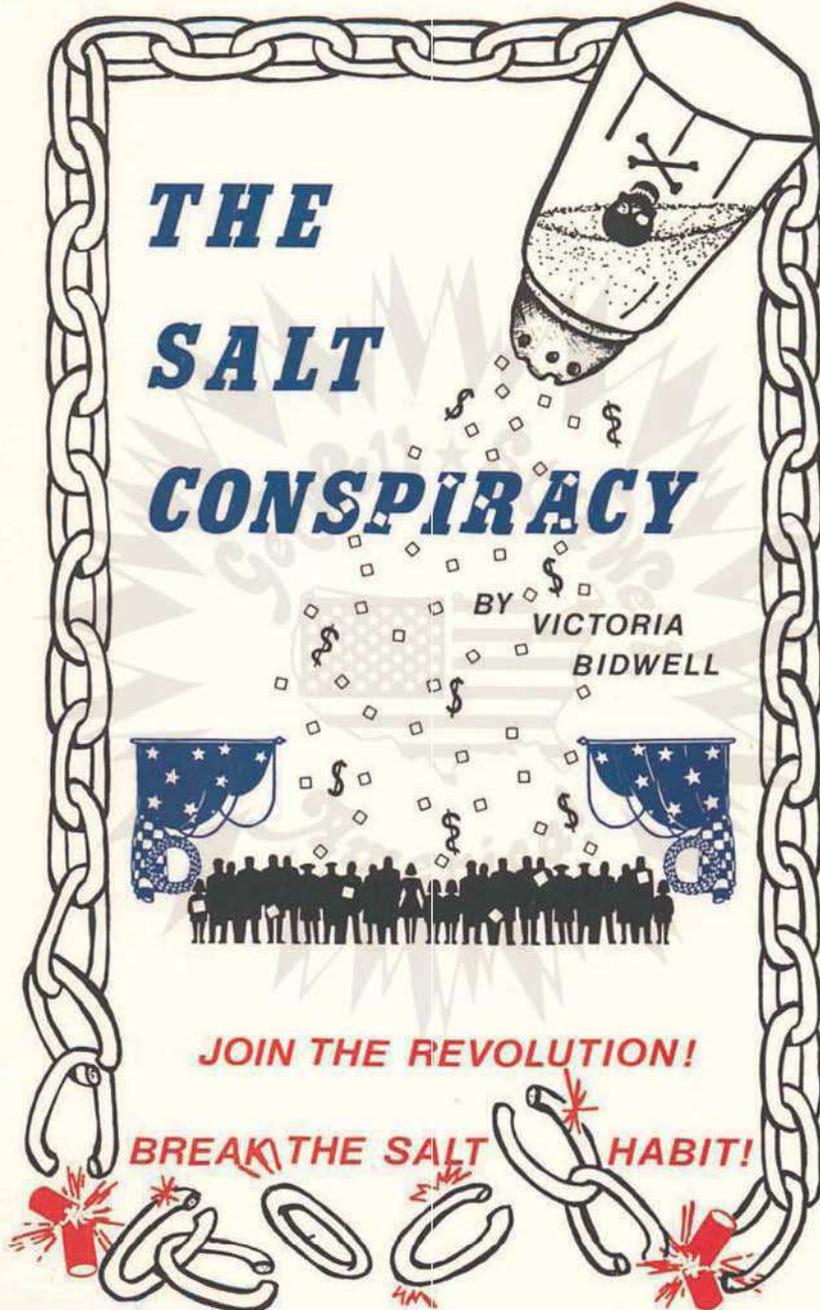


Welcome to...Our Second Printing!



From...Victoria BidWell

**GetWell ★
StayWell,
America!**
.....presents.....



THE SALT CONSPIRACY



From Victoria BidWell

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DEDICATION

This book is dedicated to Janet Mussman, my dear new friend. Janet was my roommate at the California Health Sanctuary near Kollister for a brief, few days in November, 1985. I had just finished writing "The Salt Conspiracy" as an article for Healthful Living published by Life Science in Austin, Texas. Janet, whose husband is a member of "The Suffering Class" with high blood pressure, read the article. She felt the article held urgent, even life-or-death information for "Salt-Sufferers" such as her husband. Convinced that this material could best be shared in the form of a small book. Janet became emotionally involved in "The American Natural Hygiene Revolution" at that moment. She urged me during the remainder of her visit to expand the article and make it available to Americans in book form. Mrs. Mussman thus became the inspiring force behind my completing The Salt Conspiracy, as she assured me: "Its message could save lives!" Thank you, Janet Mussman.

sciousness" has us tricked into thinking that if we never pick up the table salt, we are "paying enough attention" to the salt in our diet. In actuality, we are almost totally unaware of how salted The Standard American Diet is and of just how much damage a steady diet of salted food can do.

Furthermore, we have no idea whatsoever that a well-planned and sensible, viable and even attractive alternative to the standard American food supply...in all its salt-free glory...is being practiced by tens of thousands of Americans today! These people are members of a movement...The Natural Hygiene Revolution. **Natural Hygiene is The Superlative Alternative Health Care System.** If practiced in its entirety, you will not only be "salt-free." But you will be restored...to your highest possible health potential, taking into account your remaining energy reserves and bodily tissue integrity.

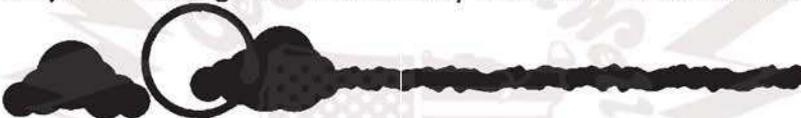


THE BASIC TENETS OF NATURAL HYGIENE

- 1...NATURAL HYGIENE holds that health is the normal state of all living organisms and that health is maintained through natural, self-initiating, self-healing processes.
- 2...NATURAL HYGIENE holds that the one cause of all disease is the toxic saturation at the cellular level of the bodily tissues, bloodstream, and fluids brought on by the depletion of Nerve Energy reserves through wrong living habits. This state of self-poisoning is alternately termed "Auto-Intoxication," "Toxicosis," and "Toxemia."
- 3...NATURAL HYGIENE views disease as orderly retrograde changes on the cellular level as a result of Toxicosis. In order to prevent these retrograde changes and to forestall morphological changes and degenerations for as long as possible, the body attempts to isolate and/or eliminate abnormal accumulations of metabolic waste and ingested poisons. Such bodily attempted actions of elimination may be called "disease" (acute) and serve to prevent the morphological, degenerative changes.
- 4...Because Toxicosis is "the one cause of all disease," NATURAL HYGIENE refutes the concept that microorganisms or "germs" or "viruses" are the sole, causative factors of disease.
- 5...Because only the body is capable of instituting cleansing and healing processes, NATURAL HYGIENE rejects the ingestion of any substances which the body cannot metabolize and assimilate and which cannot be used in the normal, metabolic processes to thus be appropriated into bodily tissue. Such unnatural substances can only further enervate and poison the body and are not to be considered as "food" or "nutrition," in any way. Both medication and "quasi-food" substances typical of the chemicalized, processed food supply are included in this enervating, poisoning category and are, therefore, considered to be life-threatening.
- 6...NATURAL HYGIENE recommends the following as The Ideal Diet and the only foods fit for the highest level of human health and well-being: whole, raw fruits, vegetables, nuts and seeds; prepared in proper combination and eaten in moderation when in a state of Emotional Balance.
- 7...NATURAL HYGIENE employs fasting, which provides deep physical, physiological, sensory, mental, and emotional rest. This deep and almost total rest provides the body with the ideal conditions necessary for the regeneration of Nerve Energy necessary for the repair of damages and for the elimination of toxins.
- 8...NATURAL HYGIENE maintains that health is the personal responsibility of each individual and that vibrant health is achieved only by the conscientious application of healthful living practices in all areas of one's life.

These Tenets are, of course, in direct opposition to The Stereotype Medical Mentality which thrives on The Germ Theory of disease and the belief that health comes through drugging and doctors. Nevertheless, thousands of people nationwide are living these Tenets with amazing success stories. They tell of coming from the dregs of low energy and/or of being rescued at Death's Doorstep after lifetimes of indulging in The SAD Diet and after mindlessly doing what the doctors demanded, even though they worsened with each office call, prescription, and surgery.

Natural Hygiene encourages you to likewise give up "The Medical Mentality." To turn your backs on conventional medical treatment, doctors, drugs, surgery, chemotherapy, radiation.... This encouragement to reject The Medical Mentality is what makes Natural Hygiene "revolutionary." The "revolt" is based on The Physiological Laws of Life and the simple knowledge that there is only one cause for all disease:



THE ONE CAUSE OF ALL DISEASE

"TOXEMIA"...

... "AUTOINTOXICATION" ...

... "TOXICOSIS" ...



These 3 terms are almost synonymous for the same concept: the saturation of the bloodstream and/or tissues with toxic waste, caused by insufficient nerve energy to perform basic eliminative tasks.

THE 2 SOURCES OF TOXEMIA

Hygiene recognizes 2 ways in which we poison ourselves: we create poisons "born within" the body called "endogenous toxins" ("endo" meaning "within" and "gen" meaning "birth"); and we take in poisons "born out of" the body called "exogenous poisons" ("exo" meaning "out of" and "gen" meaning "birth"). These sources of Toxemia are listed as follows:

ENDOGENOUS TOXINS FROM:

1. Metabolic waste, on-going, toxic byproducts on the cellular level
2. Spent debris from dead cells & cellular activity
3. Emotional/mental distress
4. Physical distress/fatigue (especially overeating)

EXOGENOUS POISONS FROM:

1. Unnatural food and drink
2. Natural food deranged by cooking/refining/preserving (includes derangement from wrong food combinations)
3. Improper food combinations that result in endogenous toxins
4. Medical/pharmaceutical/herbal drugging
5. Smoking, alcohol, recreational drugging
6. Environmental/commercial/industrial pollutants
7. Impure air and water

It is easy to see that of these 10 secondary sources of self-poisoning, the first 2 sources under Endogenous Toxins are natural, normal events over which we have no control at all. The next 2 sources of emotional distress and physical fatigue can be greatly minimized if we change a few basic eating/living habits. *And virtually all sources of exogenous self-poisoning are under our direct control, especially the first 2 items: "Unnatural food and drink" and "Food deranged by cooking/refining/preserving."* It is with these 2 sources of Exogenous Toxemia that *The Salt Conspiracy* is concerned.

For these pages will clearly establish that salt is toxic and that The Standard American Diet is pickled in salt...which leaves the SAD diner with a miniature ocean of deadly brine for a bloodstream.

To continue with "The Toxemic Connection," do understand that a lifestyle dominated by energy-robbing habits inevitably leads to complete exhaustion—mental, emotional, physical, and spiritual. The body continues to function—but in a state of "enervation": it is "out of nerve energy." And when nerve energy is low, bodily performance of basic metabolic tasks is handicapped. In particular, the elimination of toxic waste at the cellular level is impeded: the body must operate under a toxic overload. Poisons saturate first the bloodstream and then the cells/tissues/organs/systems.

Continued overload of poisons results in waste being stored in "out-of-the-way depots": joints, arteries, fatty tissues, tumors, cysts, and so on. *And—logically enough—where the toxins are deposited is the name of the disease!* However...whereas medical science catalogues over 20,000 names for individual diseases, Natural Hygiene sees one disease: Toxemia. And whereas medical science offers thousands of drugs and numerous therapies all of which have pitiful success rates, Natural Hygiene offers one program with astounding success records. The forte of Natural Hygiene is that it prescribes a systematic process of bodily detoxification on the cellular level that is achieved through abandonment of wrong living practices and the embracement of Right Living Practices. Salt in the diet is one of these "wrong-living practices" to abandon.

And so, while Natural Hygiene points out the toxicity of salt and the dangers of The SAD Diet, this health-care system is much more than simply a diet. Natural Hygiene, that is, teaches a nontoxic way of life. Instead of "burning our candles at both ends," Hygiene advocates an energy-conservative approach. These teachings are neatly summarized by the following comparisons:



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



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



While Natural Hygiene stresses the importance of a total health program by embracing all The Energy Enhancers, the emphasis of this book is to get the salt out of your system. For purposes of achieving a salt-free eating plan, therefore, note the boxed, salt-related Energy Enhancers and Energy Robbers items: #1, #4, and #9. For as the following chapters establish, salt is a poison administered in inescapably huge doses to anyone on the Standard American Diet. Furthermore, it is an addiction that poisons the bloodstream and tissues and drains us of nerve energy. Keep in mind, it is the loss of nerve energy that sets us on the downward staircase into Toxemia and disease.



THE DESCENT INTO DISEASE

STEP ONE: ENERVATION...Total exhaustion.

STEP TWO: TOXEMIA...Nerve energy is too low to eliminate metabolic waste and ingested poisons. Toxic waste builds up.

STEP THREE: IRRITATION...Toxic buildup causes irritation and feeling ill-at-ease.

STEP FOUR: INFLAMMATION...Toxic buildup causes tissue inflammation. Pain and pathological symptoms occur.

STEP FIVE: ULCERATION...Tissues ulcerate to form an outlet for toxic buildup. Pain intensifies.

STEP SIX: INDURATION...Ulcerated tissues harden or form scar tissue to encapsulate toxic buildup from rest of the body.

STEP SEVEN: CHRONIC DEGENERATION...Whole organs and systems are destroyed. Failure of vital organs results in death.



THE PURPOSE OF THIS BOOK

This book is written with the hope that it is not too long and not too technical and not too tedious to hold your salted attention. If you will follow it to the end, if you invest the hour or two of reading to reach "The Salted Bottom Line," you will share in priceless knowledge...and you will never be the same.

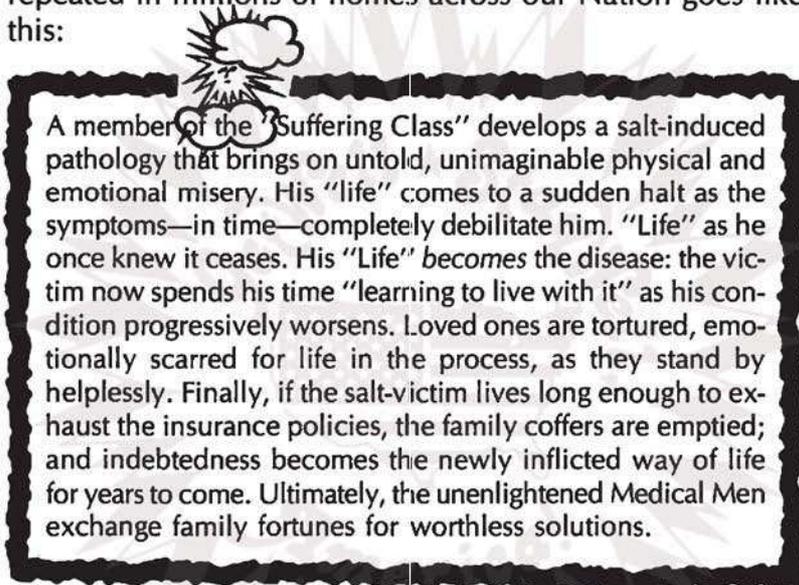
For you will then realize the seriousness of the Salt Pathologies. AND...you will see the evil of Profiteers who conspire to keep the American food supply salted and the American consumer addicted and devoted at the level of the pocketbook. As the facts are laid out, you will marvel at the seemingly inescapable and intricate web these Conspirators have woven to make empires on their addicting, "Can't-Eat-Just-One," processed foods. The Medical Men make fortunes on the Standard American Diet (SAD) pathologies. And the Congressmen make legislation of questionable quality on our SAD-drugged mentalities. Finally, in this book, you will be introduced to The Natural Hygiene Revolution and its dietary plan that makes many promises...if you are willing to take personal responsibility for your own Healthful Living Practices. These promises include a restoration to your highest health potential, a return to your highest mental clarity, and a freedom from the addiction and mind-possession of The Salt (commercial/medical/pharmaceutical/governmental) Conspiracy.

It is true that we are all to blame for our own salt use/addiction. And it is undoubtedly true that most of the so-called "Conspirators" themselves are sharing in the national saltaholism right along with the rest of us. But keep in mind that addiction is not a respecter of persons. And it knows no logic. Salt addiction, as we shall see, is not only a matter of tastiness; rather, it occurs on the biochemical, physiological, anatomical levels as well. Most of us became life-long salt addicts on these physical levels in the womb. To make the addiction complete, big business brainwashes us with billion-dollar campaigns to keep us reaching for the salted food. Add to this the social, cultural, familial salt-loving habits...and escape seems impossible.

Withdrawal is neither pleasant nor easy for many. So while it is our own fault when we pick up the saltshaker or lift the salty, processed food to our mouths, remember, we are dealing with an addiction..."cunning, powerful, baffling." And although the proof is now in that a salty diet is "Hazardous to Your Health," this salt addiction is supported by the Food

Men, the Medicine Men, and the Law Men. In fact, in a society where the Doctors and Legislators *could* put controls on what goes into the food supply in the name of "health and the general welfare," instead, we see the vast majority of the members of these two groups quietly condoning or vociferously supporting the Food Giants.

Yes, in the final analysis, each person is to blame for the addictions of his affection. But in the case of salt-related pathologies, it is a high price to pay. The typical scenario repeated in millions of homes across our Nation goes like this:



When all is "said and done," each person *is* to blame for his own self-administered, self-induced salt pathology. Nevertheless, the food industrial/medical/pharmaceutical/governmental powers are not making matters easier for us! They *could* be limiting (if not eliminating) the use of sodium chloride in prepared foods. Additionally, they *could* be requiring that all prepared foods note the salt content on their labels. The point is...these "powers that be" *could* be directly helping the American people instead of consciously, deliberately working against us. And so... *even if you do not believe an actual "Conspiracy" exists in the name of "Uncontrolled Greed and Selfishness" as herein proposed, for*

the actual effect the actions (or lack thereof) these power groups have on our National food supply and health, it may as well be a Conspiracy! For these groups are—in effect if not in actuality—working against our constitutional rights of...“LIFE (that is, ‘HEALTH’), LIBERTY, AND THE PURSUIT OF HAPPINESS.” The point is that without health, life and liberty have little meaning; and pursuit of happiness is only wishful thinking or a daydream in the middle of disease.

Yes, each person is ultimately at fault for his own salt-aholism. But a closer examination of the forces that conspire to keep us saltaholics are surely not white and blameless as innocent lambs. For whether “The Salt Conspiracy” is actual or imagined, the salt-poisoned food supply is real! And evil permeates its planning and profits. In the meantime...the rich get richer while the sick get sicker...and poorer. The American Natural Hygiene Revolution calls for an uprising of the sick, addicted, suffering, victimized masses. It calls for an overthrow of The Rich and Powerful and Evil by the “Suffering Class of America.”



THE SALT CONSPIRACY IS, THEREFORE, A DIRECT INDICTMENT:

- ★ Against the Food Capitalists who promote a food supply laced with a known addicting poison in the names of “flavor enhancement,” “shelf life,” and “profit.”
- ★ Against the medical and pharmaceutical Businessmen who deliberately withdraw into anonymity or vague statements when their stance against this known health hazard could significantly reduce the National salt epidemic.
- ★ Against the Politicians who actively support legislation in favor of salt-lacing.



THE MEDICAL MENTALITY...(at its worst)

1. **THE MEDICAL MENTALITY** holds that a person can appear "perfectly healthy" one day and then be mysteriously, inexplicably stricken with a dreaded disease virtually overnight.
2. **THE MEDICAL MENTALITY** basically supports a belief in "The Germ Theory" as originally proposed by Louis Pasteur: disease is caused by microorganisms or viruses foreign to the body, which they then invade and use as a host.
3. **THE MEDICAL MENTALITY** holds that there are over 20,000 known diseases, each with its own cause or causes. Years of scientists' time and billions of dollars are spent annually, searching for the external causes of various diseases and their antidotes.
4. **THE MEDICAL MENTALITY** looks at the "disease" process as something which "happens to the body" and, therefore, as something which can — and must — be stopped: the symptoms must be palliated or suppressed; the diseased tissue must be radiated out or cut out or drugged into remission; the body must, in some way be "treated" with some sort of doctor prescribed therapy or other.
5. **THE MEDICAL MENTALITY** teaches you that nearly everybody gets sick of something as they age. Doctors typically state: "You will just have to learn to live with it!" (meaning the pain)...if standard medical treatment cannot help you.
6. **THE MEDICAL MENTALITY** is not interested in promoting dietary nutrition as an integral part of either getting well or staying well, although it may make minor concessions such as recommending a reduction in salt or the adoption of a weight-loss program. The attitude, however, is that even if there were something to this "dietary nutrition," people would not change their eating habits anyway.
7. **THE MEDICAL MENTALITY** looks at the practice of fasting to be synonymous with starvation; and it is, therefore, viewed as a form of dangerous extremism.
8. **THE MEDICAL MENTALITY** refuses to acknowledge the evidence that any alternative health care systems have any validity. It does this in the face of vast amounts of evidence and carefully kept records. Any improvement on the part of individuals under these alternative health care systems are attributed to chance or other causes or branded "dangerous" regardless of how much the person has improved.
9. **THE MEDICAL MENTALITY** encourages both a belief in and a dependence on the medical/pharmaceutical complex as the final authority on all health questions and the only real source of individual health. Conditioning in our society is through both subtle cues as well as open intimidation to so believe and depend.
10. **As a victim of THE MEDICAL MENTALITY, you subject yourselves and your loved ones to continued medical treatment, disregarding the reality that you are only getting worse as the treatment continues. Furthermore, you have no desire to search for a workable alternative health care system and no desire to learn how to take personal responsibility for your own health.**



THE TRUTH



If we, “The Common People” and “Members of the Suffering Class” are to protect ourselves against “Wickedness in High Places,” we must first know the truth! The Salt Conspiracy, therefore, instructs us as to the following:

- 1. Salt (or...sodium chloride) is toxic to human life; sodium, in contrast to salt, is life enhancing.**
- 2. The Standard American Diet (SAD) is highly salted, while The Ideal Diet promoted through Natural Hygiene and High-Energy Methods is sodium sufficient.**
- 3. The appeal of salt in processed foods is due exclusively to its ability to add flavor to tasteless, bland, dead food, and to its ability to addict the user.**
- 4. Salt is a protoplasmic poison that contributes directly to a number of acute and chronic diseases; its use, especially to the “salt-sensitive” individual, contributes to premature aging and early death.**
- 5. The government and medical/drug industries are in a Conspiracy (In effect, if not in reality!) with the food profiteers to salt-lace the food supply.**
- 6. The adoption of the foodplan detailed herein by the teachings of “pure” Natural Hygiene and High-Energy Methods allows us to avoid the salt addiction/disease syndrome while making a social/economic/political statement against The Salt Conspiracy.**

