

# Natural Weight-Loss Newsletter

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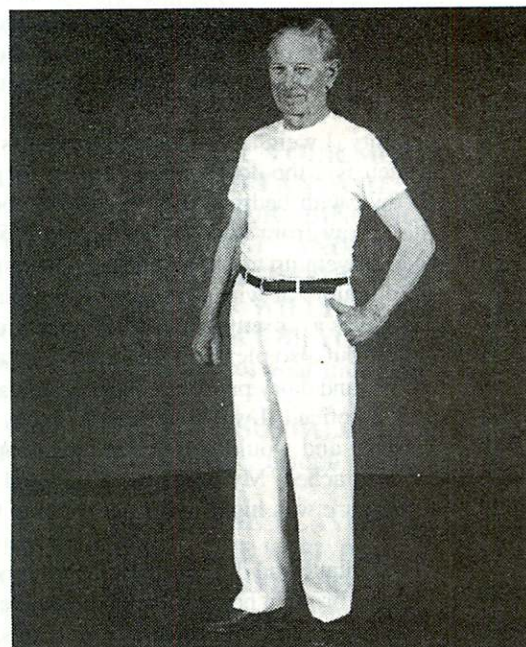
*Presenting a principle that  
enables the overweight to  
reduce quickly, safely,  
naturally and permanently!*

## SUCCESS, AT LAST!

### Victor Bidwell Learns How to Getwell and Staywell!



**Before...age 65...Vic's stomach sticks out farther than his chest.**



**After...age 75...at his ideal weight of 140...once again.**

My father Victor Bidwell, at age 75, is a true "Victor" over the unhealthful forces in our American life. Two years ago, he began reading Hygienic literature and making changes. After watching my mother die of cancer at age 44, it gratifies me deeply to see my father a "Victor" whose lifespan, thanks to his discovery of Natural Hygiene, will double my mother's.

Victor has a sharp mind and a deep social conscience. He graduated valedictorian of his high school class and planned to make "a difference" in society. A wife and five daughters put a wrench in his hand and a lifetime of fixing cars in his future. Still, because he was moved in his younger years to activism, he always had time to champion "The Suffering Class." In time,

he settled down as a "Philosopher Mechanic." Keeping abreast of economic and political news, Victor forced his customers to pay twice: first, for the car repairs; and second, for his latest political/economical commentary. No customer was allowed to leave without feeling a twinge of guilt and/or compassion from their newly awakened sense of humanity.

After 54 years of this, "Old Vic Bidwell" gained a certain respect from the younger mechanics in town as well as from his customers. In fact, he became a legend in his home town of Mt. Vernon, Washington.

When he discovered Natural Hygiene at this time, amazing

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things happened. Instead of the standard lectures on economics and politics, the "Philosopher Mechanic" began preaching Natural Hygiene. He dropped 30 pounds to his high school weight, dropped to a 125/80 blood pressure without medication, dropped into a normal cholesterol range, and picked up "lots more energy!" Being a "revolutionary" at heart, he soon installed book shelves in his office. And no one left "Bidwell's Repair" without Life Science literature and without hearing about the natural diet. Instead of his standard commentaries on the latest war or on the inefficacy of the capitalist system, Bidwell now is talking about how to **GetWell and StayWell!** And now...some are *really* listening! Today, Bidwell even makes "housecalls" to get out the word. He SADly notes: "Almost everybody is sick." Following are his humble "notes" written on the back of invoices from "Bidwell's Repair."

"Good health is of particular importance in people's lives, as one must have good health to enjoy life to its full potential, especially in the later years. People who do not have good health are often a burden to themselves and everyone around them. Yet few people live long, healthy lives. We learn how to live from our parents, from society, and in schools. But we do not learn how to take care of our minds and bodies, which is most important of all. We are not taught the Toxemia Theory and how to eat so as to preserve our health. The result is most people have problems before they are forty, and they spend their declining years in misery.

"When I was twenty, I weighed 140 pounds and was 5'9½" tall. At 21, with pleurisy, the doctors gave me up for dead. I recovered on my own with bedrest and very little food. That inspired me to stay away from doctors for the next 25 years! At 45, 12 years ago, I went up to 185 pounds. I never smoked, and I drank no hard liquors or wines, only an occasional beer. I had what I thought was a "pretty good" diet: plenty of fresh fruits and vegetables, but also plenty of meat, fats, sugar, salt, cooked food, pastries, and dairy products. But my stomach was way too big. At 65, I noticed, I was losing energy. My ankles were painfully swollen and would hang over the sides of my shoes. Varicose veins ached. My joints were stiff and hurt at times; my blood pressure was high; and I was having trouble with my eyesight.

"I limited my food intake and did reach 170. But my energy was low. Then Victoria brought home some Hygiene literature. The fresh diet made sense; so I quit most all meat, fats, eggs, salt, breads, and dairy products. **In one year, I went to 140 pounds—so quickly that it alarmed me!** Today, my stomach is flat; and my waist is 34", down from 42" (as the notches on my belt will attest)! Now my chest sticks out farther than my stomach! The doctor to whom I go for check-ups said I was "all right." But you could tell he was amazed.

"Loss of weight is only one result. I feel much better. I have lots of energy and do not get tired out. I jump out of bed now, instead of crawling. I can now run comfortably for ¼ mile. I can shovel crushed rock to repair my driveway 4 hours at a time. I can climb the 21 back stairs at my shop 40 times a day. And I can go out and dance 2 out of 3 songs without getting out of breath.

"Many of my customers I have known for 40 years. And nearly all of them are sick. They are either terribly overweight or have arthritis and are crippled; they have had heart attacks, bypass surgery, or are dying of cancer. They tell me all about

their nightmares with the medical "experts" and about all the pills they take. Then they say how young I look. **I show my age, but these people are showing a much greater age than they should be showing!**

"I want to make it clear that I am not doing this diet 100%. At the present time, I am basically on a vegetarian diet, about 70% raw. But I do eat cooked foods, like baked potatoes and some canned, unsalted foods. Still, coming to realize that fresh, uncooked fruits and vegetables are a superior program was a big step forward, as I used to consider fruit as merely an adjunct to the meat and potatoes and bread. Now I realize fruits and vegetables in themselves are the full and correct diet! The second discovery was that food combinations are very, very important in order to get the full benefit. In fact, I used to believe that older people couldn't digest all these fresh foods. That is a fallacy! These foods are actually *more* digestible than cooked foods.

"Eating this way, however, has serious social ramifications. It makes you a "stranger in a strange land," but that is no new experience for me. Friends all notice I'm slimmer. Some make fun of me for eating all this "rabbit food"—even though they really know it's the right thing to do. I promote this program when we go out to eat by ordering just a salad bar in small amounts. Also, in plain sight, I keep big jars of dried fruits and unsalted nuts in my office to snack on. I even got a juicer and am offering straight carrot juice to visitors. Even the hostile observers are mildly curious.

"From what I have learned through the Natural Weight-Loss System, I must say I am appalled and aghast at the dietary and health practices of American people. We accept highly dangerous foods and deadly health practices as beneficial and even try to get foreigners to adopt our worst mistakes. As a new convert, I am enthusiastic about promoting a diet that will allow people a higher quality of life. The economic and political ramifications of this program, however, are monumental. For example, there's going to be a lot of resistance from the hog raisers and the tin can makers! We need a worldwide revolution in the food industry. I have had my own personal revolution. I'm so convinced now, when I read any more literature, it is just repetitious. Quite simply...learn to keep the poisons out, and eat live foods which are naturally digestible and nontoxic.

"Although correct food choices are primary in 'The Health Formula,' exercise and good posture are also essential. And for a 'total health program,' finally, 'Good Emotional Posture' must be included. Everybody deserves respect. Everybody has a value, whether they have earned it or not. Every human being deserves the respect of every other human being, even if he acts in a shameful way...because he is a member of the human race...and that qualifies him for a basic respect. This attitude has kept me from harboring the worst of the killing emotions. Getting tangled up in useless hatreds has no benefit as a survival mechanism in your life.

"I can only say, I wish I had found out about Natural Hygiene when I was younger. It's a shame the way The Majority are being done in by The Minority. I do believe it's time for change!"





# FACTS AND FINDINGS

## WHO KEEPS COUNT?

According to an article run in *USA Today*, January 22, 1986: "We are the most overfed, undernourished country in the history of the world. The average person in the USA consumes 3,393 calories per day, which is phenomenal. It's the highest in the world."

Couple this "claim to notoriety" with a May 2, 1986, article from *The Austin Statesman*: "Alston Black, who conducted a Cambridge study (and is also vice-chairman of the British Dietetics Association), found that fat people consistently underestimate what they eat—by 833 calories a day on the average."

**COMMENTARY:** The NATURAL WEIGHT-LOSS SYSTEM clearly explains why we are overfed, undernourished, and unaware:

1. We are "overfed" on The SAD Diet, because we are consuming vast amounts of highly caloric, highly refined foods. 42 % of The SAD Diet is made from pure fats! 24 % is from "pure," refined sugar! 22 % is from complex carbohydrates, most of which are highly refined and pure starch. On The SAD Diet, Americans are eating twice the calories of those taken in on The Ideal Diet. "Overfed" is an understatement!

2. We are "undernourished" on The SAD Diet because these 3,393 calories per day are "Naked Calories." As the lessons teach us, SAD foods are SADly lacking and, therefore, unbalanced in vitamins, minerals, and enzymes. Furthermore, the protein is toxic; and the fat is high in saturation and cholesterol. "Undernourished" is a most accurate word choice to describe SAD followers.

3. We are "unaware" on The SAD Diet, because we wish to ignore the inner voice...that tells us all this overeating can't be healthy for us, that all this salt and sugar and fat and meat and starch and junk food can't be good for us. We are "unaware" because we choose to fall for the brainwashing on the T.V., because we choose to take the "easier, softer way" and follow all the social customs, and because we knowingly and willingly choose to eat for distraction and recreation and escape. "Unaware" is just another word for "irresponsible."

Deep down inside, the SAD Diner *knows* his food choices are not the best for his health; and he chooses to refuse taking responsibility for his well-being. It seems to work for awhile...but time will catch up with every overfed, undernourished, unaware SAD, sad victim. "Woe be to him whose belly is his God!"

## RESENTMENT COULD BE YOUR WORST ENEMY

Theologian Roy Masters has written several articles on the mental/emotional/spiritual side of compulsive overeating and

weight gain. His statements support the cliché common in weight loss material...of... "Show me a fat person, and I'll show you an angry, bitter, and resentful person!" The theory is that instead of expressing these feelings, this person has learned to suppress them, to stuff them down with food. In "Closing the Book on Fat," Masters summarizes this idea: "You may be eating out of a gnawing dissatisfaction with your lot in life, trying to compensate for having been belittled by someone in your past or present."

In this article, Roy Masters further admonishes his readers that... "You must *get* right to *eat* right." He then lists self-help techniques to enable a person to overcome the spiritual weaknesses that lead to food addiction. These ideas are a reinforcement of Lesson 10 from the NATURAL WEIGHT-LOSS SYSTEM, "Taming the Compulsive Personality." Remember, Shelton urged the Health Seeker to... "**FORGIVE EVERYBODY EVERYTHING!**" This means: **Give up all resentments!** Following are Masters' steps on how to do just that:

### 1. FIRST AND FOREMOST...YOU MUST GIVE UP RESENTMENT, JUDGMENT AND BLAME.

Otherwise, you will never prevail over the rising tide of appetites they produce. Resentment produces inferiority which leads to the drive to overachieve which leads to frustration and fear which lead to the eating. Let go of all resentments!

### 2. RE-EXAMINE ALL YOUR MOTIVES, YOUR SELFISH GOALS AND FANTASIES.

### 3. DECIDE IF YOUR BINGING IS BEING POWERED BY GUILT AND ANXIETY AND SELFISHNESS AND PRIDEFULNESS.

### 4. LET GO OF YOUR WILLFULNESS, PREFERRING THAT "HIS" WAY BE YOUR WAY. (Masters promises that if you do so, your unnatural hungers will diminish automatically.)

### 5. EAT SIMPLY, TO SUSTAIN THE BODY, NOT THE EGO. Select simple, natural foods; and eat them raw whenever possible.

### 6. DON'T MAKE THE FLAVOR OF FOODS A PRIMARY GOAL...THE WISE PERSON EATS TO DISCOVER HIS GOD-GIVEN BODY. The egotist eats to forget and indulge and escape. The willful person's life ends in a big pile of fatty protoplasm. Eat now to remember the way of righteousness and to dissolve your attachments to pride, resentment, disease, and death."

## FROM THE KITCHEN...

### ACID FRUIT MAIN DISHES

These acid fruit main dishes are taken out of *From Candy's Kitchen at The California Health Sanctuary*, written by Victoria Bidwell, with recipes from Candy Chambers. (This book is available through the Life Science Library upon request.) **ENJOY!**



### Acid Salad

(Serves 2)

- 2 grapefruit
- 2 oranges
- 1/4 pineapple
- 2 celery stalks
- 1/4 fresh coconut
- 1 dozen large strawberries

- Peel the citrus fruit; then peel the membranes from their sections.
- Cut away the outer pineapple rough edges; then cube the meat.
- Mince the celery.
- Stem and then slice the strawberries.
- Remove the coconut from the shell; then shave away the brown skin. Fine shred the white meat.
- Finally, stir the fruit and celery together until well mixed.
- Pour onto beds of butter lettuce, and top with the shredded coconut.

### The Ultimate Acid Fruit Salad

(Serves 4)

- 1 pineapple
- 8 kiwi fruit
- 12 strawberries
- 4 oranges
- 4 tangerines
- 8 tangelos
- 2 pomegranates
- 6 celery stalks
- 1/2 of a fresh coconut

- Clean the outer husk and core away from the pineapple, and cube the meat.
- Peel and slice the kiwi fruit into rounds.
- Stem and slice the strawberries into rounds.
- Peel the citrus fruit, section it, and cut the sections in half.
- Dice the celery.
- Separate all the individual pomegranate seeds from their containers.
- Shell the coconut, and remove the brown skin from the coconut. Then fine-shred the coconut.
- In a large bowl, gently stir together all the fruit and celery. Pour into a special serving bowl, and garnish with the shredded coconut. The coconut milk can be served in a small pitcher.



## FROM THE MAILBOX

### Natural Weight-Loss Systems:

*"What happens when you suddenly fall off the raw food diet and go on an all-day bender eating all your toxic, old favorites?" (This question was asked in Lesson 13.) NOT the terrible things described by Victoria Bidwell. The fruit eaten after a "drunk" just pushes out the toxins before they are digested!*

*I eat 5 lbs. of fruit daily (more if it includes melons). Using 5 lbs. daily, the day before the bender, there is a 5-pound consumption of fruit in the system. Likewise, the next 3 days after the bender are 15 more pounds of fruit trying to expel the toxins. My experience is that fruit will succeed.*

*Of course, it is better to stick to fruit; but if the Mrs. says she will leave you if you stop eating her cooking and are no longer willing to dine out with her, it is worth eating with her and at the same time eating several pounds of fruit daily. I weigh about 50 pounds less than my top.*

**—Name Withheld  
Marblehead, Maine**

### Dear "Marblehead",

I can see your letter is written with a certain amount of humor. But you have raised 3 very important issues here.

First, I can assure you that all of the "terrible things" described will happen to a person who has undergone a long fast and eaten nothing but raw food for several months. That was exactly my position as I was writing the article. The fact that you have never had these "terrible things" happen to you is testimony to the fact that you have never gotten pure in the first place! As Lesson 13 attempts to point out, the degree to which your body reacts violently to food from The Standard American Diet is the degree to which you have achieved purity on the cellular level. Obviously, with the eating plan you have adopted to placate your wife, you have never approached this state of physiological purification.

Secondly, you need to clearly understand the role of nerve energy and the role of Hygienic food in a total health program. Fruits eaten after a bender do not "try to expel toxins." Foods do not have the ability to act on the body. It is the body that acts upon the foods. Foods have no special curative or active properties. It is nerve energy alone that "runs the whole show." And when we eat food that is toxic, nerve energy is squandered trying to deal with these toxins. If the nerve energy is high, the body will react with violent sickness after a SAD food bender. If nerve energy is low, the body simply adapts with lowered levels of health and the building of chronic, degenerative disease. This idea is thoroughly explained in Lesson 3, if you have time for reviewing.

And finally, without coming down too heavy...let me say that to knowingly eat toxic food that will poison the body and lead to horrible, irreversible disease—in order to hold a marriage together—is not my idea of "marital bliss." You may have lost your weight and be feeling great. But you cannot escape the physiological laws of life. If you continue to poison yourself from a toxic food supply, you will pay the price!

**GetWell...and...StayWell,  
Victoria Bidwell**