

TEN STEPS TO IMPROVE YOUR HEALTH

Introduction: Out west there was a cliff from which numerous people had fallen; some were killed and all were injured. The people in the community in the valley below did a fund raiser and built a hospital to take care of the injured. One forward thinking individual decided the best thing to do, rather than care for the wounded, was to build a railing at the top to prevent anyone from falling and being injured.

This became very real to my wife and me approximately 28 years ago. Our youngest son was about 18 months old. He was extremely hyper. We took him to our family doctor and the pediatrician. Both said he was o.k. and would grow out of it. But we knew something was wrong. A friend told us of a bio-chemist who was coming to the local health food store to do nutritional testing. We took him to be tested. The bio-chemist told us that the cause of his behavior was refined sugar, food coloring and food dyes. We eliminated those from his diet and within three weeks we had a new son.

I want to us to look at 10 things we can do to improve our health. All of them affect our diet and are affected by our diet.

1. Exercise – Necessary for optimal health.
 - Without exercise, cells loose their pliability, become weak, and toxins accumulate.
 - Without exercise, lymph is hindered in its removal of toxins and its work of fighting disease.
 - Without exercise, bones lose density.
 - With exercise, oxygen uptake is improved, increasing stamina and endurance.
 - Should exercise at least 30 minutes every day or 1 hour every other day. Divide between aerobic and resistance.
2. Water – 70% of adult body is water. It helps to stabilize the body's temperature, dilutes toxins.
 - Helps neutralize acids. Flushes waste from the body.
 - Hydrates the skin from within.
 - Need to divide your weight by two and drink that many ounces per day.
3. Sunlight – 10-15 minutes per day is recommended. Or in winter – use full spectrum lamps.
 - Sunlight helps to lower blood pressure.
 - Helps lower blood sugar.
 - Balances production of hormones especially Vitamin D.
4. Breathing – oxygen the difference between life and death. We can live over 40 days without food. Over 4 days without water. But not longer than 4 minutes without oxygen.
 - Oxygen supply and quality affects brain, all cells, and disease. Disease cannot live in an aerobic environment.
5. Rest – During sleep body is repairing itself. Rids itself of toxins.
 - Circulates minerals, vitamins and hormones.
 - Produces human growth hormone that maintains and repairs muscles.
6. Stress – Depletes energy.
 - Creates hormonal imbalance.
 - Induces the over production of cortisol and adrenaline.
 - Left un-dealt with, stress is a door – opener to disease via acidosis.
7. Attitude of Gratitude – Humans are composed of three parts – spirit, soul, and body.

8. Benevolence to others.

9. Cleansing –

- Lungs – largest internal elimination organ. 12,000 quarts of air per day exchanged through the lungs.
- Skin – largest organ. It eliminates twice as much, by weight as the bowels per day.
Anti-perspirants block the elimination of toxins through the skin.
Exercise stimulates the release of toxins through the skin.
- Gastro-intestinal tract – kidneys and bowel.
One bowel movement per meal. Most Americans on SAD are constipated.
- Eyes – matter.
- Ears – wax
- Nose – mucus
- Mouth – drainage into throat.

10. Living foods/Dead foods.

- Dead foods are preserved, processed and refined foods. Example: sugars, table salt, flour.
Stimulants, artificial foods (sweeteners)
Most cooked foods.
- Living foods are fresh fruits and vegetables. Fruits are greatest source of vitamins.
Vegetables are the greatest source of minerals.
- Living foods are complete foods. They contain protein, carbohydrates, fats, water, fiber, enzymes.
- Living foods are naturally more alkaline. Flesh foods and all processed foods are acidic.
- Cooking above 107 degrees destroys the nutrients. For example: milk is pasteurized from 140-167 degrees.
- “You do not get energy from the food you eat. You get energy that is in the food you eat.”
- In 1900 the average adult ate 5 pounds of sugar. Today=170 pounds per person.
- Need 25 grams of protein per day. Average person eating the SAD diet eats 150 grams. If you eat a raw fruit and vegetable diet you will get all the protein you need.
- Drinks that contain aspartame are destructive. Aspartame when heated to 86 degrees becomes formaldehyde, wood alcohol and then formic acid.
- Many allergies and cholesterol can be controlled by diet.
- Need to eat 25 grams of fiber per day. Raw vegetables are the best source for it.
- Meat has no fiber. Four ounces of meat equals about 28 grams of protein.
- We need to build up the immune system. Eat plenty of fruits and vegetables. Supplement with Vitamins A, C & E.
- Sweeten things with maple syrup, honey, molasses, stevia or dates.