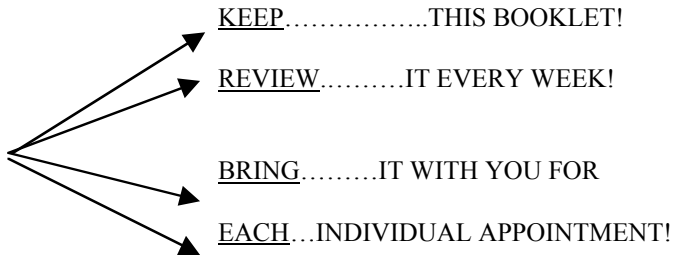


THIS IS YOUR PERSONAL LIFESTYLE BOOKLET THAT GOES
ALONG WITH YOUR PROFILE EVALUATION RECOMMENDATIONS

ATTENTION!!!



To help you remember your scheduled evaluations, please record your re-evaluation dates and time here: You may tape your sessions.

(Be considerate – if you have a personal appointment, please give coordinator at least 24 hours notice if you need to cancel!)

NEXT APPOINTMENT DATE:

<u>DATE</u>	<u>TIME</u>	<u>DATE</u>	<u>TIME</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Name _____ (Please print)

Street _____ City _____ ST. _____ Zip _____

Phone (____) _____ - _____

Occupation _____

Marital Status: MARRIED DIVORCED SINGLE WIDOWED SEPARATED (Circle)

Others _____

Weight _____ Age _____ Height _____

Surgeries: _____ Gall Bladder _____ Hysterectomy-complete or partial

 _____ Appendicitis _____ Tonsillitis

Others _____ No

Medications: _____

 _____ Estrogen _____ Birth Control Pills

Do you smoke? _____ # of years you have smoked in the past _____

of meals per day _____ Average # of bowel movements per day _____

ENERGY CYCLE of the BODY - page 2

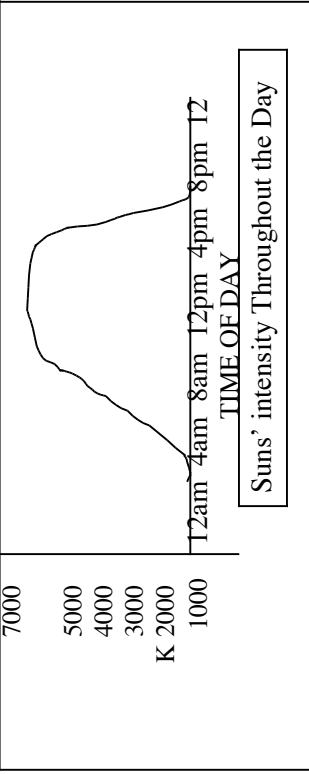
2am	6am	Noon	6pm	10pm	2am
Below 2900°K <sleep zone> Involuntary <Breathing>	Light Temp. -5000°K to 6800°K to 5000°K <work Zone> Need temperature of light to be 5500°K to effectively work	Light Temp. 4500°K <Transition>	Light Temp. 2900° to 1000°K <sleep Zone>	Light Temp. 2900° to 1000°K <sleep Zone>	Light Temp. 2900° to 1000°K <sleep Zone>
<----- Voluntary Breathing -----> Breathing: 5 minutes 5 x a day ENERGY: 56% - Breathing-REST 24% 15% - Water 5% - Food					
2am PERIOD of MAXIMUM ELIMINATION Time of cleaning waste out of tissues	6am Noon Time of eliminating waste from body	Noon PERIOD of MAXIMUM DIGESTION	6pm PERIOD of MAXIMUM ASSIMILATION of ENERGY for REBUILDING TISSUES AND RECHARGING CELLS	10pm PERIOD of MAXIMUM ASSIMILATION of ENERGY for REBUILDING TISSUES AND RECHARGING CELLS	2am PERIOD of MAXIMUM ASSIMILATION of ENERGY for REBUILDING TISSUES AND RECHARGING CELLS
Water	Water	Digest	Digest	Assimilate	Rest
Conclusion of REST CYCLE – extra cleaning requires more rest for maximum cell cleaning Number of Glasses of water. Start at daylight:	Fruit Only or juices 5 Glasses 4-6-8 ounces per hour	*See Below 1 -2 Glasses 4-6-8 ounces per hour	Digested Food is being assimilated 2 - 3 Glasses 4-6-8 ounces per hour	PERIOD OF MAXIMUM REST Summer 11pm - 3am with Daylight Savings	PERIOD OF MAXIMUM REST Summer 11pm - 3am with Daylight Savings
2am 7000 5000 4000 3000 K 2000 1000	*Eat meat before. *Stop eating Flesh Meat takes 4 hours to digest if eaten by 2pm *Eat meat before. *Stop eating Flesh Meat takes 4 hours to digest if eaten by 2pm *Eat meat before. *Stop eating Flesh Meat takes 4 hours to digest if eaten by 2pm *Eat meat before. *Stop eating Flesh Meat takes 4 hours to digest if eaten by 2pm				11 12 1 2am Be in bed 11 in summer.

The intensity of light determines the activity of the body.

The body rests best when the sun's intensity is low. 10-2 or 11-3am.

*8 oz. water allowed 30 minutes before meals. 3 to 4 oz. of water or liquid with meal.

8 oz. water 1 hour after Fruit meal; and 2 hours after non-starchy vegetables meal; and 3 hours after starchy vegetable or meat noon meals; Beef: 4 hour after noon meal. 6 hrs. breakfast or supper.



Suns' intensity Throughout the Day



About The Author/Biochemist: Donald Gene: Kraus

Donald Gene: Kraus was born and raised in Michigan and received his BS Degree in Biochemistry in 1965 at Le Tourneau University in Longview, Texas. He furthered his education at Arizona State University. After finishing college, he was employed with Uni-Dynamics in Phoenix, Arizona and also Ferro Corporation in Tennessee.

The positions he held until 1972 involved Government Research in both places, at which time he was diagnosed with Cancer and given 3-6 months to live by Doctors of the medical profession. Not willing to believe that his Creator and Savior's plans for him were complete, he began to read and study the Scriptures to find alternative remedies in order to fulfill YH'VH's (God's) plan for his life. Within 5 years he was able to overcome Cancer by the determinate and willful making of major and important adjustments that were necessary at that time in his life.




Because of the difficult experience required overcoming this lifestyle adjustment by himself, he wondered how anyone without his training could possibly go through such an adjustment in their lifestyle and succeed. It was at this time that YH'VH gave him his calling and present assignment. [See the assignment as it was presented to him on HIS WEBSITE - www.bodylifedirect.com.]

With this in mind, Donald Gene then furthered his studies in the physiology and chemistry of the body...biochemistry. He also studied under Biochemist/Physicist Dr. Carey Reams; Herbalist Dr. John R. Christopher; and Iridologist Dr. Bernard Jenson; this took place between the years: 1974-1978. Since that time, he has been holding Seminars, writing books and still to this day, continues to consult with people, aiding them to a better life and a healthier lifestyle.

Anionic / Cationic		for:		date:		time:	
Range	Sugars		pH	Conductivity	Cell Debris	Ureas	
C 50 to 75% Relative Digestive Efficiency	High Blood Sugar Excess Alcohol	High Resistance Slow Digestion Excess Heat Loss	8.00	ANIONIC	Excess Ionization and Current Flow Salting Out Effect	+++	30
			7.80				28
			7.70				26
			7.60				24
			7.50				22
			7.40				21
			7.20				20
			19				19
			18.9				18.9
			B 85 to 95% Relative Digestive Efficiency				Tending Toward High Blood Sugar
7.10	17						
7.00	16						
6.90	15						
6.80	14						
6.70	13						
6.60	12						
11	11						
10	10						
9	9						
A 100% Relative Digestive Efficiency	Energy In	Energy Out	6.59		11.9	.04M	6.9
			6.40				6.0
			6.20				6.0
D 20 to 45% Relative Digestive Efficiency	Low Blood Sugar	Decreasing Resistance Increasing Magnetism	6.19		Deficient Conductance and Osmotic Pressure Increasing Oxygen Pressure	Deficient Electrolyte Potassium Deficiency	5.9
			6.10				5.5
			6.00				5.0
			5.90				4.5
			5.80				4.0
			5.70				3.5
E 4 to 15% Relative Digestive Efficiency	Severe Low Blood Sugar	Low Resistance Fast Digestion Excess Elec. Loss	5.45	CATIONIC	Deficient Ionization and Current Flow	Nature not cooperating for healing	3
			5.60				2.9
			5.45				2.9
			5.45				2
			5.45				1
			5.45				1

LEGEND:

- Excessive Cholesterol  Fatal Nitrogen Toxic Heart Stress Zone
- Moderate Cholesterol  Major Nitrogen Toxic Heart Stress Zone
- Minimal Cholesterol  Minor Nitrogen Toxic Heart Stress Zone
-  = Shows division between tending towards high and low blood sugar

-  = Proper working range while healing
-  = if overweight, there is a potassium problem if below this level
-  = if normal weight, there is a potassium problem if below this level

LIFESTYLE PROFILE DEFINITIONS

These definitions will help you understand the meaning of the values on your individual computer printout.

% VITALITY: the measurement of how well the body is handling its stress, work, (both mental and physical), nutritional processes (digestion, assimilation, cell replacement), and elimination processes (kidney, bowel, skin and lungs). 100% vitality means the body is handling its lifestyle.

% POTENTIAL: the amount of energy available to the body as reserves (bank account). It includes rest and mineral energy reserves, water and oxygen reserves (breathing). 100% potential means there is enough energy available in reserves for crisis care and longevity (immune resistance).

%LOSS IN POTENTIAL: the potential loss due to: 1) Rest Energy Deficiency, 2) Tissue Mineral Deficiency 3) Energy Loss due to Smoking, Surgery, and Drugs, and 4) Blood Mineral Deficiency. Value should be zero.

%REST ENERGY DEFICIENCY: Rest energy is the amount of cell recharge energy you get while sleeping. The % of rest energy deficiency indicates the loss of cell recharge energy due to the factors of stress, intensity of lifestyle, and eating and sleeping at the wrong times. The loss should be zero percent if the rest energy is able to support the levels of stress, work and lifestyle activities.

% TISSUE MINERAL DEFICIENCY: due to more minerals, vitamins, hormones, and enzymes being consumed by the body than what is supplied. The potential (bank account) is then lowered and enzymes supplied from foods, (and supplements) is sufficient to replace what the body uses. Depending on age, these minerals are used by the body to replace the cells as they wear out.

%BLOOD MINERAL DEFICIENCY: the loss of actual reserves IN THE BLOOD. These deficiencies in the blood include minerals, vitamins, hormones, and enzymes. It should be zero.

% DEFICIENCY OF RESERVES DUE TO SMOKING: the reserve loss from the bank account reserves to offset the effects of smoking.

% DEFICIENCY OF RESERVES DUE TO MAJOR SURGERY: the reserves taken from the bank account to insure survival of major surgery.

% DEFICIENCY OF RESERVES DUE TO DRUGS: the reserves taken from the bank account to offset the effects of drugs.

% METABOLIC AGE: the actual age of the body due to the loss of potential. It is based on the 120 year potential. This loss does not have to be permanent.

% CIRCULATORY OBSTRUCTIONS: Circulatory obstructions are made up of excess sugar, salts, acids, and alkaloid Ureas carried by the blood. These obstructions interfere with the body's access to potential energy and thus lower vitality. Zero percent circulatory obstructions means the blood is carrying the minimum level of obstructions. The % of Circulatory Obstructions is due to: 1) Water Deficiencies, 2) Effects of Low Blood Sugar and Acidity.

% WATER DEFICIENCY: the deficiency due to insufficient clean (distilled) water intake for the following processes: removing circulatory obstructions through the kidneys, sweating, talking, digesting and eliminating. The water deficiency should be zero percent of the water intake, and purity provides sufficient clean water used in the above processes. Proper water intake results in urination approximately every two hours. (Herb teas and vegetable juices count as water).

% LOW BLOOD SUGAR; TOO MUCH INSULIN BEING PRODUCED: means that the pancreas gland is putting out too much insulin in the blood resulting in the blood sugar going too low causing cravings, body too cold, allergies, poor memory, etc. In most cases it is due to not getting enough rest. IT SHOULD BE ZERO.

% TOO ACID, ACIDITY: means the kidneys are having trouble neutralizing the acid in the blood coming into the body through foods, liquids, and stress, so the body is trying to compensate by eliminating the acid through the bladder and if there is not enough water, it dumps the acid in the joints, muscles or organs. This acid interferes with the oxygen circulating to the cells. IT SHOULD BE ZERO.

% STORED OBSTRUCTIONS (IN POUNDS): the excess circulatory obstructions that cannot be eliminated by the kidneys. These obstructions are stored in the cell tissues as excess weight to protect the vital organs of the body. IT SHOULD BE ZERO. These obstructions are inorganic salts and undigested protein, which are due to saltwater retention and bowel obstructions.

% SALT WATER RETENTION: too much sodium salt and not enough Potassium in the tissue spaces resulting in excessive water retention because the kidneys do not have enough water to eliminate the excess Sodium salt. IT SHOULD BE ZERO.

% BOWEL OBSTRUCTIONS: the excessive water in-soluble waste in the bowel system that cannot be eliminated therefore is stored as extra weight. Ideally, we should have bowel elimination for every meal each day. Three meals = 3 bowel eliminations per day. THIS VALUE SHOULD BE ZERO.

% BREATHING POTENTIAL DEFICIENCY: the loss in energy due directly to circulatory obstructions and deficient breathing, and indirectly from the stress and intensity of lifestyle. This loss in energy should be zero percent if the breathing is providing enough oxygen to supply the demands of the cells due to the lifestyle.

% DIGESTION EFFICIENCY: the ability of the body to process the food intake. The amounts of food, combinations, quality, time of eating, and drinking with meals are all factors that influence digestion efficiency. This will be 100% if digestion and assimilation completely process the food.

% BOWEL EFFICIENCY: the ability of the intestinal tract to excrete the waste materials resulting from the food intake after digestion and assimilation. The bowel efficiency will be 100% if the colon is thoroughly eliminating all waste 18 to 24 hours after a meal. This waste should be mostly fiber.

% STRESS MANAGEMENT POTENTIAL: the amount of energy available to counteract the effects of stress. The first potential source is energy from breathing, and then from rest and mineral reserves. The potential will be 100% if the rest and mineral reserves are not depleted by the stress of digestion, elimination, and physical or mental work. This means that the energy from breathing alone is able to counteract all of the stress.

% CELL REPLACEMENT EFFICIENCY: a measure of the rate in which cells are being replaced as they wear out. This will be 100% if the cells are replaced at the same rate as they are wearing out. Cells wear out on an average of every 6 months at 20 years of age, every year at 40 years of age, every 18 months at 60 years, and every two years at 80. Cells breaking down too fast means the cells are wearing out faster than they are being replaced.

TISSUE WATER RETENTION: means the body tissues are holding on to too much salt water due to poor kidney function, high salt intake, not enough distilled water, low potassium, or not enough rest.

TOO MUCH WATER : means too much water or liquid is being consumed in a given time. Example – two or more glasses of water in one hour instead of one, or soup or fruit containing a lot of water and water taken within the same hour.

DEHYDRATED: means the kidneys are not getting enough water to keep the blood cleansed resulting in water being taken from organs; like the bowels, lungs, skin, stomach, saliva, bile, etc. in order to maintain a safe blood water level. This is the main cause of weakness, sickness and dis-ease.

GENERAL RECOMMENDATIONS: refers to the four major minerals that the body needs; and as such, we must decide on whether to: begin cleansing the bowels or Kidneys; or begin building mineral deficiencies; or both.

Remember:

The cause of all weakness, sickness, and disease is a Lifestyle of:

Breathing deficiency,

Rest deficiency,

Eating at the wrong time,

Not enough water at the right time.

HOW WE MEASURE YOUR BODY'S VITALITY: $V = P - O$

Vitality = Potential – Obstructions; Vitality should be 100% at any age.

Vitality: Measure of the energy the body currently has available to do the work required by the individual's lifestyle.

Potential: Amount of energy the body has in reserve to do its work; called the Bank Account Reserves, Should ideally be 100% for 120 years.

Obstructions: Anything that interferes with the energy in the Bank Account from being used when it is needed.

P = 100 – Loss (or Gain) in Energy Reserves from Rest Energy and vitamins and minerals.

Loss or Gain in Energy Reserves = Energy Going In Minus Energy Going Out

Breathing	(56%)	Stress
Rest	(24%)	Mental & Physical Work
Water	(15%)	Digestion
Food (nutrition)	(5%)	Elimination: (bowel 6%, kidneys 92%, skin & lungs 2%)

Obstructions: is anything interfering with the circulation of the blood to any part of the body. Sugar, Salt and undigested protein (ureas) molecules are the main obstructions that interfere with blood circulation and cell nutrition.

The physical body should provide life energy for an average of 120 years (see Genesis 6:3). At 20 years of age old cells divide and change on an average of: every 6 months; At 40 years of age, every 12 months; at 60 years of age, every 18 months; at 80 years of age, every 24 months.

The Ream's Method of Evaluation is used to measure the vitality or physical energy of our body, and indicates what is interfering with it (OBSTRUCTIONS.) It also shows how well our body is handling our lifestyle. It differs from other forms of testing in that it does not concern itself with "symptoms". Quite simply, it shows loss of energy in the body and where that loss is located due to Lifestyle.

The Ream's Numbers are taken from tests performed on urine and saliva. These numbers have a relationship which gives an overall picture of how the energy in the body is being used. Even though each number reveals specific information about the body, it is the relationship between these numbers which is most important. However, if even one number of Ream's Numbers differs from the "Ideal Level," then the whole body chemistry is out of balance.

IDEAL VALUES

Sugars: 1.5 A measure of the number of calories the body is using. It indicates how well the body is processing sugars, vitamin C, carbohydrates, starches and grains. There are 5 different kinds of sugar measured in this test.

PH: 6.4 These 2 numbers measure the "pH" of the body (an abbrev. that means % H² ions).
6.4 The bottom number is the pH of the saliva; and indicates how well the body is digesting foods. It also indicates bile strength and hormonal deficiencies. The two numbers together indicate the body resistance and acidity.

Salts:	6c	The measure of the salts (electrical energy) circulating in the blood. The higher the salt measurements, the slower the circulation of the blood; thus inhibiting nutrients and electrical energy from reaching the body's cells.
Albumin:	04M	The measure of albumin is the number of dead cells being eliminated. Failure to eliminate leads to cancer symptoms. If it is eliminating too many, it means the body is changing cells too quickly, thus, it is aging too fast or "burning out."
Ureas	3 3	The Urea measurement has two numbers: The top number indicates how well the small intestine is eliminating, and the bottom number shows how well the colon eliminates. The Urea measurement indicates generally how well proteins digest, and whether you are eating too much protein. It also indicates how well the large and small intestines are eliminating, whether the body is building up cholesterol; whether the circulation is good or poor, and whether the heart is under stress.

WHERE DOES OUR ENERGY GO?

The body uses energy in the following order or priorities: highest energy amounts go to Stress, then Mental and Physical (Exercise) Work; then Digestion, and finally, Elimination. The elimination organs eliminate in the following percentages: kidneys – 92% (water soluble waste); bowels – 6% (water insoluble waste); lungs and skin – 2%.

When the body cannot eliminate the toxins and waste it has to store them somewhere in the body tissues; and this is what causes the body to be obstructed. These obstructions interfere with the circulation of the blood in that area, thus keeping the breath of life from getting to the cells, resulting in the loss of vitality. You could have 100% potential and still have low vitality because the obstructions are interfering with the potential energy being available to the body.

Remember: Only 5% of our energy comes from food, but a great deal of energy goes to processing the food, which supplies 95% of the raw materials that the body requires for cell replacement.

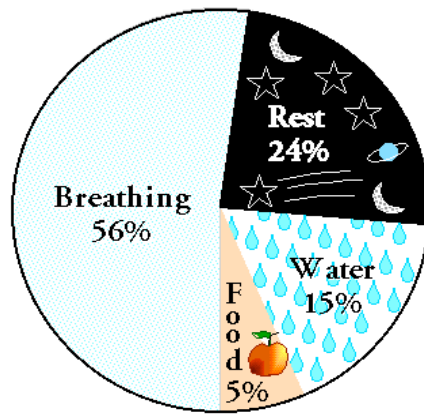
PRIORITY OF ORDER OF ENERGY GOES TO:

- 1. STRESS**
- 2. MENTAL AND PHYSICAL WORK**
- 3. DIGESTION**
- 4. ELIMINATION (BOWEL, KIDNEYS, SKIN AND LUNGS)**

It takes 18-22 hours to digest and eliminate a meal.

Methods and percentages of elimination are:

Bowels:	6% - Water insoluble waste
Kidneys	92% - Water soluble waste
Skin and Lungs	2%



WHERE DOES OUR BODY'S ENERGY COME FROM?

Four or five minutes without air and we are in trouble! That oxygen must be doing something for us! And water? A few days without water and our body would literally dry up! Suppose someone said to us, “Let’s stay up all night! Or better yet, the whole week!” Now, what shape would we be in? Do we think we could do anything at all without having slept a few days? If we do get our energy from food, why is it that we are so dependent on these other things? Think about it! So, here we have found some simple things we take for granted that seem really important: **Breathing, Rest, Water, and then Food!** These are the true sources that the body gets its energy from. Look at the chart to see how much energy comes from each source.

We don’t have to pay anyone for the fresh air we breathe, the sleep we get, or the sunlight we receive. We don’t think much about these things, and we probably don’t know how to get the most out of them. Food and water aren’t exactly free, but there are some important tips for these, too. These are the guidelines we strive for every day – and we can try them too!

Why eat since it is only 5 % of our energy? Our foods are minerals needed for replacing our cells. If 20 years old, your cells are replaced on an average of 6 months; 40 years old - 12 months; 60 years old - 18 months; and 80 years old – 24 months. WHO THEN NEEDS THE MOST FOOD?

More DETAILS about where our Body's energy comes from.

Breathing: Oxygen is the main substance that we run on. In fact, 56% of our energy comes from breathing. Our body is literally a breathing machine. In a way, it is similar to the engine of a car. *Deep breathing is a good mechanism for getting oxygen into our lungs and body; and for training our lungs to work better. Important: 24% of our breathing energy is dependent on air humidity (40–60 %.)

Deep breathe 5 times a day, for 5 minutes each time. The best times to do this are just after arising in the morning, before each meal; and also just before bed. Technique: Breath by standing up! Raise your arms over your head while you take a deep breath, completely filling the lungs. Hold the breath as long as it is comfortable only the first time. Then let the air out through the mouth as slowly as you can while slowly lowering the arms. Work up to one minute for holding the breath; but don’t expect to be able to do this right away. Holding ten or fifteen seconds may be all we can do at first.

*To breathe well, the proper humidity is very important. Maintain the relative humidity between 40% and 60%. Below 40% range, our lungs can not get the oxygen they need from the dry air. Above 60% range, breathing becomes difficult, and the body can get moldy from all the excess moisture from air.

*Exercise – really distributes the *oxygen* in the body. Walking and swimming are examples of good exercises to do because they are not stressful on the body structure. The old adage, “No pain, no gain” can be damaging to the body.

***WATER:** Our body also gets *oxygen* from water and sunlight.

- Water is two parts hydrogen and one part *oxygen*, and the body uses this *oxygen*.
- Sunlight and especially the color sky blue, enables your body to absorb *oxygen from air*.

THE IMPORTANCE OF GOOD BREATHING

One's breathing habits can make or break one's ability to do anything effectively. We can begin to appreciate this most important energy source when we consider the fact that most of us can survive at least 40 days without food, but no longer than five minutes without air. And breathing becomes an even more important energy source of energy while we fast from food. If at some point we feel depleted during a cleanse, I suggest the the need to breathe deeper. A session of steady, deep, yet relaxed breathing for an hour or at least 30 minutes each day can make all the difference. Not only is the energy level improved, but the surplus of oxygen also helps purify the bloodstream of toxic substances and dis-ease microorganisms.

It is true that the most primitive microorganisms, which are involved in dis-eases, are anaerobic (live without oxygen). These pathogenic bacteria and viruses can only live in isolated places that become sealed off from oxygen exposure, like a stagnant pond, or in the body of a poor breather. Hyper-oxygenation of the bloodstream using ozone has been highly successful in aiding the body to resist a large number of dis-eases including AIDS and CANCER. Even the AIDS virus cannot survive a high oxygen environment. This is understood to be a scientific fact.

So, one may ask, "If resisting AIDS and CANCER is this simple, why hasn't it been made available to everyone by now?" Breathing deeper has always been available, but is too simple a solution for people to believe; and the medical establishment can't make much profit from it and the principle is too simple and obvious for our complicated medical establishment.

To allow the body to truly heal, we must eliminate our self-destructive habits. The vast majority of people in our culture have unhealthy breathing habits and unhealthy eating habits. How did we become poor breathers? There is overwhelming evidence that the quality of our first breaths at birth have a great bearing as to how we habitually breathe the rest of our lives. Most women have experienced unnatural childbirths in which the umbilical cord was prematurely severed. The umbilical cord supplies the newborn baby with oxygen until it can become accustomed to breathing on their own. If the cord is cut immediately, as done in most childbirth procedures, the child is forced to struggle for air in order to keep from dying. It desperately gasps for air, quickly and shallowly. So most of us continue to breathe like these first breaths, quick and shallow. I am convinced that this kind of breathing is the reason why many have low energy, unclear thinking, nervousness, and a whole list of other health ailments. How can we change such an embedded unconscious pattern? At first, it takes a real conscious effort. A number of breath therapies are now available to meet this need. If you keep practicing breath work, your entire breathing pattern will be changing from shallow, inconsistent gasps and breath holding, to deep, slow, steady, relaxing breaths.

REST

While sleeping, we normally "recharge" much of the energy discharged during the day. Without proper recharging, the body will eventually burn out! We get the maximum recharge of energy from 10 p.m. to 2 a.m. (11 p. m. to 3 a.m. in summer with daylight savings) while the sun's energy is being almost completely blocked by the earth. During the day the sun's South Pole energy predominates, waking us up by activating our body's penal gland. The sun's South Pole energy also activates digestion. After the sun sets, the sun's energy can't reach our body, and the earth's natural North Pole energy predominates. Thus, our body's glands "shut down" in preparing us for rest. For this reason food eaten after 6 p.m. (7 p.m. in summer) will not digest well. See the chart: Energy Cycle of the Body on the 2nd page of this booklet.

South Pole (daylight & sun) and North Pole (nighttime and moon) energies must balance. Manmade electrical appliances, household wiring systems, computers and even our automobiles emit **manmade** South Pole energy. This top-heavy influx of South Pole energy depletes our rest energy reserves. We can resist this by sleeping the proper hours, using the special computer magnets and cutting down on electrical fields. See chapter 6 of “Total Harmony of Mankind” for an expanded discussion.

WATER

Water is the transporter of life. All body processes need pure water to function. Fifteen percent of our total energy comes from water via the oxygen and hydrogen content; and at least 70% of our circulating body weight is water. Water flushes out body toxins. See website: www.bodylifedirect.com

***How much to drink:** You need to drink half your body weight in ounces of distilled water each day. (See: Why Distilled Water? – on page 12). So, if you weigh 160lbs., then you need to drink half that number in ounces, or 80 ounces.

- Divide that amount of water into 8 glasses to spread out during the day. Each of the 8 glasses in my example would have 10 ounces. See your Lifestyle Profile, pg. 5.

- You need to drink more when exercising, if pregnant, and when air is very dry; also the more sick or dis-eased you are, the more you will need to drink.

*** When to drink:** Drink 5 glasses in the morning (from 6 a.m. to noon). This is the period when your body wants to “clean house”, and can use the water the most.

- Drink only 1 or 2 glass between lunch and dinner.

- Drink 2 glasses between dinner and bedtime ; 3 hours after completing meals.

- It is very important to remember that water will dilute the digestive juices, and will prevent food from digesting properly! Drink as little water with meals as is possible (no more than 3 or 4 ounces). End your drinking 1-½ hour before mealtime.

***How to Drink:** If possible drink between 3, 6 and 4 ounces every half hour; if too strict, then 6, 8 and 12 ounces every hour. If you have Low sugar tendencies, avoid drinking too much liquid per hour; it will just rush right through your body lowering blood sugar without doing any cleaning.

WHY NOT DRINK GROUND WATER?

Rain cleans the air and brings nutrition to the soil such as nitrogen for plant life. Through filtration, pollution is filtered. However, air pollution is so bad that the rain becomes acid; this corrodes the earth causing the soil’s inability to hold moisture, and thus the plants can’t absorb the minerals.

Because of polluted water and added fluorides and chlorine, etc., our drinking water system is full of Ureas causing plaque build-up and uric acid gout buildup in body tissues.

HUMIDITY AND WATER

We get water not only from drinking, but also from air humidity through our skin and lungs. The cleaner, less obstructed, our skin and lung systems are, the better we can pick up moisture. Air humidity must range from between 40% and 60% for this to occur. Air conditioning lowers humidity below 40% causing dehydration; which causes our blood to be too viscous. When that happens, circulation through the blood system is limited.

When using air conditioning, use it only to lower room temperatures to 72°. Purchase a good HYDROMETER to keep track of humidity levels and consider humidifiers (for winter) and dehumidifier for moldy, yeasty moist areas, like basements, in the summer months.

WATER FROM FOODS

We get water from the water content of fruits and vegetables; that is, if they are not overcooked. Baking over 240° F. removes too much water from food, as does high-heat frying. To prevent dehydrating your digestive system, always steam over boiling water, or bake at 240° F. or less. Making soups using distilled water is also a good method, since food nutrients pass out into the broth, which is eaten. Overcooking creates a “processed food” (highly concentrated acid-forming), which has the water content driven from it.

OVERWEIGHT? UNDERWEIGHT?

Water balance in the body is mainly responsible for these two problems. It is not wholly as simple as drinking more or less water; the chemical balance of the body is equally important, as well as obstructions, etc.

However, digestive juices being mostly water, will be weakened when the body chemistry lacks good clean water. Water is also vital in the entire digestive process and the process of moving nutrition to every cell. Blood should circulate through the body every 23 seconds. Lack of water will slow down circulation thus slow us down, too. Incorrect water-body weight ratios prevent our bodies from picking up electrical energy from the sun and air.

WHY DISTILLED WATER?

Distilled water is filtered water that has been heated and turned to vapor, leaving behind chemicals, inorganic minerals, salts and impurities of any kind. It then condenses and turns back to water; clean, pure water...rainwater without the pollution. Approx. 70% of water circulates through and around the body.

Filtered distilled water is the purest water on the face of the earth. It contains no solid matter of any kind. It is made solely of the combination of two gases, hydrogen and oxygen, it is these two substances that make up our total body's weight and body frequency. (95 % body weight is water.)

WHAT WILL WATER DO FOR ME?

Filtered steam distillation simply lifts the water out of all the impurities! Once the water is filtered in order to remove chemical gases and is then distilled, it has a strong attraction for inorganic substances thus making it the most potent cleansing agent the body can have. Our kidneys appreciate this cleansing water.

Water itself is like a giant sponge, ready to soak up these inorganic waste substances. But, if the water goes into the body with inorganic impurities, such as spring and well water, its natural cleansing functions are impaired. As a result, these pollutants can build up in our blood vessels, joints, and tissues. As a potent solvent, distilled water draws stored impurities such as uric acid crystals, toxic substances, and other waste materials from the body.

A common misconception is that we need these minerals in our water. Rainwater filters down into the soil and picks up inorganic minerals along the way that are held in suspension in the water. These are inorganic minerals, just like sand, and cannot be assimilated by the body. The reason we get our minerals just from foods is that only plants can convert (digest) inorganic water soluble substances into organic ones that can be assimilated by the body.

And Finally! –

Steam distilled water will energize us! Oxygen gives our body energy, and is the main substance that we function on. Yes, we get oxygen from water as well as from breathing! It is important to have the purest source of water to get the most oxygen in the water and prevent our body from getting it. **Remember:** Dehydration causes poor digestion, breathing and rest.

FOODS & EATING LIFESTYLE

Fortunately, only 5% of our total energy does come from food. **HOWEVER, WE EAT LIKE IT IS 80% OF OUR ENERGY!** Well then, why do we eat? Food gives our body the raw materials (the organic minerals only from seeds) needed to make and replace cells. At ten years of age, it takes on average of 3 months to replace worn out cells; 6 months at age of 20 yrs; 12 months at age of 40 yrs; 18 months at age of 60 yrs; 24 months at age of 80 yrs.

*What to eat:

- Let's start with this: foods that have the most natural amounts of water are the easiest to digest. This leads us right to...
- Fruits. Eat only fruits in the morning (6 a.m. to 12 noon). The body wants to cleanse itself during this time, and eating heavier foods will compete with this process. And besides, we can't drink all the water we need in the morning with all that food trying to be digested! Also, do not eat fruit with other meals; fruits are best eaten alone. In other words, with no other foods groups. Ideally, do not eat acid fruits with sweet fruits.
- Always eat two to three parts (by volume) of non-starchy vegetables for each part of meat or starch. The exact ratio and amount will depend on your Profile evaluation. The emphasis should always be on non-starchy vegetables. It is vital to adhere to the proper ratios for combining the foods. Non-starchy vegetables include: celery, lettuce, broccoli, cucumber, green beans, cabbage, etc. (see page 17 herein.) Non-starchy vegetables have a high water content and contain lubricants to help the food pass through the colon. This is important because meats and starches are sticky and need the lubrication from the fiber in non-starchy vegetables.
- Do not eat meats and starches together. Each one takes a different type of digestive enzymes in order to digest them completely. Meat requires strong acids digestive juices in the stomach. Starches require saliva which include grains such as brown rice, millet, buckwheat, wheat, oats, rye, breads, corn, etc., and also starchy vegetables such as navy, pinto and black beans, sweet and red-skin potatoes, squash, lentils etc.

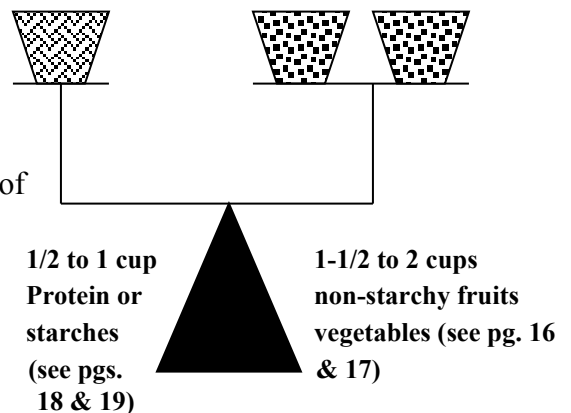
*When to eat what:

- Eat just fruit in the morning. You can have fruit twice during the morning if you wish, and it can be eaten up to ½ hour before lunch.
- Eat your main meal at lunch between noon and 2 p.m. (summer until 3 PM). This is the time when the body is prepared to digest food the best. Meats take the longest to digest. So, eat them at this time if you are having them, not for dinner. (It takes 3 hours to digest at 12-2PM-6 hours after 6 PM)
- For dinner try to eat lighter foods, just mostly vegetables (80%) and starches. (20%)
- It is not necessary to eat three meals a day. 2 Meals/day for 50-60 years. 1 meal/day for 70-80 years!

***How much to eat:** The exact ratio and amount will be given in your evaluation profile.

As a general guide:

- Fruit: Eat about 1 cup at a time.
- Lunch: If you are having meat, have about one-half cup of meat with 1 1/2 to 2 cups of non-starchy vegetables. If having starch, have ½ to 1 cup of starch with 2 cups non-starchy vegetables.
- Dinner: Have about ½ to 1 cup of starch with two cups of non-starchy vegetables.
- You may want to eat a little more for dinner if you are a bigger person.
- Don't overeat! It is always better to leave the table hungry, wanting a little bit more.



***How to eat:**

- Always chew well, at least 20-30 chews for each bite of food. There are no grinders in your stomach. Mixing the fruits & starchy food well with saliva is the vital first step in the digestive process. The enzymes in the saliva start the starchy food digestion. Also, when chewing, the tongue senses what type of food is being eaten and tells the stomach to “get ready” for that type of food.
- Eat while sitting down. Relax and enjoy the food. Do not eat laying down, or in a rush or on the run.

***Food processing and elimination:**

- Except for meats, chewing mixes food with saliva, and breaks it apart to be analyzed and prepared for processing and digestion. Strong acid juices (pH of 1) in the stomach mix with food, completely dissolving it while the stomach kneads the food. The liver along with the gall bladder adds bile (alkaline) with the fats and oils and pancreatic enzymes are added to food coming from the stomach. This mixture creates an energy that causes nutrients to be vaporized and then extracted into the blood stream through the walls of the upper intestine. From there the nutrients go to the liver, which breaks them down further and then puts them back together for cell replacement. From there the remaining liquid goes into the small intestine. This works its way into the large colon, which squeezes out the liquid and finally excretes the solid waste.
- Remember, non-starchy vegetables have a high water content and contain lubricants to help the food pass through the colon. This is important because meats and starches are sticky and need the lubrication from the fiber in non-starchy vegetables. The lubrication is released from the fiber while chewing & mixing with saliva. When the colon is not cleaning well, it backs up. The digested food ferments, putrefies, and essentially poisons the body. The results can be female, prostate, and stomach problems. If we eat 3 meals a day, then we should have 3 bowel movements the next day!

***Cooking:**

- Unless sick, the less you cook your food, the better. Cooking at high heat destroys the nutrients and fatty acids in the food. Steaming is always preferable, or baking at a low temperature (240° or below). Frying and micro-waving (also radiation effects) are not recommended because of the very high temperatures involved. To prevent mold, leftover cooked foods should be frozen within one hour.

YOU WILL NOTICE THAT FOOD IS NOT LISTED AS A PRIORITY ON YOR CLIENT PROFILE. IT IS IMPORTANT, BUT IT TAKES TIME TO MAKE CHANGES-THEREFORE WORK ON OTHER PRIORITIES FIRST (especially pg 5. profile priorities1 through 4)

CHILDREN AGE ABILITY TO DIGEST FOOD. (make undigestible foods into soups & stews)

Ages

1 to 5 years	Soup, Fruit, Juices
5 to 7 years	Add non-Starchy Vegetables; or in soup form for younger.
7 to 9 years	Add Starches, Grains; or in soup form for younger.
9 to 11 years	Add Nuts, Cheeses, Eggs
12 years and up	Add meat Products

Children’s digestive systems develop with age. Thus, they cannot eat just any food because some food groups require stronger digestive juices and enzymes. All necessary protein are in all foods.

SEEK WISDOM

The following is a list of items that I would suggest seeking the wisdom of our Creator as to whether or not you put these into your body. Each individual must make his own decision. I like what it says in **Proverbs 3 : 13 – 18:**

“Happy is the man that finds wisdom, and the man that gets understanding. For the merchandise of it is better than the merchandise of silver, and the gain thereof than fine gold. She is more precious than rubies: and all the things thou canst desire are not to be compared unto her. Length in days is in her right hand; and in her left hand riches and honor. Her ways are ways of pleasantness, and all her paths are peace. She is a tree of life to them that lay hold upon her: and happy is everyone that retaineth her.”

	Canned or Creamed	
Alcohol	Soups	Cigarettes/Drugs—any kind
Dried Fruits (with sulfur dioxide)	Coffee, Nuts-Roasted	Processed Oriental Teas
Cocoa/ chocolate	Pastries/Puddings	Junket/Sauces, etc
Carbonated drinks	Canned Juices	Pork – in any form
Shortening/Margarine	Potato Chips/French Fries	Hot Dogs
Smoked Snack Meats	White Rice and wheat	Fat Stock Consommé
Hush Puppies/Tater Tots	Products	Pasteurized Honey
White or Brown sugar	Artificial Syrups	Goose, Rabbit
Canned Vegetables	Meat Tenderizers	Processed Lunch Meats
	Peanut Butter	

THE FOLLOWING COMBINATIONS CHARTS WILL HELP YOU PLAN YOUR MEALS:

Breakfast:

Choose your morning meal from the fruit list on this page. Remember: fruits are cleansing. Eat these between 6 a.m. and noon. **DON'T EAT FRUITS** when **THE COMPUTER PRINTOUT SAYS "NO" (OR ALLERGIC.)**

Ideally do not eat acid fruits with sweet fruits. Do not use fruit juices from a concentrate.

The following fruits are good for breakfast in the proper combinations:

NO acid fruits if pH urine is 6.0 or below.

ACID FRUITS

SUB-ACID FRUITS

SWEET FRUITS

Tangerines

Apples

Bananas (very ripe)

Currants

Apricots

Figs (dried)

Gooseberries

Blueberries

Grapes

Grapefruit

Cherries

Persimmon

Lemons

Fresh Figs

Raisins (soak 2 hours)

Limes

Mangoes

Avocados

Nectarines

Papayas

Cantaloupe*

Oranges

Peaches

Honeydew*

Pineapple

Pears

Watermelon*

Cranberries

*(all melons should be eaten alone)

Tomatoes are fruits (fresh)

Blackberry Juice (only juice – seeds can irritate the colon)

Raspberry Juice (only juice – seeds can irritate the colon)

OTHER FRUITS

Strawberry Juice (only juice - seeds can irritate the colon)

unsalted Olives

There are other fruits not on this list that are okay to eat.

Smoothies are okay: EXAMPLE) Bananas & Blueberries, almond milk; and hemp protein powder (1 or 2 TBS.) Only takes 1 hour to digest.

Please chew & mix with saliva.

Chew your liquid drink & drink your food that has been thoroughly chewed and mixed with saliva.

Non-starchy & non-sticky vegetables

The following foods are allowed in the proper ratios unless stated otherwise on individual profile printout.

These foods can be steamed, fresh, raw, from frozen or in a soup.

Ratio: 2 cups of these non-starchy vegetables either alone or with ½ cup of meat meal; or

Ratio: 2 cups of these non-starchy vegetables either alone 1/2 to 1 cup starch and grain meal. See profile printout.

These foods are Acid Eaters AND ARE NOT STICKY:

Asparagus	Eggplant	Parsley
Brussels Sprouts	Endive	Parsnips
Beets, Beet Tops	Garlic	Radishes
Broccoli	Green Pepper	Rutabagas
Cabbage	Kale	Spinach
Cauliflower	Leeks	Sprouts
Celery	Mustard Greens	String Beans
Cucumber	Okra	Turnip Greens
Dandelion	Onions	Watercress

Note: You may include any vegetable not listed under Starchy Vegetables.

Lunch-MEAT meal

(the best time to have MEAT meal-between 12 noon to 2 pm winter-3 pm summer;

This meal should be eaten between noon and 2 p.m. for maximum digestion and not more than 3 times per week (**IDEAL, unless Type O blood**). **Ideally, do not eat meats/proteins at the same meal with starches and seldom eat them alone.** Your mid-day meal can consist of only non-starchy vegetables. The proteins are acid makers and require very acid digestive juices. Eat in the proper ratio: ½ cup meat to 2 cups steamed non-starchy vegetables or salad. (**See pg. 17 for non-starchy vegetables. If the computer print out says “no” or “allergic,” please avoid.**

The following proteins are allowed in the proper combinations:

Ratio: ½ cup lean meats to 2 cups non-starchy vegetables. See page 3 of profile printout.

MAY NEED DIGESTIVE ENZYMES TO AID DIGESTION (see page 3 in Profile.

These following foods are ACID MAKERS AND ARE STICKY! MUST EAT WITH VEGGIES.

Calves Liver Deer Turkey or chicken (white meat only – w/o skin)
Use brands that have no steroids OR OTHER DRUGS.

	<u>These are Scavengers</u>	<u>Toppings</u> –(Small amounts may be added to give additional flavor and texture to salads, brown rice, steamed squash, etc.)
Okay	Double ACID	
<u>Fish</u>	Please Avoid	
Bass	Tuna	Almonds (soaked 2 hours)
Cod	Catfish	Almond Butter
Flounder	Shrimp	Wheat Germ (vacuum packed)
Perch	Lobster	Avocados
Salmon	Crab	
Trout	and all other shellfish	Milk or Goat Cheese (aged 6 months)
Orange Rough		Cottage Cheese from whole milk
		Milk – skimmed & UNPASTERIZED or un-homogenized.
		un-homogenized Buttermilk & UNPASTERIZED MILK
		Yogurt (plain)- from UNPASTERIZED Milk

Eggs (5 to 7 a week, only poached or soft boiled or wet omelets.)

Again remember. YOU WILL NOTICE THAT FOOD IS NOT LISTED AS A PRIORITY ON YOR LIFESTYLE PROFILE. IT IS IMPORTANT BUT IT TAKES TIME TO MAKE CHANGES-THEREFORE WORK ON OTHER PRIORITIES FIRST (especially pg 5. profile priorities 1 through 4.)

Evening and/or Lunch Meals:

When not eating flesh protein, chose your lunch meal from the list below. Choose your evening meal from the list below. Eat before 6 p.m. during the winter months, and before 7 p.m. during the summer months for maximum benefit.

Note: Starches, Sugars, and Fats: Do not eat these foods with proteins and never eat them alone.

Ratio: ½ cup starches to 2 cups non-starchy vegetables on page 16.

These foods are **STICKY ACID MAKERS** AND ARE hard to eliminate through the bowel:

WHOLE GRAINS or flours– **Soak for 7 hours in distilled water prior to cooking.** (Eliminates Calcium oxalate inhibitors and must not be Genetically modified-GMO)

Brown Rice	Wheat	Yeast
Millet	Rye	
Buckwheat	Oats	
Cornmeal (yellow)	Barley	
	Spelt	

Remember, foods on the Non-Starchy Vegetables (page 16) list may be eaten in any ratio together. Those foods lubricate and add fiber to these foods. MAY NEED DIGESTIVE ENZYMES TO AID DIGESTION OF THESE FOODS (see page 3 in Profile.

Starchy Vegetables

Corn (fresh – No popcorn!)

Peas

Potatoes (red skin)

Winter Squash (steamed or bake at 240 F)

Carrots and Pumpkin (steamed or baked at 240 F)

Legumes: Soak all legumes for 12 hours. Drain, rinse, and low simmer for 12 hours on low heat in a Crock Pot.

Dried Beans

Dried Peas

Lentils

Non-GMO Soybeans (Be careful; affects hormones)

REMEMBER-MANY WHEAT, SOYBEAN AND CORN PRODUCTS ARE GENETICALLY MODIFIED OR HYBRID SEEDS.

Again remember.

YOU WILL NOTICE THAT FOOD IS NOT LISTED AS A PRIORITY ON YOUR LIFESTYLE PROFILE. IT IS IMPORTANT BUT IT TAKES TIME TO MAKE CHANGES-THEREFORE WORK ON OTHER PRIORITIES **FIRST** (especially pg 5. profile priorities 1 through 4.)

SOME SPECIAL FASTING ACTIVITIES

Lemon Water (counts as water); as directed if suggested and recommended.

Lemon Water = ____ oz. of Fresh Squeezed Lemon Juice + ____oz. distilled water +__Tablespoons of raw honey, natural maple syrup or crude Black Strap Molasses.

GALL BLADDER/LIVER FLUSH as directed or recommended.

Flush for liver or gall bladder: 1 or 3 day light diet of only fruits and non-starchy vegetables. Drink ____ oz. juice. Last night of fast – just before bedtime, mix very well and drink ____ oz. Olive Oil, plus ____ oz. lemon juice and _____ oz. _____ Juice. Lie on your right side in knee/chest position for 1 hour or so. Can use Peppermint Oil on Stomach area to relieve gas from Gall Bladder cleansing.

Please record your questions/suggestions/complaints here for discussing at your next evaluation.

Consultation Comment

Date

_____	_____

_____	_____

_____	_____

_____	_____

_____	_____

_____	_____

WHAT TO EXPECT WHEN YOU IMPROVE YOUR EATING LIFESTYLE

What is the area of greatest misunderstanding and confusion in the field of nutrition? It is the failure to properly understand and interpret the symptoms and changes that follow the beginning of a better nutritional program.

What does it mean to have a better nutritional program? It is the introduction of foods that are higher quality, in place of lower quality ones. For example, if someone replaces a protein-rich food such as pork, with beef, the beef may be considered the superior of the two due to its easier digestibility, lower and less saturated fat content, etc. Chicken is superior to beef and fish is superior to chicken because of its more rapid digestibility and lower fat content. The closer the food comes to the natural state in which it occurs, or the closer it comes to its raw, unrefined form, the higher its quality. In this condition, all the enzymes are intact and the amino acids are in their finest form. The minerals, vitamins, trace elements, carbohydrates and the “life force” are present. This life force, in turn, is capable of reproducing healthy tissue. In addition, the quality of a nutritional program improves by omitting toxic substances such as coffee, tea, chocolate, tobacco, salt, pepper, etc.

What is the relationship between the quality of foods and recovery from illness? It is this: The higher the quality of food we eat, the faster we recover from dis-ease, provided we are able to properly digest and assimilate our food.

What happens when someone follows proper rules and makes a decided improvement in the quality of the food consumed? Remarkable things begin to happen in the body as well as the mind. When the quality of food coming into the body is of higher quality than the tissues themselves, the body begins to discard the lower grade materials and tissues to make room for the superior materials that the body uses to make healthier tissue. This is the plan of nature. The body is very selective and always aims at improvement for better health. The Creator of our body intended that the body be well and have within it the ability to stay well, provided it gets the necessary care and food it needs. The self-curing nature of many conditions, such as colds, fevers, cuts swellings, etc., furnishes endless examples of how the body heals itself unless we do something to stop the process.

When the use of a toxic stimulant such as coffee, tea, chocolate, or cocoa is stopped suddenly, headaches are common and a letdown occurs. This happens because the body discards the toxins called caffeine and Theo bromine. These toxins are removed from the tissues and transported through the bloodstream during its rounds. The withdrawal of stimulation produces a slower heart action called a resting phase, which registers in the mind as relaxation or a decrease in energy. This initial letdown lasts about 10 days or slightly longer followed by a decrease of strength, a feeling of diminishing stress and of greater well being. During this initial phase, the vital energies that are usually in the periphery or external part of the body such as the muscles and skin begin to move to the vital internal organs and start reconstruction. This shifting of energies to the internal region produces a feeling of less energy in the muscles, which the mind interprets as weakness. This is why it is important for our mind to be renewed to the truth of what our body is really doing. Any weakness felt is not true weakness, but merely redeployment of forces to the more important internal parts. Here it is important for the individual to stop wasting energy and to rest and sleep more. This is a crucial phase. If you resort to stimulants of any kind, you will abort the regenerative intent of the body. Further, it is very important to have patience and faith to wait it out. Soon you will have increased strength that will exceed by far what you felt before changing your lifestyle of eating.

During the first phase called catabolism, the accent is on elimination, or breaking down of tissue. The body begins to clean house. In short, to remove the garbage deposited in all the tissues everywhere. Here the accent is on removal of body obstructions. Wastes are discarded more rapidly

than new tissue is being made from the new food. This becomes evident as weight loss. This is followed by the second phase, stabilization. Here, the weight loss becomes more stable. The amount of waste material being discarded daily is equal to the amount of tissue being formed and replaced by the newer vital food. This stage persists for a while, then the third phase, a build-up period called anabolism wherein weight starts to go up. at this point, new tissues are being formed faster. This is due to the improved assimilation made possible by the correcting of wrong food combining. The body's need for the usual amounts of food decreases. Thus, it is able to maintain weight and increase energy with less food. The higher the percentage of raw food one lives on, the slower the rate of tissue deterioration. A sick body requires a gradual, carefully planned out entry to this stage.

Many ask the question, "How come I'm eating better now than ever, and I'm getting worse?" We don't understand that the body is going through "retracing", throwing out more poisons more rapidly than the body can eliminate. The body is building more energy now as those hard-to-digest meals have been discontinued. These toxins being discarded are saving you from more serious dis-ease. For some, colds and fevers that haven't appeared for a long time may occur. This is nature's way of housecleaning. Understand these actions are constructive, even though unpleasant for the moment. Work with the body, not against it, by avoiding the use of drugs to quiet the symptoms. Get some rest, and of course, have no fear. The body is working with you. Headaches may even occur, and the skin may break out, there may be a short interval of bowel sluggishness, occasional diarrhea, feelings of tiredness, weakness, nervousness, irritability, mental depression, etc. the majority of people find their reactions tolerable. Hang in there and be patient.

The symptoms will vary according to the materials being discarded, the condition of the organs involved in the elimination, and the amount of energy you have available. Your symptoms will become milder and terminate more quickly if you rest and sleep more. Be happy you have symptoms. At least you are alive!

Don't be misled into believing improving your diet will make you feel better and better each day until you reach perfection. The body is cyclical in nature, and you may feel better for a while and then feel terrible. Once again, energy returns and you feel bad again. Remember, you are "fearfully and wonderfully made". Give yourself a chance to experience what it means to be really healthy and fully alive. Feel the joy of living in and aligning yourself to our Creator's law.

Remember, Love Your Body!

Love is patience! Your body needs time to adjust to your new lifestyle. Your mind needs consistent input (knowledge) of why these changes are necessary.

AGAIN remember.....

YOU WILL NOTICE THAT FOOD IS NOT LISTED AS A PRIORITY ON YOUR TESTING PROFILE. IT IS IMPORTANT BUT IT TAKES TIME TO MAKE CHANGES-THEREFORE WORK ON OTHER PRIORITIES FIRST (especially pg 5. profile priorities 1 through 4)

THE ULTIMATE LIFESTYLE IN REVIEW

FACTS TO CONSIDER:

- A. 80% of energy comes from light (sun and air). 56% comes during the day, 24% at night.
- B. Light manifests itself as electricity, heat and color energy.
Eyes pick up color energy;
Ears pick up electrical energy;
Skin picks up heat and electrical energy.
- C. Light also gives us air to breathe through lungs and skin.
- D. 15% of our energy comes from liquid (water) and food.
- E. 5% of our energy comes from food (minus water), which breaks down by digestion to heat (calories) and electrical energy. 95% of food raw materials go to cell replacement.
- F. We could go around 40 days without food: (5% of our energy if not dehydrated).
We could go around 7 days without water: 24 % of water comes from humidity).
We could go around 5-7 days without sleep: (24% of our energy if not dehydrated).
We could go around 3-5 minutes without air (56% of our energy). This comes from breathing unless dehydrated.

FOR MAXIMUM AVAILABLE ENERGY FROM SUN AND AIR (80%)

- A. Exercise for maximum cleansing between 6 a.m. and noon.
- B. Work in similar light conditions as outside light.
Light intensity for work should be 5000 K PLUS.
Use full spectrum lighting since most manmade light is 2900K (sleeping zone) or 4500K (between sleeping and work zone). Do 5 minutes of deep breathing exercises 5 times a day.
This helps offset the stress factors, which tightens the body making it difficult to breathe.

FOR MAXIMUM AVAILABLE ENERGY FROM LIQUIDS (15%)

- A. Drink ONLY filtered distilled water.
- B. Drink a total of ½ your weight in ounces per day. It is especially important to drink water in the morning during your elimination (cleansing) cycle. Five 8 OZ. GLASSES (as a general rule).
- C. Do not drink with meals except enough to take supplements (3 or 4 ounces).
- D. Eat 80% of food with the most water content (non-starchy vegetables).

FOR MAXIMIZING AVAILABLE nutrition FROM FOODS

- A. Eat foods between 12 noon and 3 p.m. Summer (max. digestion period); 2 p.m. winter.
- B. Largest meal between 12 noon and 2 p.m. The later the meal the longer it takes to digest and assimilate. DO NOT EAT AFTER 6 p.m. in the winter, 7 p.m. in the summer.
- C. Eat protein no more than 3 times per week, unless Type O blood. Avoid eating MEAT AFTER 3 p.m.
- D. Eat only cleansing foods such as fruits, juices, herbs, and vitamin supplements in the morning.

FOR MAXIMUM ENERGY FROM SLEEP

- A. Go to bed by 10 p.m. Maximum recharging of body cells takes place between 10 p.m. And 2 a.m. in the winter and 11 p.m. and 3 a.m. in the summer. For hormones & immune system.
- B. Sleep with your head to the north or to the west.
- C. Keep humidity in the bedroom at approximately 50% and maintain good airflow.
- D. Use loose, natural fiber such as cotton, silk or wool for bedding and bed clothing.

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DVD**

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_____ BLOOD SUGAR PROBLEMS	_____	_____
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_____ FOODS	_____	_____
_____ OBSTRUCTIONS PART I	_____	_____
_____ OBSTRUCTIONS PART II (FASTING LIFESTYLE)	_____	_____
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