds of medication throughout any given 12 month period. This suits the profiteers who live on "the dark side of American democracy" just fine. For drugs are death-dealing poisons. And the sooner The Senior Suffering Citizens are poisoned to death — the more medication money comes in, the more funeral arrangements are needed, and the fewer Social Security payments go out.

Some of you may call it "unAmerican" to denounce the medicine men and their drugs. But it is a very easy matter to prove that their drugs are poisons. And if I do nothing more than to prove to you that ...**"DRUGS ARE POISONS!"**...with your reading of this *Revolutionist's HandBook*, I will have accomplished my greatest goal. Chances are, you are presently on medication. I urge you, therefore, to go straight to one of 2 books: *The Pill Book* or *The Physician's Desk Reference*. I challenge you to take responsibility for your own Health Freedom — and to do so by looking up the drug of your choice! Read therein the "Cautions and Warnings," the "Possible Side Effects," and the "Possible Adverse Drug Effects." Then ask yourself: "If these things started happening to me right now, would I then consider myself as having been 'poisoned'?" Further ask yourself: "If I knew a way to get well and stay well without the medicine men, would I want to continue taking a drug that could have all these side effects and adverse effects?" In order to so inspire you to get one of these 2 books into your hands, to stimulate your curiosity as to just exactly *how* you — or your loved ones — are being monstrously poisoned by the drugs you take, let us examine one very popular medication in America today. Following is what *The Pill Book* has to say about "Prednisone," generically called "cortisone:"

Prescribed for — The variety of disorders for which Prednisone is prescribed is almost endless, from skin rash to cancer.

Cautions and Warnings — Because of the effect of Prednisone on your adrenal glands, it is essential that the dose be tapered from a large dose down to a small dose over a period of time. Do not stop taking this medication suddenly or without the advice of your doctor. If you do, you may cause a failure of the adrenal glands with extremely serious consequences.

Prednisone has a strong anti-inflammatory effect and may mask some signs of infections. If new infections appear during the use of Prednisone therapy, they may be difficult to discover and may grow more rapidly due to your decreased resistance.

If you are taking Prednisone, you should not be vaccinated against any infectious diseases, because of the inability of the body to produce the normal reaction to vaccination.

Possible Side Effects — Stomach upset...gastric or duodenal ulcers...retention of water, heart failure, potassium loss, muscle weakness, loss of muscle mass, loss of calcium which may result in bone fractures and a condition known as aseptic necrosis of the femoral and humeral heads (i.e., the ends of the large bones in the hip may degenerate from loss of calcium), slowing down of wound healing, black-and-blue marks on the skin, increased sweating, allergic skin rash, itching, convulsions, dizziness, headache.

Possible Adverse Drug Effects — May cause irregular menstrual cycles, slowing down of growth in children, depression of the adrenal and/or pituitary glands, development of diabetes, increased pressure of the fluid inside the eye, hypersensitivity or allergic reactions, blood clots, insomnia, weight gain, nausea, increased appetite, and feeling of ill health. Psychic derangements may appear which range from euphoria to mood swings, personality changes, and severe depression. Prednisone may also aggravate existing emotional instability.

Gilbert, Simon and Harold Silverman, *The Pill Book*, New York: Bantam Books, 1979, pp. 545-547.

Retired people spend 3 and ½ times the National average for medical treatments each year — when compared to the young or middle aged.

Although Senior Citizens make up only 17% of the American population, they total 51% of the "deaths by mismedication" in America today.

Suffering Senior Citizens go to the hospital twice as often — on the average — as do the young or middle aged.



THE 4 BEST REASONS IN THE WORLD NOT TO TAKE DRUGS

Written by... Dr. Alan Immerman & Editions from Victoria

RULE #1 . . . HEALING IS A PROCESS ACCOMPLISHED BY THE BODY — AND ONLY THE BODY!

RULE #2 . . . THE BODY ALMOST ALWAYS ACTS IN ITS OWN BEST INTEREST. There are rare exceptions, but this rule holds true 99% of the time. When a person becomes acutely ill, many uncomfortable and distressing symptoms develop. Except in rare occasions, these symptoms all arise from vigorous expression of the healing powers that lie within the mind-body. When the sick person eliminates waste material — whether it be from the intestines or the lungs, or wherever — it is because the mind-body determined that health would be improved by such elimination. *Attempting to suppress such symptoms with drugs only serves to make one sicker — not healthier!*

RULE #3 . . . THE SHORT-TERM EFFECT OF A DRUG IS THE OPPOSITE TO THE LONG-TERM EFFECT! Take the example of coffee. Coffee is a drug. Coffee does not give a person energy. *This stimulant causes the release of stored Nerve Energy, thereby further depleting the person's reserves.* This rule has alternately been called in Hygiene: "The Law of Dual Effect" or "The Law of Stimulation." Understand that **stimulants actually weaken the body!** The short-term effect of coffee may be a feeling of more energy. But the rebound, long-term effect is that of Enervation. No external substance can give energy to the body! The energy output which follows the use of coffee, laxatives, digitalis — *or any other medicine* — comes from the body, not from the drug! The Hygienic care of flu symptoms is another example of short-term effects being the opposite of long-term effects. One feels terrible while the lungs and sinuses discharge large amounts of toxic waste material. The intestines may eject material from both ends with vomiting and diarrhea. The short-term feeling is one of severe illness. Yet the long-term effect is of better health!

RULE #4 . . . DRUGS AND SURGERY SHOULD ONLY BE USED AS LAST RESORTS — if at all! Drugs are powerful chemicals, all of which have negative side effects. One hundred changes in mind-body function may follow the use of a drug. Of these 100, one may be desirable — the suppression of a symptom — and the other 99 side effects may be undesirable! The 99 undesirable changes are euphemistically called "side effects." ("Poisoning effects" is actually a better term!) Because of these so-called "side effects," a healthy person who takes a drug will become sick. *Yet The Medical Mentality expects that the same drug will produce health in a sick person! This, of course, is an impossibility!* Drugs do not build health: they suppress symptoms, often at great cost. Turning off the fire alarm (the symptom) with a drug will not extinguish the fire (the cause of the symptom). There are cases where drugs are useful. But probably as much as 90% of the time or more that drugs are used, more harm than good results.

Each day, each night, tens of millions of Americans across our Liberty ★ Land take drugs without a thought about what that drugging is doing to them! Many are actually addicted to these drugs! Let us share the message of how to GetWell & StayWell without drug and doctor dependency and with Natural Hygiene and Affirmations!

In Deference to . . . The Good Doctors

As pitifully outdated and absolutely wrong as The Medical Mentality is and the medicine men who support it, the medical experts have contributed plenty of good to the members of our American Society. Their sophisticated, technological gadgetry and pharmaceutical genius allow them to revive a stopped heart and to, likewise, prolong the lives of some deathly ill people. The medicine men, with their space-age life-support systems keep people's hearts beating when no intervention or Hygienic guidance could so do. The medicine men's help with artificial limbs and other such aides for people in need have, similarly, been a blessing. The dentist medicine men also perform miracles keeping our teeth in our heads as long as possible. The medicine men have made valuable contributions with providing insulin to diabetics, with offering child-birthing services, with applying essential first-aid to accident victims, and with numerous and many times spectacular, restorative measures. The Good Doctors are known to be able to connect a completely severed finger to a hand and to work wonders in plastic surgery with burn victims. And much of the research conducted by The Good Doctors has brought about life-helping and life-saving ideas for The People. Even the findings by scientists in Molecular Biology, Quantum Healing, and Psychoneuroimmunology — such as we shall study in Chapter 3 — have been fascinating in their support of late in proving the efficacy of The Hygienic System!

Still, statistics show that with some diseases — such as cancer, for instance — The Sufferer who chooses to forego all treatment at the hands of the medicine men, whatsoever, lives an average of 12 more years from the date of his diagnosis, while The Sufferer who goes the standard medical route checks out after only another 3! And a number of times when doctors have gone on strike, carefully kept and indisputable records show that the death rate actually falls! Shouldn't even these 2 instances and statistics jog our Common Health Sense just a little and make us wonder about the efficacy of conventional, standard medicine man's treatments?

If I were to visit you in your home and we were to sit and share the horrible deaths at the hands of the medicine men we have seen our loved ones endure, I'm sure we could go on for hours. In a tragedy fit for a black cartoon, I share with you the case, for instance of my friend "Woody." He lived to go out into the woods and kill animals with a rifle. One day, he accidentally shot his own leg instead of a creature, drove to the hospital, and hobbled into the medicine man's office with a little blood slowly oozing out of a surface wound. As the story goes, the doctor asked Woody if he wanted to be put under or if he wanted to just endure the momentary pain. This tough outdoorsman, always with a penchant for drugs whenever he could get them, was quoted by his soon-to-be widow to have agreed: "Sure, why not? I'll take the anesthetic — it won't kill me, right?"

Still, we all know at least one person who is alive today only because of medical intervention. And we could tell a similar story. The Hygienic point for this person, however, is this... **Had The Health Seeker turned wholeheartedly to healthful living practices — to The 10 Energy Enhancers — years earlier, his health would have undoubtedly improved so greatly that he would not have needed the life-saving medicine man's intervention to begin with!**

Please do understand that *GetWell★StayWell Affirmations for Americans!* is not discounting that the medicine men do some good. **I speak in deference to The Good Doctors and commend them for their work.** I, myself, am grateful for one of my hospital visits in my youth, in particular, when I got shot up with morphine every 2 hours over about 5 days for the excruciating pain from having broken my back in a careless moment with my horse. **But what I am asserting is this... On the whole — the medicine men and their Medical Mentality do — in no way — offer The Superlative Health Care System whereby we can learn to prevent disease and enhance health! If the medical students were to turn their studies to Natural Hygiene while in school and away from their obsession with naming diseases and what drugs to prescribe and surgeries to perform for these diseases — and — if doctors were to spend their time teaching The Suffering People how to enhance their health through energy-conserving lifestyle practices rather than prescribing drugs and surgeries and other enervating treatments, then we would not have The Suffering Class as the largest and most miserable group of Americans among us today!**

But the day will never come that the medicine men recognize the true cause of disease — not until they realize that disease is the body's response to metabolic, endogenous poisons we create and man-made, exogenous poisons we take in. As of today, nearly all the medicine men are still pursuing the illusive and virulent germs, bacteria, and viruses as the forces that strike us down. And some give us no hope at all and just throw up their hands as they blame disease on genetic inheritance.

THE 3 LIFESTYLE CAUSES OF DISEASE

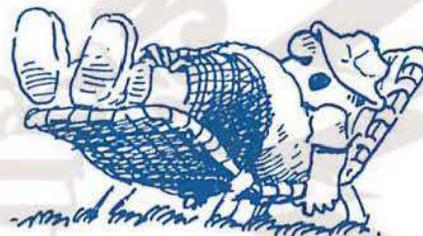
...according to The Medical Men...



#1...WRONG-NUTRITION



#2...UNDER-EXERCISE



#3...OVER-STRESS



Admittedly, a few enlightened medicine men have gone so far as to realize that some habits cause disease. Most notably, they have identified these disease-causing culprits as the above: wrong-nutrition, under-exercise, and over-stress. But even this thinking is still off base. For it is not the enervating habits themselves that cause the disease! IT IS, RATHER, THE BODILY RESPONSE TO ENERGY-DRAINING HABITS WHICH CAUSE ENERVATION. ACCUMULATION OF METABOLIC AND INGESTED POISONS IS THE INEVITABLE OCCURRENCE OF AN ENERVATED INDIVIDUAL. AND THIS, IN TURN, RESULTS IN "TOXICOSIS" WHICH IS THE ONE AND ONLY AND TRUE CAUSE OF ALL DISEASE! Let us further understand this concept by examining a specific and revolutionary definition of "disease," according to Natural Hygiene — a definition that is based on the laws of human physiology and on the biochemical basis for health and well-being.

A QUICK & CRUCIAL LESSON IN LINGUISTICS

An understanding of 3 new words is crucial to your basic grasp of how to get well and stay well without the drugs and doctor dependency and without the so-called "goods" and "services" of The American Disease Industrialists. Take a moment, therefore, to study these words which may be brand new to your vocabulary. As a former English teacher, I have presented the morphological etymology (meanings of the word elements) and the denotations (dictionary definitions) of "endogenous," "exogenous," and "toxemia." Once you come to appreciate "...the one cause of all disease..." as auto-intoxication from endogenous and exogenous sources, you will have a more accurate and more clear understanding of how to get well and stay well than virtually all the allopathic medical doctors in our Dear Nation! AS HEALTH SEEKERS, THEREFORE, WE ABSOLUTELY MUST UNDERSTAND THESE WORDS! BY GRASPING HOW WE ENDOGENOUSLY AND EXOGENOUSLY CREATE OUR OWN TOXEMIA, WE CAN SUDDENLY SEE THE SIMPLE STRATEGY TO EMPLOY AS WE GET WELL AND STAY WELL IN AMERICA TODAY. AND THAT, DEAR READER, IS WHAT MAKES US TRUE HEALTH REVOLUTIONISTS!

ENDO / GEN / OUS

within to be borne adjective

EXO / GEN / OUS

outside of to be borne adjective

TOX / EMIA

poisoning blood

en·dog·e·nous: originating within the body

ex·og·e·nous: a factor or agent outside the organism and taken into the body

tox·em·i·a: an abnormal condition associated with the presence of toxic substances in the blood

Victoria — first teaching Hygiene in 1986



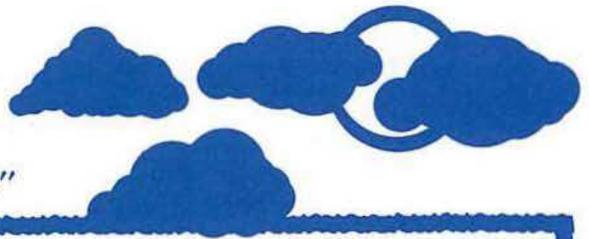
THE ONE CAUSE OF ALL DISEASE

...according to Natural Hygienists...

“TOXEMIA”...“AUTO-INTOXICATION”...“TOXICOSIS”

These 3 words are almost synonymous for...

“THE ONE CAUSE OF ALL DISEASE AND LOW ENERGY.”



As pointed out, the dictionary definition of “toxemia” means “poisons in the blood”; and it is sometimes used to mean “...a generalized state of auto-intoxication.” But “TOXEMIA” is a most narrowly defined term in Natural Hygiene: “Toxemia” refers specifically to the saturation of the bloodstream with toxic waste, caused by insufficient Nerve Energy to perform basic eliminative tasks at the cellular level. By contrast, “Toxicosis” refers specifically to the more advanced bodily condition of toxic poisoning, not only of the blood, but of the other bodily fluids and individual cells and the tissues themselves. And finally, “Auto-Intoxication” is a general term, simply meaning “self-poisoning.”

When Nerve Energy is low, elimination of toxic waste is impeded: the body must operate under a toxic handicap. Poisons saturate first the bloodstream and bodily fluids, and then the cells, tissues, organs, and systems. The Descent into Disease begins.

Continued toxic overload results in a systemic state of Auto-Intoxication throughout the blood, lymph, and tissues of the body. The entire body partakes of the evil effects of this Toxicosis. The weaker organs feel the effects more strongly and break down first. It may be a very vascular organ or an organ of elimination that takes the brunt of many poisons that flow into the organ. In acute disease, the body may choose an avenue such as the lungs, nose, and sinuses to eliminate them. In degenerative disease, the overload may result in waste being stored in “out of the way” depots: joints, arteries, fatty tissues, tumors, and cysts. In either case of disease — acute or chronic — where the avenues of toxic elimination take place or where the toxins are deposited oftentimes determines the name of the disease given by the medicine men.

We Auto-Intoxicate ourselves in two ways: from within the body (Endogenous Toxemia) and from what we take into the body from the outside (Exogenous Toxemia). The True Health Seeker will learn to minimize the former and almost totally eliminate the latter.



THE TWO SOURCES OF TOXEMIA



ENDOGENOUS TOXINS from:

- 1...Metabolic waste, ongoing, toxic byproducts on the cellular level
- 2...Spent debris from cellular activity
- 3...Dead cells
- 4...Emotional and mental distress and excess
- 5...Physical fatigue, distress, and excess



EXOGENOUS TOXINS from:

- 1...Unnatural food and drink
- 2...Natural food deranged by cooking, refining, and preserving
- 3...Improper food combinations that result in endogenous toxins
- 4...Medical, pharmaceutical, herbal, and supplemental drugging
- 5...Tobacco, alcohol, and all forms of recreational drugging
- 6...Environmental, commercial, industrial pollutants
- 7...Impure air and water

Of the 12 sources of Endogenous and Exogenous Toxins combined, the first 3 cannot be altogether eliminated: for we would be dead if we ceased making metabolic wastes, and a certain amount of wastes are necessary physiologically to help maintain homeostasis. However, these first 3 sources of toxic waste can be minimized by correct living. The next 2 sources can be greatly minimized through improved stress-coping mechanisms and more rest and sleep. And the last 7 can (virtually) be immediately and totally eliminated from the lifestyle, with the exception of certain medications and hormone replacements.

Furthermore!!! Keep in mind that it's the unnatural food and drink and the natural food deranged by cooking that are - in most cases - the major culprits in the systemic poisoning on the cellular level that lead to reduced Nerve Energy, Toxemia, and down into Irreversible Degeneration of vital organs and systems! To state it simply... in other words: "There is a great deal we can do to get well and stay well without the medicine men!"

NOTE: It is absolutely essential that you consult an Hygienic Practitioner before discontinuing any prescribed medications!

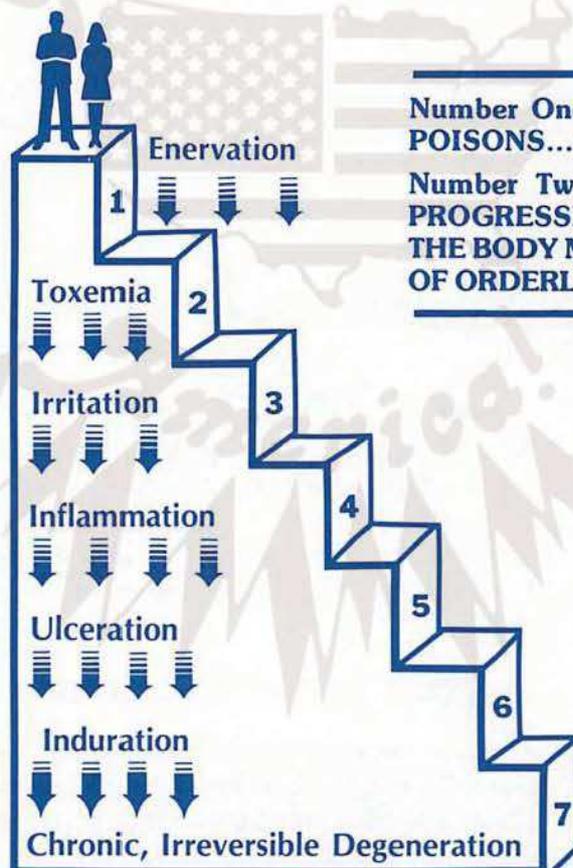
On the natural, all-plant, all-raw food plan, you will be eating the most nontoxic diet possible. By embracing all The Energy Enhancers, by stopping the daily ingestion of a toxic food supply, and by partaking instead of nontoxic food...you will be systematically, daily helping your body detoxify your bloodstream and lymphatic fluids and tissues on the cellular level - *by not poisoning it!* By conserving the energy which would have been wasted in eliminating exogenous toxins, you will build a reserve of Nerve Energy to permit your body to reverse the disease process. To use the metaphor-diagram provided below, that is, you will be climbing back up from your descent into disease; and you will reach that high state of nontoxicity and restored Nerve Energy.

As a Health Seeker, understand this clearly! Under conditions of healthful living, such as you will be creating with your change to a raw food diet, distilled water, regular exercise, more relaxation, sufficient sleep and rest, practice of mental poise, and so on as prescribed in The Energy Enhancers to follow, your body will be restoring Nerve Energy - not being drained of it. Your body will detoxify and heal itself!

THE DESCENT INTO DISEASE

"Low energy is the result of toxic saturation of the bloodstream and tissues at the cellular level. If the toxic overload is not halted and reversed, Auto-Intoxication continues, progressing through The 7 Stages of Disease. Although not every disease follows each stage, all diseases are an orderly progression from low energy levels to toxic saturation to pathological degeneration. The body descends easily into disease when conditions warrant and can climb back up into health when conditions justify."

Dr. Shelton



Number One: STOP THE INGESTION OF POISONS...and...

Number Two: REVERSE THE ORDERLY PROGRESSION OF DISEASE SO THAT THE BODY MAY MOVE IN THE DIRECTION OF ORDERLY RESTORATION TO HEALTH.

"If you want to live long, keep your tissues soft and fresh by avoiding Toxemia. Any toxin, whether formed in the body or taken in from without, is capable of bringing about a hardening process. The rapidity with which it is brought about depends upon the amount and strength of the poison and upon the resistance your system can offer to this poisoning." Dr. Shelton.

By choosing a lifestyle dominated by The Energy Enhancers, we can reverse this relentless "Descent into Disease." We make the turn around and climb back up to high energy and health through The Superlative, Alternative Health Care Program of Natural Hygiene.

“The Basic Tenets of Natural Hygiene” are based on the truth: they are a reflection of the natural laws of life, of the physiological realities of bodily functioning. These natural laws are stated as follows:

THE NATURAL, PHYSIOLOGICAL LAWS OF LIFE

1. Life's Great Law: Every living cell of the organized body is endowed with an instinct of self-preservation, sustained by an inherent force in the organism called “vital force” or “life force” or “Nerve Energy.” The success of each living organism — whether it be simple or complex — is directly proportioned to the amount of its life force and inversely proportional to the degree of its activity.

2. The Law of Order: The living organism is completely self-constructing, self-maintaining, self-directing, self-repairing, self-defending, and self-healing.

3. The Law of Action: Whenever action occurs in the living organism, as the result of extraneous influences, the action must be ascribed to the living thing which has the power of action — and not to the dead whose leading characteristic is inertia.

4. The Law of Power: The power employed, and consequently expended, in any vital or medicinal action is vital power, that is, *power from within* — and not from without.

5. The Law of Distribution: The power of the body, whether that power is great or little, is distributed in a manner proportionate to the importance and needs of the various organs and tissues of the body.

6. The Law of Autolysis or The Law of Conservation: Whenever nutritive abstinence is affected, the living organism's reserves are conserved and economized: living structures are autolyzed in the inverse order of their usefulness, while toxic substances are being eliminated. This law, of course, refers to Hygienic fasting in humans.

7. The Law of Limitation: Whenever and wherever the expenditure of vital power has advanced so far that a fatal exhaustion is imminent, a check is put upon the unnecessary expenditure of power; and the organism rebels against the further use of even an accustomed stimulant.

8. The Law of Special Economy: The vital organism — under favorable conditions — stores up all excess of vital funds above the current expenditures as a “reserve fund” to be employed in time of special need.

9. The Law of Vital Accommodation: The response of the vital organism to external stimuli is an instinctive one, based upon a self-preservative instinct which adapts or accommodates itself to whatever influence it cannot destroy or control.

10. The Law of Stimulation or Dual Effect: Whenever a toxic or irritation agent is brought to bear upon the living organism, the body puts forth vital resistance — which manifests itself in an action at once accelerated, but also impaired. This resistance diminishes the bodily power precisely to the degree to which it accelerates action. The increased action is caused by the extra expenditure of vital power called out, not supplied, by the stimulatory process. In consequence, the available supply of power is diminished by this amount.

11. The Law of Repose or The Law of Compensation: Whenever action in the body has expended the substance and available energy of the body, rest is induced in order to replenish the body's substance and energy.

12. The Law of Selective Elimination: All injurious substances which gain admittance by any means into the living organism are counteracted, neutralized, and expelled as fully as the bodily Nerve Energy supplies allow by such means and through such channels as will produce the least amount of harm to living structure.

13. The Law of Utilization: The normal elements and materials of life are all that the living organism is ever capable of constructively utilizing, whether it is well or sick: no substance or process that is not a normal-factor-element in physiology can be of any value in the structure of the living organism, and that which is unusable in a state of health is equally unusable in a state of illness.

14. The Law of Quality Selection: When the quality of nutriment being received by the living organism is higher than that of the present living tissue, the organism will discard lower-grade cells to make room for appropriating the superior materials into new and healthy tissue.

15. The Law of the Minimum: The development of living organisms is regulated by the supply of that element or factor which is least abundantly provided or utilized. The element or factor in shortest supply determines the amount of development.

16. The Law of Development: The development of all or any parts of the living organism is measured in direct proportion to the amount of vital forces and nutritive materials which are directed to it and brought to bear upon it.

HIGH NERVE ENERGY — EVERYBODY NEEDS IT!

This concept of “Nerve Energy” is crucial to your understanding of Natural Hygiene and of how to be a True Health Seeker in a society where so many “get-well-quick” schemes are promoted. ***FOR NATURAL HYGIENE IS THE ONLY HEALTH CARE SYSTEM FIRMLY BASED ON THE PHYSIOLOGICAL LAWS OF LIFE. TO BE MORE PRECISE, NATURAL HYGIENE IS THE ONLY SYSTEM THAT CENTERS ITS ENTIRE TEACHINGS AROUND THE ONE AND ONLY THING THAT WILL BRING NATURAL, TRUE, AND LASTING HEALTH — THE RESTORATION OF HIGH NERVE ENERGY THROUGH A TOTAL PROGRAM OF HEALTHFUL LIVING PRACTICES.***

THE ONLY WAY TO HAVE HEALTH IS TO SUPPLY THE CONDITIONS OF HEALTH AND TO STOP POISONING YOURSELF! EVENTUALLY YOUR NERVE ENERGY WILL BE RESTORED BY THE CORRECT LIVING PRACTICES. But you don't have to believe this statement just because it is printed in black and white on this page! For it is the nature of truth that it will always prevail and can always be proven by each questioning Truth Seeker. You have only to do 2 things, therefore, to find out if it really is the truth that is found within this book:

1. FOR A 1-WEEK (OR BETTER YET, A 1-MONTH PERIOD), WILLINGLY SUSPEND YOUR BELIEF IN EVERYTHING THE MEDICAL MENTALITY AND MEDIA ADVERTISING AND YOUR FAMILY DOCTOR, NUTRITIONIST, SCHOOL TEACHER, RELATIVES, AND KNOW-IT-ALL-FRIENDS AND NEIGHBORS HAVE EVER “TAUGHT” YOU.
2. PRACTICE THE SIMPLE BASICS OF NATURAL HYGIENE AS PRESENTED IN THESE FEW PAGES — PRACTICES WHICH CLEARLY INCLUDE THE ENERGY ENHANCERS AND WHICH FULLY EXCLUDE THE ENERGY ROBBERS.

THE ENERGY ENHANCERS

1. Cleanliness — both external & on the level of the bodily tissues & fluids
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

VS

THE ENERGY ROBBERS

1. Uncleanliness — both external & on the level of the bodily tissues & fluids
2. Unclean Air
3. Impure Water
4. Inadequate Rest & Sleep
5. The SAD Diet
6. Inadequate Sunshine & Natural Light
7. Abnormal Temperatures
8. Lack of Regular Exercise
9. Emotional UnBalance & Slavery to Addictions, with low self-esteem & a purposeless life without meaningful goals
10. Toxic Relationships

“NERVE ENERGY” IS NOT “PLAIN-OLD-ENERGY”

“Nerve Energy” is a term unique to Natural Hygienists. It has a specialized definition. It should in no way be likened to or confused with the word “energy” as you have formerly used it. Unless you have already been introduced to this term, “Nerve Energy,” by some Hygiene-minded person, do understand that it is in no way similar to “plain-old-energy.” “Nerve Energy,” that is, in no way refers to what you get from candy bars or an exhilarating horseback ride. To fully envision your life as A Health Seeker Satisfied, to fully see the possibilities of the richness awaiting you, a full distinction between “Nerve Energy” and “plain-old-energy” must be appreciated:

“PLAIN-OLD-ENERGY”: This is the everyday term that refers to:

*anything...the body consumes in the form of food and drink, or...
anything...the body uses in the form of muscular output, or...
anything...the body generates in the form of heat, or...
anything...the body burns in the form of calories, or...
anything...the body employs to secrete fluids, or...
anything...the body feels in the form of stimulation, or...
anything...the body expends in the form of mental activity, or...
anything...the body exudes in the form of charisma, or...
anything...the body stores in the form of potential activity.
(...and...so on...and...on)*

“NERVE ENERGY”: A SPECIALIZED TERM IN NATURAL HYGIENE THAT REFERS TO...

THE LOW-GRADE ELECTRICITY GENERATED BY THE BRAIN THAT INNERVATES THE MUSCULAR, NERVOUS, AND GLANDULAR TISSUES SUCH THAT ALL BODILY FUNCTIONS ARE PERFORMED WITHIN THEIR NORMAL AND HEALTHFUL PARAMETERS.

Scientists are actually measuring manifestations of Nerve Energy when they use special meters that point to the millivolt output of the brain or when they chart brain wave activity on the electroencephalograph.



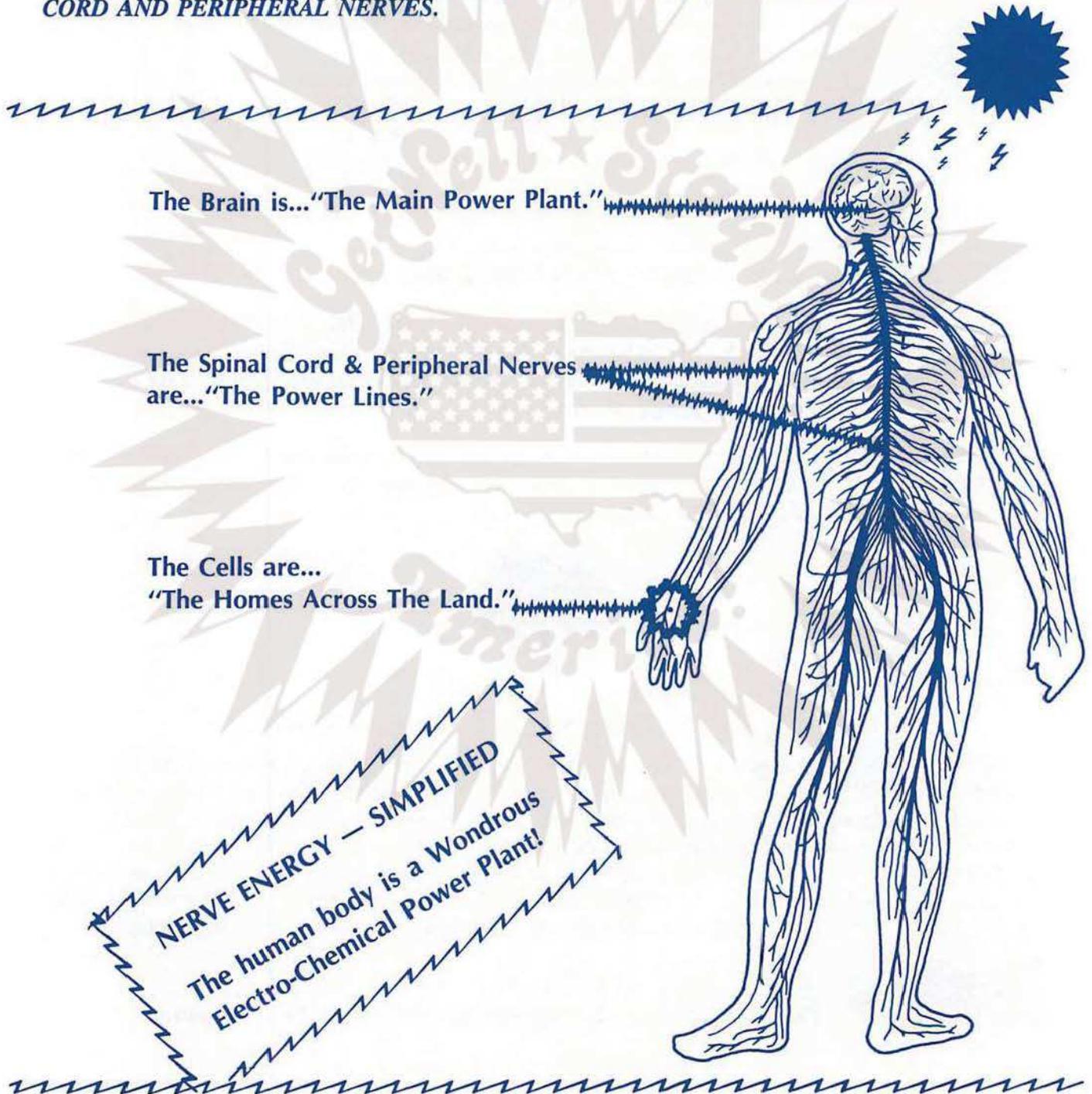
NERVE ENERGY — IN A MODERN-DAY-METAPHOR

While the above explains what “Nerve Energy” is and is not, let us get a sharper picture of this concept of “Nerve Energy” through a metaphor. Nerve Energy is difficult to see clearly, because the term is an abstract one. Nerve Energy cannot be seen, touched, tasted, smelled, or heard. *The depletion of Nerve Energy, however, is as concrete an experience as the cement we sometimes continue to bang our heads against — even when we know better!* To fully understand what Nerve Energy is, then, as was pointed out in the foregoing, we must first divorce this term from any prior understanding of the word “energy” we have ever held. Next, we can try thinking in terms of a modern-day-metaphor:



The human body is A Wondrous Electro-Chemical Power System!

Think of Nerve Energy as the power generated up in the mountains at "The Main Power Plant." It is Nerve Energy that electrifies every apartment building; that lights up every suburb; that innervates every muscle, nerve, and gland in the body. **THE LOCATION OF THIS MAIN POWER PLANT IS THE BRAIN ITSELF.** Next think of The Spinal Cord and Peripheral Nerves: they are "The Power Lines" that travel down from The Main Power Plant to The Cellular Homes across the land. These Power Lines can be likened to those gigantic power towers we sometimes see along our freeways and to the countless electric poles we always see along our lesser byways. **THESE POWER LINES REPRESENT THE SPINAL CORD AND PERIPHERAL NERVES; AND THEY RELAY GENERATED NERVE ENERGY IN THE FORM OF NERVOUS IMPULSES FROM BRAIN TO CELL AND, IN SOME INSTANCES, BACK AGAIN.** And finally, think of the trillions of muscle, nervous, and glandular cells in the body representing The Homes throughout the land that receive the electricity from The Power Lines and convert its voltage into usable kilowatts. **THE HOMES THUS REPRESENT THE INDIVIDUAL CELLS THAT RECEIVE ELECTRIC IMPULSES FROM THE BRAIN VIA THE SPINAL CORD AND PERIPHERAL NERVES.**



Now, this metaphor can be extended to the limits of “poetic license” in the great hopes of further clarifying the term “Nerve Energy.” It can be said that when the Nerve Energy is high, when The Main Power Plant is generating not only enough to supply electricity to The Homes across The Land but is generating enough to hold a reserve supply, then all is not only well — it is as good as it gets! Contrariwise, when the Nerve Energy is low, when The Main Power Plant cannot generate a sufficient supply to meet the needs of The Homes across The Land, then all is not only not well — but a breakdown in The Homes begins to occur that can ultimately cause a complete shut down of the entire Wondrous Electro-Chemical Power System itself! To move from metaphor to literal language: *WHEN NERVE ENERGY IS HIGH AND BODILY TOXICITY IS AT ACCEPTABLE HOMEOSTATIC LEVELS, HEALTH AT ITS HIGHEST LEVEL IS YOUR DIRECT AND JOYFUL EXPERIENCE. CONTRARIWISE, WHEN NERVE ENERGY IS LOW, CELLULAR FUNCTIONS ARE IMPAIRED; AND SUCH IMPAIRMENT RESULTS IN TOXEMIA, SUFFERING, AND FINALLY — IN DEATH.*

NERVE ENERGY — AS A DIRECT EXPERIENCE

THE BRAIN CAN ALSO BE LIKENED TO A HIGH-POWER BATTERY — BUT ONE THAT NEEDS CONTINUAL RECHARGING ON A DAILY AND A NIGHTLY BASIS. ITS “LOW-GRADE ELECTRICITY” CAN BE “RECHARGED” IN ONLY 1 OF 4 WAYS:

- 1. SLEEP**
- 2. REST**
- 3. FASTING**
- 4. STILL AND SILENT TIME SPENT IN AFFIRMATION, MEDITATION, BIOFEEDBACK, PRAYER, or some such activity proven to provide deep rest to the mind-body.**

As abstract or vague as all this still sounds, we know — without a doubt! — when our reserves are low:

We suffer nervous exhaustion.

We are “burned out.”

We have the “battle-fatigue-syndrome” or “chronic-fatigue-syndrome.”

We have a nervous breakdown.

We come to the end of our ropes.

We hit the bottoms of our barrels.

We operate under The Law of Diminishing Returns.

We just can’t take it anymore!

WITH THE DEPLETION OF OUR NERVE ENERGY, NOTHING — not a 5th cup of coffee, not a shopping spree, not a new dream, and not even winning the lottery — NOTHING CAN SNAP US BACK INTO ACTION. And in this state, anything from minor accidents to horrible catastrophes can and do occur. If Nerve Energy is so depleted and if bodily and mental functionings are so impaired that the needs of the individual are not being met, it is the same as pressing a button labeled: “Self-Destruct.” From this state known as “Enervation,” the processes of elimination of metabolic waste and poisons ingested from external sources do not keep up with their respective production and consumption. As a consequence, the body begins to accumulate more toxic waste than it eliminates. The stage is thus set for Auto-Intoxication, and “The Script for The Sufferer” unfolds.

HIGH NERVE ENERGY — EVERY HEALTH SEEKER MUST HAVE IT!

Before all this starts sounding terribly grim, gloomy, and full of doom, understand that The Health Seeker can now — more or less easily, with The GetWell★StayWell Affirmations properly applied — escape this fatal script. He and she need only revolutionize their lives at the most powerful level — the level of their own consciousness! As Health Seekers, we need only adopt a “Sense of Life” that will inspire us to stop the self-poisoning and start the Energy Enhancing! Happily, you have in your very hands *GetWell★StayWell Affirmations for Americans!* to guide you to the quickest, safest, and most healthful road for Getting Well and Staying Well in America today! It may be “the road less traveled,” indeed — but it is The Only Hygiene Joy Way to reach your “Highest Health Potential.”

To fully understand the all-importance of a restoration of high Nerve Energy in our lives, let us examine what happens when we drain — rather than restore — Nerve Energy. Dr. J.H. Tilden's revolutionary writing in the 1930s best explained what happens when "energy leaks" leave us enervated. Following is my summary of his work.

THE SEVEN STAGES OF DISEASE

STAGE ONE IS ENERVATION: Nerve Energy is so reduced or exhausted that all normal bodily functions are greatly impaired, especially the elimination of endogenous and exogenous poisons. Stage One thus begins the progressive and chronic process of "Toxemia Toleration" that continues through all of the following stages. The Toxic Sufferer does not feel his "normal self." He feels either stimulated or depressed by the poisonous overload.

STAGE TWO IS TOXEMIA: Nerve Energy is too low to eliminate metabolic wastes and ingested poisons. These toxic substances begin to saturate first the bloodstream and lymphatic fluids and then the cells themselves. The Toxic Sufferer feels inordinately tired, run-down, and "out of it."

STAGE THREE IS IRRITATION: Toxic build-up within the blood and lymph and tissues continues. The cells/tissues where build-up occurs are irritated by the toxic nature of the waste, resulting in a low-grade inflammation. The Toxic Sufferer can feel exhausted, queasy, irritable, itchy — even irrational and hostile. During these first 3 stages, if The Toxic Sufferer does consult a medical doctor about the reason for his low energy and irritability, the doctor tells him: "There is nothing wrong with you. These symptoms are 'all in your head.' You are perfectly healthy!"

STAGE FOUR IS INFLAMMATION: The low-grade, chronic inflammation from Stage Three is leading to the death of cells. An area or organ where toxicants have amassed next becomes fully inflamed. The Toxic Sufferer experiences actual pain, along with pathological symptoms at this point. With the appearance of these symptoms, the medical doctor can finally give The Sufferer's complaint a name. Traditionally, medical scientists have named many of the 20,000 distinctly different diseases after the site where the toxins have accumulated and precipitated their symptoms. Once the set of symptoms is conveniently named, the doctor can mechanically prescribe the "antidote" from his *Physician's Desk Reference* or from his memorized medical/pharmaceutical repertoire. Standard medical doctors thus commence drugging and treating at this stage.

STAGE FIVE IS ULCERATION: Tissues are destroyed. The body ulcerates, forming an outlet for the poisonous build-up. The Toxic Sufferer experiences a multiplication and worsening of symptoms while the pain intensifies. Standard medical doctors typically continue drugging and often commence with surgery and other forms of more radical and questionable treatment at this stage.

STAGE SIX IS INDURATION: Induration is the result of long-standing, chronic inflammation with bouts of acute inflammation interspersed. The chronic inflammation causes an impairment or sluggishness of circulation: and because some cells succumb, they are replaced with scar tissue. This is the way we lose good, normal-functioning cells — by chronic inflammation and death of cells. Toxins may or may not be encapsulated in a tumor, sac, wen, or polyp. The Toxic Sufferer endures even more physical pain, which is intensified by the emotional distress of realizing that he is only getting worse, regardless of his earnest, obedient, even heroic attempts to get well. Standard medical doctors continue with both drugging and surgery and all other kinds of modalities deemed appropriate, both conventional and experimental. ("Induration" means "hardening" or "scarring" of tissues.)

STAGE SEVEN IS IRREVERSIBLE DEGENERATION AND/OR FUNGATION (CANCER): Cellular integrity is destroyed through their disorganization and/or cancerous proliferation. Tissues, organs, and whole systems lose their ability to function normally. Biochemical and morphological changes from the depositing of Endogenous and Exogenous Toxins bring about degenerations and death at the cellular level. The Toxic Sufferer is "a pathological mess": he is on his deathbed. Standard medical doctors declare at this stage: "There is no hope left. You have just so much longer to live. You need to make preparations accordingly." Failure of vital organs eventually results in death.

The terms "acute disease" and "chronic disease" are important to clarify. These are specific terms in the literature of Natural Hygiene. Their mutual exclusivity is best appreciated in the following:

Acute Disease... Chronic Disease...

- has a short, sharp course of only a few hours, days, or weeks.

- has a relatively shorter period of development due to lowered ability to tolerate toxic saturation. The Acute Sufferer may seem to "flare up" into the acute stage suddenly and, oftentimes, with a great show of vitality.

- may last only a few hours, days, or weeks after strict adoption of The Energy Enhancers and immediate abandonment of The Energy Robbers.

- reflects a strong enough supply of Nerve Energy and residual vitality that forceful elimination of toxic waste and conduction of the reparative process is still possible. (The body, that is, has sufficient vitality to conduct a Healing Crisis.)

- results in, at best, complete reversal of the disease process — if The Energy Enhancers are fully adopted and if the causes of Auto-Intoxication are removed.

- is designated "remedial in nature," as Acute Disease is an orderly process by which the body attempts to detoxify and repair itself.

- uses up Nerve Energy in the elimination of toxic waste and in cellular repair, such that tissue integrity and normal organ and systemic functioning are improved. The Health Seeker may feel enervated or exhilarated when the acute crisis is passed, depending on the amount of Nerve Energy expended and on the kind and amount of toxic overload expelled.

- is a disease that persists for a long time — many months or years.

- has a relatively prolonged period of development due to the increased ability to tolerate toxic saturation. The Chronic Sufferer exhibits lowered vitality and experiences progressively worsening symptoms as time goes on.

- will last the rest of The Chronic Sufferer's lifetime if strict adoption of The Energy Enhancers and immediate abandonment of The Energy Robbers is not instituted.

- reflects a state of toleration of toxins: it is a state of continued elimination of toxins on a lower level than in Acute Disease. (In the latter stages of pathological conditions, especially after the use of medications for years, The Chronic Sufferer can reflect a weak supply of Nerve Energy. Even in such a case, the conduction of the reparative process is still possible — if The Energy Enhancers are strictly observed.)

- results in the complete arrest of the disease process and possibly in the reversal of much of the abnormal tissue changes and degenerations that have already taken place — if The Energy Enhancers are adopted soon enough and if the causes of Auto-Intoxication are removed.

- is "remedial in nature" if The Energy Enhancers are strictly adhered to. However, some tissue changes of a detrimental nature have taken place in Chronic Disease. The tissue degenerations are sometimes reversible, sometimes not — depending on the severity and the type of tissue damage.

- is ended with cellular poisoning such that tissues, organs, and whole systems lose their functional integrity, ending in long-term misery and/or death of The Chronic Sufferer.