

Seven Basic Steps to Total Health

Condensed eBook Version

Full 274 page version can be purchased at www.totalhealthinstitute.com

Dr. Keith Nemec



www.totalhealthinstitute.com

Seven Basic Steps to Total Health Study Guide

Copyright 2003 by Total Health Institute

All Rights Reserved
ISBN: 0-9700435-1-1

No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system, without written permission from Total Health Institute, except for the inclusion of quotations in a review.

Medical Disclaimer

The medical and health information in this book is based on the training, experience, and research of the authors. Because each person and situation is unique, the reader should check with a qualified health professional before following this program. Therefore, the authors, and Total Health Institute specifically disclaim any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of the contents of this book.

Published by Total Health Institute

Contents

Forward – Dr. Keith Nemec	4
Seven Basic Steps to Total Health Overview	6
Air/Oxygen/Breathing	14
Water	17
Food	21
Sleep	28
Exercise	31
Fasting	34
Prayer	39

Forward

The message of the moment is twofold:

First, this is the time the people of the world must learn to be led by a deep inner knowing of Truth in their heart, their spirit instead of more superficial knowledge filling their head, their mind.

Second, it is time to enter into two covenant relationships: one with the Living God, the God who speaks to us today with the answers to our real life situations, who isn't buried with religion (which is a product of our old lie-filled mind), but who is alive and gives us all the wisdom, all the power, all the love, all the joy, all the peace, all the hope, all the knowing we need, when we need it, when we are in a partnership with Him, a covenant relationship with Him. One with Him in body, in mind and in spirit. The second is the body, mind and spirit covenant with yourself, where each part takes care of the other two, each part is willing to die for the other two. Each part loves unconditionally the other two.

The only way we can save our world is to let the Spirit of the Living God reign supreme in our hearts where we are led by the all-knowing He provides. He has the answer for every question, concern and situation that will arise in your life journey, but to access the answer, it is only found in the knowing in your heart. This is the place where God speaks. The True answer is never found in the knowledge of the mind, because the mind is clouded and blocked. The mind is filled and programmed with the world system, the ego, the flesh, the 5 senses, religion, time future and past and physicality. The mind is filled and programmed with the lie. The heart is filled and programmed with the Truth. When one tries to access the answer from the mind, the heart/spirit is suppressed. Likewise when one tries to access the answer from the heart/spirit, the mind is stilled. So how can you know the answers, know the Truth, know God's perfect wisdom to all your life situations? "Be still and know that I AM." I AM the answer to every question, I AM the Way and I will show it to you, I AM the Truth and I will place it in your heart, I AM the Life and I will bring it into your body, your mind and your spirit. The first step is to learn to still your mind. This means to stop thinking and start knowing. To stop the raging waves of the ocean of thoughts and start listening to the drops on the still pond of your heart as they spread to touch every part of your being, every part of your body, mind and spirit. To "know" you must learn to listen to the soft, quiet voice of Truth spoken into your heart. To access this "knowing" you must begin on a journey, a journey into total health of body, mind and spirit, and the first steps of this journey are the:

SEVEN BASIC STEPS TO TOTAL HEALTH

In closing I would like to dedicate this book to the two who have taught me everything I know in my heart about total health: to my covenant partner in my life journey, the love of my life – my wife Laurie, whose name means victory and freedom, and to the one and only Living God with whom I am covenanted with for all eternity.

Dr. Keith Nemec

Seven Basics Steps to Total Health Overview

Seven Basics to Total Health

1. Air/Oxygen/Breathing
2. Water
3. Food
4. Sleep
5. Exercise
6. Fasting
7. Prayer

Why do so many people not heal?

- Not doing the 7 basics to total health on a daily basis.
- Looking at a part instead of the whole (breast, liver, colon, lung).
- Looking at the dis-ease as physical more than physical, mental, and spiritual all combined as one, all needing to be addressed as one.
- Addressing effects instead of causes (dandelion flower vs. root).
- Seeking a cure instead of a healing (outside of yourself instead of inside yourself).
- **MORE** - Do not know about the flow of life, what blocks that flow and how to remove these blocks (in a person with advanced cancer who has four weeks to live, if they cut their finger it will heal, this shows that life is still flowing in the body, why then does it not flow to the tumor and heal it? The answer is blockage in the flow of life, which needs to be removed).
- **MORE** - Whole vs. individual parts must be stressed in healing. It is what you consistently do every day of your life that makes you who you are. You can, never ever heal when you look at the effects instead of removing the causes. Mow the dandelions down with the lawnmower and what have you done? Temporarily removed the dandelions, but in actuality you only spread more dandelion seeds to grow. The only way to remove the dandelion so it never comes back is pull it out by the root, the cause, so there can be no more effect.
- **MORE** - Too much pressure in the bag. If we looked at our health as a plastic bag, and our symptoms, conditions and dis-eases as a popping of the bag in a specific area, how can one possibly heal and live in total health unless they remove all the pressure in the bag? This is addressing all the causes of the pressure or imbalance (all the physical, mental, emotional, and

spiritual causes) instead of just trying to mend the “pops” in the bag. If you mend this pop which is cancer but don’t remove the pressure then it just pops somewhere else, you either get cancer somewhere else or you get another dis-ease somewhere else, Why? Because you never removed the cause, never removed the pressure, never removed the imbalance that caused the “pop” in the first place.

- **MORE** - The river of life flows to every cell in your body. Let us look at this river as an actual river. If we dam up the river with boulders what happens? Upstream from the dammed area it produces a flood, downstream from the blocked area it produces a drought. Two problems produced by the same blockage. Now let us say this river is the river of life to your immune system. If you put blockages in this river it produces two situations: a flood in the immune system which is known as autoimmune disease (multiple sclerosis, rheumatoid arthritis, Crohns colitis, thyroiditis-Graves, Hasimoto, adrenalitis-Addisons, diabetes, hepatitis, nephritis, lupus, scleroderma), and allergies and sensitivities. It also produces a drought in the immune system which is known as recurrent infections of all types (bacterial, viral, fungal, parasitic) and cancer. So what is the answer? Is it to bomb the body with chemotherapy, radiation and surgery for the cancer or is it to take high doses of steroid medication, for the autoimmune disease, until it destroys other organs, glands and tissues? Or is it simply removing the blockages in the river of life so the low immune function increases to normal and the hyperimmune function decreases to normal, and then learning how not to put any more boulders in the river to block it up.

How is health and healing accessed?

Two ways.

First

- From the Spirit of God filling the spirit (heart) of the person with Truth. This Truth then flows into his supremeconscious mind (mind of God). This Truth also begins to set him free from both conscious (thinking) and unconscious (stored memory) negative mind patterns and emotional toxins. This supremeconscious mind then leads the person into specific action steps to restore his physical health.

Second

- From doing the easiest things to change first-breathing properly to increase oxygen intake, proper daily water intake, proper diet, proper daily amount and onset of sleep, proper daily exercise, learning how to say no to what negative mental, emotional and physical activities are slowly killing you (fasting), learning how to hear the voice of God spoken into your heart and mind (the Truth, the Way, the Life).

- From taking these action steps you can then begin to use energy that was being used to keep you alive in survival mode, for deeper inner healing (letting go) of stored negative mind patterns and emotional toxins from your past and those that were generationally passed to you. As you become freer in mind and emotions you begin to open spiritually to the love of God and seek to intimately know Him in your heart.

Health / Healing flow from:

Spirit of God – the Truth, the Way, the Life,
into

Spirit of Man – knowing God, being filled with His Spirit, and partaking of the tree of life,
into

Mind – **Supremeconscious** - filled with all Truth;

Conscious - willfully choosing Truth and reprogramming with Truth;

Unconscious - releasing stored lies, reprogramming with Truth;

into

Emotions – replaced with spiritual states of being: love, joy, peace, hope;

into

Body – bringing health and healing.

Health / Healing is accessed from

Body – 7 basics of total health,
which when balanced starts to balance

Emotions – releasing stored emotional toxins from organs, glands, tissues and body parts,

which when balanced opens the mind up to Truth.

Mind – **Supremeconscious** - Truth flowing from the heart,

Conscious - willfully choosing Truth, and reprogramming Truth,

Unconscious - releasing stored lies, reprogramming Truth,

which when reprogrammed and renewed with Truth, become open and allows the

Spirit of Man – knowing God in your heart, partaking of the tree of life,
to be filled with

Spirit of God – the Truth, the Way, the Life,

and flow God's Spirit unhindered to bring the kingdom of God, the Spirit of God into the hearts and minds of men, women and children. This is heaven (Spirit) come to earth (body/physical), God's creations living as He created them to.

MORE - Why is total health of body, mind and spirit more easily accessed from the physical first? Because all of humanity has old mental thought patterns (lies) and emotional toxins (stored negative energies) that have been passed from Adam

and Eve all the way down through the generations. Also, all have the lies and stored negative energies that they themselves have accumulated in their life. All these combine to block the heart from receiving the Truth. Once the physical body is balanced with the 7 basic steps, the energy that was being used to just keep you going in survival mode can now be turned inward into deep inner healing and the release of the lies (old mind) and stored negative energies (toxic emotions). These can release naturally without effort or counseling. The body, soul and spirit just let them go at the right time. Now once the body is balanced and the mind and emotions have been balanced, the heart is open to receive the Truth.

MORE - What is an emotional toxin, and how can it store in the body? Emotional toxins are negative energies that can store in any gland, organ, tissue, or body part causing either rapid progressive damage or dis-ease of that area of the body or slow progressing damage that fully manifests years later with dis-ease. They occur when someone who has been programmed from birth and even before (generational) with lies spoken into their mind, and believes them. This gives rise to the negative emotions. Also when someone is at a weak point (vulnerable) and is hit with too many negative energies at one time, the system is on overload and its defenses temporarily break down, opening the door to these negative toxic emotional energies that take up residence in organs, glands, tissues and body parts, either rapidly or, more commonly, slowly destroying them. An example: if you accidentally hit your child in the face while playing around, it produces a lot of pain but, because it was done by the person he loves and no harm was meant, the pain quickly goes and healing is rapid. Now a different scenario occurs: the parent walks into the room after receiving the report card of the child and seeing average grades, so the parent hits the child and screams, "You will never amount to anything," along with "if your grades aren't better next time you are going to be severely punished!" This trauma of being hit now has a whole different negative energy to it. It becomes a blockage in his total health, causing storage in the body. The dis-ease has been born not to fully manifest until forty years later with cancer of the liver, which was the organ most susceptible to the fear, or even unresolved TMJ (jaw joint imbalance), facial muscle paralysis, or skin cancer. These are on the side of the face that was struck many years ago, but struck with devastating negative energy that caused a blockage in the flow of life, opening the door to eventual dis-ease. These toxic emotions and toxic lies can store in any area in the body and progressively destroy it if not released. But they are released progressively, when we make the seven basic steps to total health a lifestyle for our body, mind and spirit.

The Path to Healing

- 1st step physical, 2nd step mental/ emotional, 3rd step spiritual
- Your body only has so much life-maintaining/ sustaining energy. But if you eat dead, deficient, toxic food. You drink dead, depleting, toxic drinks. You breathe toxic air. You don't sleep enough and don't exercise, don't fast to break addictions, don't learn to listen to His voice in prayer. Too much of this life sustaining energy is going into the present just to keep you alive.

Energy - The Flow of Life, Health

- Your body has so much energy that it uses to sustain and maintain your health in the present.
- If you do not daily practice the 7 steps to total health then the body begins to become depleted of its energy to maintain health. This eventually will result in symptoms, conditions and dis-ease.
- If you master the 7 steps, then the body can redirect the energy it has been using in the present (just to keep you alive) to where the blockages in energy flow began - your past and the negative information that was passed to you generationally. When this occurs deep inner healing begins and the body/mind retraces back to the origin of the blockage/imbalance.

Retracing - The hallmark of healing

Retracing is the path of restoring health back from dis-ease. As one retraces he passes through, in reverse order, from dis-ease to conditions to symptoms to blockages to where there are no more blockages. Complete healing can never be attained unless one retraces back to the origin of the blockage of energy flow.

A 53 year old man has cancer. As he starts on the 7 basic steps to total health he starts to feel better, his energy greatly increases, his strength and stamina begin to improve, his digestion improves, his constipation and bloating leaves, his sleep becomes more sound and increased, his skin starts to clear and his brain fog lifts. He also feels more joyful and more at peace. He knows he is healing. After eight weeks doing the 7 steps he starts to experience headaches which he had not had since he was 12 years old; these last for one week then are gone. One month later he starts to have stomach pains which were identical to the ones he had when he was 6 years old, but have had not had since that time. These last for ten days and then are gone.

MORE - Retracing is seen in almost everyone who attains total health. It goes back to where the body just temporarily patched itself to get by. It then releases and rebalances, so the condition is totally gone, not just in dormancy awaiting for the time to erupt with a full-blown disease. How does one know if they are retracing or actually getting worse? If you are doing the 7 basic steps to total

health daily, you are retracing; if you are living the standard American lifestyle you are getting worse.

The Anatomy of Dis-ease

- At age 1 a boy develops a decreased appetite.
- At age 6 he develops stomach pains.
- At age 12 he develops headaches.
- At age 17 he develops allergies.
- At age 28 he develops regular constipation/bloating.
- At age 36 he develops chronic fatigue.
- At age 44 he develops anxiety and depression.
- At age 53 he is diagnosed with cancer.

Why do we address healing from the body first then the emotions and then the mind?

- It takes energy to heal, and the least amount needed is for the physical body.
- Once you have balanced the physical body through the 7 basic steps, then more energy is available to be used to heal the stored emotional toxins (blockages). As these release, once again more energy is available to heal the most energy-demanding part of your being: your negative stored mental patterns that you developed in your lifetime and those that were passed to you generationally. As these are released we become open to the love of God, to the awesomeness of His creation, and we seek to know Him intimately.
- Once we come to know Him intimately His Spirit fills us and flows to every part of our being: mind, will, emotion and body.
 - **Mind** - our conscious mind becomes renewed with Truth, our unconscious mind releases all old stored negative mind patterns (the old you is going, going, gone), we begin to operate in the supremeconscious mind - the unhindered mind of God that flows from His Spirit living in our heart. The knowing in the heart is flowing directly into our God mind.
 - **Emotion** - all emotions both negative and positive are released from future, past and generational, being replaced with the spiritual states of being: Love, joy, peace and hope.
 - **Will** - your will is no longer self-centered, ego, flesh driven. It has become an extension of the love, joy and peace that fill your heart. Your will and God's will have become one.

- **Body** - All blockages have been removed so the flow of energy and life is restored to every cell, tissue, gland, organ and system. Health and vitality are regained.

Who is healthier?

- The person who eats at a fast food restaurant and feels great or
- The person who takes one bite of fast food and is sick for a day?
- The person who feels great after eating a big meal at a fast food restaurant has no health. His health flow switch has been set so low it does not even communicate to his body anymore because his body is not listening (in actuality it is his mind that is not listening and his body that has to pay the price of the abuse. This starts a break in the “all are one” relationship between the body, mind and spirit - the body/mind/spirit covenant). Because he has no symptoms when breaking the 7 steps, he also has no symptoms when he exposes his body to physical toxins, chemicals, and mental/emotional toxins. This person will feel great today and drop dead of a heart attack tomorrow. This person will feel great today and be diagnosed with terminal cancer tomorrow.
- A person who is sick for a day after taking one bite of fast food has a very high level of health (if they are balanced, having taken the 7 basic steps to total health). Their health flow switch is set high so as to alert them of anything that would block the flow of life to any gland, organ, tissue, or body part. Eating this food sets off an alarm to the body/mind health flow (an insult to the body/mind/spirit covenant) and in response the body is notified that this has happened, thus eliciting symptoms significant enough not to be ignored. This helps in teaching the mind the proper choices to stay on the path of total health.

A Lesson from Nature

- Feed something that we would serve at a fast food restaurant to a wild animal that eats the purest living food, and it can die. This is health. Animals have an instinct to know what to eat. They eat only what their bodies require to stay healthy. Living food. The only animals that deviate from this are domesticated animals, dogs and cats, and they develop all the same diseases that humans do.

How does your body talk?

Symptoms, conditions and dis-ease

Symptoms mean:

- Getting worse or
- Getting better

It depends on what you are doing, the 7 basic steps or the standard American diet (SAD) and lifestyle.

How closely connected are body, mind and spirit?

In a balanced person, living in total health, the three become one, each helping the others to remove blockages to the flow of life.

Air/Oxygen/Breathing

The 1st Basic of Total Health is Air/Oxygen/Breathing

Who heals you?

God heals you and you heal you!

Do you want to see God heal you?

Cut your finger and watch the miracle of God as healing energy flows through your body to heal your finger.

If God's healing life energy flows to your finger to heal it, why doesn't it flow to your malignant tumor, to your diseased heart, lung, liver, pancreas, colon, thyroid etc.?

The answer is blockage.

The flow of life is flowing to the finger, but is blocked from flowing to the tumor, the organ, the gland, the tissue, the body part.

Flow of Life, River of Life/Health

- If the flow of life/health and healing is a river then any blocks in the river will cause two conditions: one of excess, one of deficiency.
- The river of life of the immune system. If one puts blocks in the river two conditions occur:
 - Flood: this is the overactive immune system which manifests with autoimmune dis-ease (multiple sclerosis, rheumatoid arthritis, colitis, diabetes, thyroiditis, adrenalitis, liver disease, kidney disease) and allergies, sensitivities.
 - Drought: this is the under active immune system which manifests as recurrent bacterial, viral, parasitic, fungal infections and cancer.

What are the blocks in the river?

Stresses: physical, mental, emotional, spiritual.

Physical: decreased oxygen, decreased water, wrong food choices (animal, cooked, processed, preserved), decreased sleep, decreased exercise, temperature, overdoing, structural.

Mental: lie vs. Truth, knowledge vs. knowing, wrong perception of God, self, others, the world.

Emotional: all emotions whether positive or negative instead of spiritual states of being - love, joy, peace and hope.

Spiritual: not knowing God, not knowing yourself, not knowing your purpose/mission. The greatest decrease in your total health.

Air - Oxygen

- The most important component of air that every cell in our body needs to maintain life is oxygen.
- Oxygen is the most crucial nutrient our body needs to maintain health.
- Up to 96% of our nutritional need comes from oxygen, the other 4% comes from food.
- 30 day+ without food, 3 days without water, only 3 minutes without oxygen and you die.

Oxygen Facts

- You need about 1 cup of oxygen per minute while resting and 2 gallons per minute while exercising vigorously.
- Your brain which makes up 2% of the body mass requires over 20% of the body's oxygen needs.
- Oxygen makes up 21% of the air we breathe. Polluted indoor and outdoor environments consist of less, even as low as 7%.
- You breathe in about 2800 gallons of air each day.
- The average man consumes 8 lbs. of oxygen, 4 lbs. of food and 2 lbs. of water per day.

Oxygen destroys pathogens

(bacteria, virus, parasites, fungus and cancer)

- Most pathogens are anaerobic which mean they grow best in low oxygen environments.
- Nobel prize winner for physiology and medicine, Dr. Otto Warburg demonstrated that the key ingredient for the formation of cancer is a decrease of oxygen at the cellular level.
- Dr. Warburg showed that when oxygen supply is decreased as little as 30%, our excess protein-filled cells (from our high protein diets) can become malignant cancer cells.
- Dr. Warburg also stated that, with a steady supply of oxygen to all the cells, cancer could be prevented indefinitely.

How do we become oxygen deficient?

- Polluted air.
- Eating dead/cooked, devitalized, processed, or preserved food.
- Poor breathing technique.

Polluted Air

- Biggest sources are smoke filled air, automobile exhaust, factory emissions, and garbage burning.
- Indoor air pollution is 10 times worse than outdoor air pollution.
- Oxygen level in normal fresh air is 21%. Some major air-polluted cities are only 10%. Some smoke filled rooms drop to as low as 7%.

Dead/Cooked, Devitalized Food

- The lowest oxygen content is found in cooked, processed, preserved foods. This is 80-90% of the average American diet. Meat, chicken, fish, dairy and eggs are very low in oxygen. Microwaved foods and refined sugars are at the bottom of the oxygen content list.

Poor Breathing Technique

- This is the greatest source of oxygen deficiency.
- On average we use less than 20% of our lung capacity because of our restricted breathing patterns.
- Most people are chest breathers never fully using the diaphragm to fully inhale and fully oxygenate the body.

How Can You Increase Your Oxygen Content?

- Decrease air pollution.
- Increase living/raw green foods.
- Improve breathing technique.
- Open the windows of your house 30 minutes each day even in the winter to get more oxygen in the house and remove the pollutants: fumes, out gasing, chemicals and toxins.
- Get outside each day and breathe the air. The more the better.
- Purchase an air purifier for your house to increase the oxygen content in the air and to remove the chemical and toxins in the air.

Increase the Living/Raw Green Foods

- Highest oxygen content is found in living green food: sprouts, especially wheatgrass, sunflower, and buckwheat.
- Next comes algae: chlorella, spirulina.
- Next comes raw green vegetables: kale, collards, spinach, dandelion, broccoli, and other dark green vegetables.

Improve Breathing Technique

- Regular deep and full diaphragmatic breathing fully oxygenates the blood, and energizes every cell in the body.

Water

Water is the most basic chemical component of all living things.

Water Facts

- Although over two-thirds of the planet is covered with water, only 3% of it is fresh water.
- Only 0.1% of the fresh water is accessible to human beings.
- Annually 3 million die from illnesses linked to contaminated water.
- At the beginning of the 21st century, 2 billion people on the planet have no real access to clean water.
- Dehydration is one of the most common causes of hospitalization among persons over the age of 65.
- Half of these people die within one year of admission.
- Total body dehydration seems to be the hallmark of aging.

Total body dehydration seems to be the hallmark of aging.

Water Facts

- 80% of Americans are chronically dehydrated.
- In 37% of Americans the thirst mechanism is so weak it is often mistaken for hunger.
- The #1 trigger of daytime fatigue is lack of water.
- A mere 2% drop in body water can trigger loss of short term memory.
- In a University of Washington study it was shown that just one glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied.
- The National Cancer Institute reported a study that showed the drinking of chlorinated water increases one's risk of developing bladder cancer by 80%.
- Chronic dehydration is the root of many serious diseases including asthma, renal dysfunction, endocrine dysfunction, adrenal exhaustion, high blood pressure, cardiovascular dysfunction, ulcers, pancreatitis, digestive dysfunction, arthritis and back pain.
- A primary cause of Alzheimer's disease is chronic dehydration.
- The majority of asthma cases are really misdiagnosed cases of chronic dehydration.
- The mucous that lines the stomach to protect it from the HCl is 98% water.
- Drinking 5 glasses of water per day may decrease the risk of colon cancer by 45%.
- The risk of breast cancer could decrease by as much as 79%.
- Non-infectious chronic pain should always be seen as an indicator for water need.

- Research indicated that 8-10 glasses of water daily could significantly ease back and joint pain in 80% of sufferers.
- The simplest way to prevent migraine headaches is regular high intake of water.
- Dry mouth is the very last sign of dehydration.
- Dehydration causes mental/ emotional stress and mental/emotional stress causes dehydration.

Water is the most abundant substance in the body.

Water Content

- Birth - 78%
- Young adult - 72%
- Elderly - 50%
- Brain - 85%

Daily Water Loss

Throughout the day water leaves the body. Even on a cool day without perspiring we lose 9-12 cups.

Water balance in the body is controlled by the hypothalamus which is located in the base of the brain. The hypothalamus also controls the endocrine or hormonal system.

Thirst is Not an Accurate Indicator for Water Need.

Signs and Symptoms of Dehydration

- Fatigue and weakness
- Pain = inflammation
- Headaches
- Joint pain
- Constipation
- Dry, rough skin
- Dry nose, throat, mouth
- Nose bleeds
- Nausea
- Intestinal cramps
- Low blood pressure
- Weak, irregular pulse
- Shallow, rapid breathing
- Irritability
- Irrational behavior
- Dark, strong smelling urine in small amounts.

Sub-clinical Dehydration

- Over 80% of the U.S. population
- A 3% loss in body water volume causes fatigue and organ dysfunction.
- A 10% loss can be life threatening.
- **By the time one's mouth becomes dry, the body has already begun to suffer the effects of dehydration**

Three Types of Health Risks from Water

- Toxins, chemical, pollutants
- Pathogens
- Inorganic minerals

Inorganic Minerals

Put a drop of water on a glass and let it dry. What you will see is a very small pile of sediment. These are inorganic minerals and heavy metals and cannot be used in your body. Only organic minerals from plants can be utilized properly. These inorganic minerals and heavy metals (lead, cadmium, mercury, and aluminum) keep building up in your body because they cannot be removed naturally.

What happens when they built up?

They clog up the system just the same way they clog up your water pipes.

What areas do they clog up?

- Heart - mineral deposits can attach to the heart or its valves causing restriction/blockage of function.
- Cholesterol - a good oil made by the liver naturally, and vital to a healthy nervous system, normal blood flow. As inorganic minerals attaches to your arterial walls the cholesterol attaches to them and clogs up your arteries which is referred to as "hardening of the arteries".

Where else do these inorganic minerals and heavy metals build up and what can they cause?

- Gall bladder - gall stones
- Kidney - kidney stones
- Intestines - constipation and colon cancer
- Lungs - emphysema
- Veins - varicose
- Nerves - radiculopathy or radiating nerve pain
- Joints - arthritis, rheumatism, gout
- Eyes - glaucoma

Studies show that you may drink over 450 pounds of inorganic minerals, heavy metals and sediment in your lifetime.

What Water is Best?

- Living water
- Raw water
- Distilled water
- Reverse osmosis water

Living Water

Living water is what is produced when you juice living plants, like sprouts, which contain bioelectricity, enzymes, bioavailable organic minerals and vitamins. The best are:

- Wheat grass, Barley grass, Sunflower greens, Buckwheat greens, Fenugreek greens, Broccoli sprouts, Clover sprouts, Mung bean sprouts, Adzuki bean sprouts

Raw Water

Raw water is what is produced when you juice raw organic green vegetables rich in enzymes, bio-available organic minerals and vitamins. The best are:

- Kale, Collards, Dandelion, Broccoli, Spinach

Conditions Proven to Improve with High Water Consumption:

- Peptic ulcers
- Arthritis
- Hypertension
- Low back pain
- Intermittent claudication
- Migraine headaches
- Colitis
- Constipation
- Obesity
- Edema
- Asthma
- Allergies

How Much Water Per Day?

- 32 ounces per 50 pounds of body weight.
- 48 ounces per 50 pounds of body weight when in a health challenge.

What can you do about your tap water?

Up to 2 pounds of water can be absorbed through your skin in a long hot shower. So even if you are not drinking your toxic tap water you are still taking it in through your shower or bath. Remedy:

- Shower filter for chlorine and some other toxins.
- Complete house system to filter toxins, chemicals.
- If you cook with water make sure it is distilled.

Food

Food - Types

- Living
- Raw
- Cooked vegetable products
- Cooked animal products

Living Food

Living food are sprouted seeds and nuts which contain bioelectricity, enzymes, bioavailable organic minerals and vitamins. The best are:

- wheat grass, barley grass
- sunflower greens, buckwheat greens
- fenugreek greens, broccoli sprouts
- clover sprouts, alfalfa sprouts
- mung bean sprouts, adzuki bean sprouts, lentil sprouts
- sprouted almonds, brazil nuts

Why is Living Food the Best?

What makes living food so powerful in maintaining health and promoting healing? Living food has energy of life within it. Life brings forth life.

Scientific research has shown that all matter is composed of condensed light.

This biophotonic energy is just starting to be researched and may prove to be the key to restore human health just as it has maintained animal health from the beginning.

Biophotons

Light has a unique property; it can be either a wave (energy) or a particle (mass). Light consists of photons which are the smallest packets of particle matter. Albert Einstein saw photons as “wavicles” because their ability to change form from waves (energy) to particles (matter). A high energy photon (quantum of light) slows down to become a particle with electron and positron. According to Einstein all matter or all physical form is simply stilled or slowed down light. To put it another way all living things are just condensed light or condensed photons. These photons are named biophotons when they pertain to biological systems like humans, animals and plants.

Living Food

- Every animal in nature that lives a long disease-free life eats living food filled with bioelectricity called biophotons, bioenergy, enzymes, bioavailable minerals and vitamins.
- The herbivores eat living, growing grass, leaves, plants.

- The carnivores eat living animals.

The Miracle of Living Food

- Dr. P.R. Burkholder of Yale University found over a 1500% increase in B vitamin content in sprouted oats (living) as compared to cooked oats (dead).

Living Sprouts vs. Raw vs. Cooked

Sprouted oats had 13 times more vitamin B2 than raw oats and 100 times more vitamin B2 than cooked oats. B vitamin content differences in oats showed an average loss of 87% in vitamin content after cooking.

The Greatest Miracle of Living Food

- **Miracle** - Act of God: an event that appears to be contrary to the laws of nature and is regarded as an act of God, from Latin *miraculum* “object of wonder,” from *mirus* “wonderful.”
- Put a weighed and measured sprout seed in a test tube that is sealed with nothing but distilled water (no minerals). The miracle of life is demonstrated. As the sprout starts to grow, its vitamin, mineral, protein, carbohydrate and essential fatty acid content skyrocket.
- Something from nothing! This defies all natural laws. God designed this something from nothing miraculous “wonderful” living food for our total health of body, mind and spirit.
- **MORE** -this definitively shows that living food is God’s designed food for our healing, health, and life. Why? Because His signature is upon it. With this simple illustration it can plainly be seen that living food is truly miraculous. It brings forth all that is needed for life from within itself. How else can one explain vitamin, mineral, protein, carbohydrate and essential fatty acid content increasing exponentially with nothing added but non-mineral-containing distilled water?

Life brings forth life.

Living food makes living, healthy people.

Dead food makes dying, dis-eased people.

Raw Food

- Raw food is food that has never been cooked. It is rich in enzymes, bioavailable organic minerals and vitamins.

Cooked Vegetable Food

- Devoid of bioelectricity, enzymes, an average loss of 87% vitamin and minerals.
- Calories to sustain life for a period, but nothing to restore or regenerate life.

Cooked Animal Food

- Toxic because chemicals store in the fat cells of animals as you eat up the food chain. Includes heavy metals.
- Hormones, antibiotics, bacteria, parasites, and cholesterol.
- Most difficult food to digest.
- Devoid of bioelectricity, enzymes, an average loss of 87% vitamin and minerals.
- Calories to sustain life for a period, but nothing to restore or regenerate life.

Plant vs. Animal Food Diet

- A vegan diet is a vegetarian diet with no animal products at all included. No dairy, no butter, no cheese, no yogurt, no eggs, nothing from animals.
- 50% of Americans presently die from cardiovascular disease. This drops to less than 4% with a vegan diet.
- German Cancer Research Center showed that immune system strength is twice as strong in a vegan as compared to an animal product consumer.
- Nine out of 10 Americans will die from either cardiovascular disease or cancer and of these 90% between 60-90% could be prevented with diet (vegan) and lifestyle changes.
- The China Project was co-sponsored by Oxford, Cornell, and the China Department of Health, and proved that the greatest causes of disease came from two diet sources: cholesterol and animal protein, not plant protein. So the lowest incidence of disease occurred when these two were excluded from the diet. This is a vegan diet.
- Dr. Foster studied 200 cancer patients that were healed without any conventional medical treatment. The highest common factor between them all was that 87% of them changed their diet to vegetarian.
- Dr. Dean Ornish's Program for Reversing Coronary Heart Disease, besides daily exercise and relaxation techniques, includes a predominately vegetarian diet to reduce coronary blockages as severe as 90% so these patients didn't need bypass surgery.
- The University of Oslo in Norway found that arthritis pain was substantially reduced in patients when a vegetarian diet was eaten. No pain reduction was seen when animal products were eaten.
- The average bone loss in meat-eating women, age 65, was 35% whereas the vegetarian female, age 65, lost only 18%.
- Countries with the highest consumption of meat and animal fat have the highest rate of breast cancer. Thailand's animal fat intake is 1/10th that of the US and breast cancer is 1/20th the rate.

- Risk of dying from prostate cancer is 3.6 times higher in men who eat animal products versus those who are vegan.
- Risk of dying from ovarian cancer is three times higher in women who eat animal products versus those who are vegan.
- Lessons from the animal kingdom. The animals that live the longest (i.e. tortoises) are vegetarian. The animals that are the biggest and strongest are vegetarian (i.e. elephants). Elephants don't drink milk and don't eat meat, yet they are some of the strongest animals on the planet. They are never protein deficient or calcium-deficient with their diet of leaves and grasses. Gorillas are three times the weight of a man and 30 times as strong. Not bad for a vegetable diet. So much for the myth that you need meat to be strong.
- Length of the digestive tract in animals who eat vegan diets (plants only, non-animal) is 8-12 times the length of the torso. This allows for digestion and absorption of nutrients from the plant material. The length of digestive tract of meat-eating carnivores is three times the length of the torso so as to move the quickly putrefying meat out of their system. Man's digestive tract is the length of a plant eater, not a meat-eater.
- The saliva of meat-eating carnivores is acidic to predigest proteins. Saliva of vegetable-eating herbivores is alkaline for carbohydrate digestion. Man has alkaline saliva.

Plant vs. Animal Food Diet

- In a series of experiments a diet high in cooked animal protein was fed to rats with liver cancer. Their tumors grew rapidly.
- When the diet was changed to cooked plant protein the tumors stopped growing.
- The experiments did not include living plant food, but result would most probably have been shrinking (healing) of the tumors.

Raw vs. Cooked

- In 1946 Dr. Francis Pottenger conducted a research project to see the differences in health benefits in raw food versus cooked food. In the study he took 900 cats and put half of them on a totally raw diet and the other half on the same food, except it was cooked. The cats that ate the raw diet were very healthy and produced healthy kittens each successive generation. The cats that ate the cooked food did not fare so well. They developed all the diseases common to mankind: heart disease, cancer, pneumonia, diabetes, thyroid disease, kidney disease, liver disease, arthritis, osteoporosis, diarrhea, decreased sexual interest and paralysis. The first generation of kittens, from the cooked food parents, were sick and abnormal, the second

generation were diseased or dead, and by the third generation the mothers were sterile.

Three-part experiment done on rats to assess diet and health.

- **Group 1** - a group of rats was fed a raw diet consisting of vegetables, seeds, nuts and whole grains. These rats grew very healthy and never suffered from any disease, never became fat, mated regularly, were gentle, affectionate and lived in harmony with each other. After reaching an equivalent of 80 human years they were put to death, and their organs, glands and tissues were found to be in perfect condition with no signs of aging or deterioration.
- **Group 2** - the next group of rats was fed a diet of cooked food, white bread, meat, milk, salt, soft drinks, candies, cakes, vitamins, minerals and medicines for any ailment. This group, from early on in life, contracted colds, fevers, pneumonia, heart disease, cancer, arthritis, poor vision and cataracts. Most of this group died prematurely and became very antisocial, fighting, stealing each other's food, and trying to kill each other. This caused them to have to be separated to avoid total destruction of the group. Epidemics of sickness affected the group and as they died they were autopsied and found to be in advanced degeneration in all their organs, glands and tissues. Their offspring were all sick and had the same problems their parents had.
- **Group 3** - in this group the rats were fed the same diet as group 2, the average American diet, and had all the diseases and behaviors that were exhibited in group 2. Extreme sickness, antisocial behavior and early death were all seen. Some of this group were put to death at an equivalent human age of 40 years and were autopsied and found to have extensive degeneration of all parts of their bodies.
- In the next part of the group 3 experiment the rats, after an equivalent age of 40 human years, were put on a strict fast with only water to drink for several days (after eating the American diet for 40 equivalent years). Then when food was reintroduced into their diet it was only the raw food that group 1 received. This diet was alternated with times of fasting and within one month the behavior was completely different, having become very docile, playful, living together in harmony with each other. Then once again at the age of 80 human years equivalent these rats were autopsied and found to have no signs of aging or disease just as in group 1.
- **MORE** - this experiment shows the amazing healing power of living/raw food. Most amazing of all is that after 40 equivalent years of the SAD (standard American diet) and lifestyle, once fasting and living/raw foods were introduced, their behavior reverted back to one of balance and

harmony. Their physical body reversed all imbalances, conditions, diseases, and all signs of aging. If human beings can get this revelation that even if they have abused the temple of God's Spirit - their body, it is not too late to reverse symptoms, conditions, diseases, and aging. They need only to become proactive with the 7 basic steps to total health, obeying in faith God's Truth spoken into their hearts, never quitting, stopping, or giving up. This is when one starts living life to the full, this is when one really starts living in body, mind and spirit.

Hippocrates
the father of medicine said,
“Let your food be your medicine”.

The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.

-Thomas Edison

Lessons from Nature

- How can an elephant have the biggest bones, strongest muscles of any land animal eating just leaves?
- How can a gorilla eat just vegetables and be three times the weight of a man and 30 times as strong?
- Why don't animals in the wild get cancer, heart disease, diabetes, etc., and yet have high stress of survival?
- The answer is LIVING FOOD.

Foods you want to eat

- Sprouted seeds, legumes and nuts
- Grasses - wheat, barley, rye
- Algae
- Green vegetables
- Vegetables
- Root vegetables
- Sea vegetables
- Avocados

Foods you don't want to eat

- Sugar
- Salt
- Caffeine

- Dairy products
- Animal products
- Refined flour

Living/Raw Food vs. Cooked

- Digestive Leukocytosis - a rise in the white blood count (WBC) that begins 30 minutes after a meal when cooked or processed food has been consumed.
- This occurs because cooked, processed food has no enzymes to digest the food, so the WBCs have to use their enzymes to eat your breakfast, lunch and dinner.
- Living/Raw organic foods produced **no increase** in the white blood cell (WBC) count.
- Processed foods, refined flours and sugar cause a **severe increase** in the WBC count.
- Processed meats (deli meats), microwaved foods cause **extremely severe increase** in the WBC count equivalent to what is seen in food poisoning.
- **MORE** - the body talks and teaches us if we only listen. It is obvious from the digestive leukocytosis observation, that the body is telling us what it wants, and what it doesn't want. It is also telling us which food is best (organic living/raw food) and which is worst (refined flours, sugars, processed deli meats, and microwaved food).

Life Force

The life force is God's sustaining energy that has been put into every living thing. It is energy from God that reverses the natural law of entropy. Entropy states that everything in the universe goes from a state of order to disorder, a state of complexity to less complexity, from birth to death, everything is breaking down, not building up. The life force energy in a biological system produces negative entropy. Simple molecules such as oxygen, water, amino acids, essential fatty acids, simple chain sugars are turned into complex biological molecule and structures like DNA, RNA. Dead food can sustain life for a period of time, but not regenerate life. Entropy returns when the life force leaves the biological system; death and decay results. Life force is in you and should be in the food you eat - living food, if you want to maintain your life force, your health.

The greatest physical blockage to our wholeness, our total health in body, mind and spirit is FOOD.

Sleep

After breathing oxygen, sleep is the second most important step in your physical health.

How Important?

- You can only go 3 minutes without oxygen.
- You can only go 2 days without sleep.
- You can go 5 days without water.
- You can go 30+ days without food.

Sleep Facts

- The average number of hours of sleep we were created to have in a day was 12 (4380 hours per year).
- The minimum number of hours of sleep to heal, repair and to stay in total health is 9.5 (3468 hours per year).
- The average number of hours of sleep now is 6.95. 2537 hours per year.
- The loss from 12 hours to 9.5 is 912 hours per year or 76 days.
- The loss from 12 hours to 6.95 is 1843 hours per year or 153 days.
- In 1910 average American night sleep was 9.5 hours. In 1975 it had dropped to 7.5 hours. Now it has dropped to 6 hours and 54 minutes.
- 67% of Americans have sleep disorders, a 33% increase in the last 5 years.
- 70 million Americans suffer from insomnia.
- Over 100 million Americans fail to get a good night's sleep.
- Over 95% of the American population does not sleep the 9.5 hours of sleep the body needs to heal, repair and maintain total health.
- Sleep Disorders-Insomnia, Sleep apnea, Restless-leg syndrome, Narcolepsy affect over 112 million Americans.
- Insomnia - 70 million.
- Sleep apnea - trachea closes while sleeping blocking the air flow, causing the sleeper to break deep sleep up to hundreds of times a night - 30 million.
- Restless-leg syndrome - sensations of pain, tingling, needles, causing the legs to twitch or move, leading to sleeplessness - 12 million.
- Narcolepsy - uncontrollable episodes of falling asleep during the day- 250,000.
- 56% of adults report daytime drowsiness as a definite problem.
- 37% report it interferes with daily activities.
- 30% report a drop in job performance.
- 50% report a drop in performance of family duties.

Fallacies about Sleep

- I don't need that much, I do fine with just 6 hours of sleep.
- I'll catch up on the weekends.
- I have never slept more than 7 hours since I was 18 and have been doing fine. I have lots of energy and never get tired.
- If anyone sleeps more than 8 hours they must be sick.
- There's not enough time to sleep more than 8 hours in a day.

What does lack of sleep cause?

- Overweight.
- Increases all craving/addictions to food.
- Increases chances of diabetes.
- Decreases fertility and makes one impotent.
- Raises blood pressure.
- Increases chances of heart disease.
- Throws your immune system completely off track increasing your chances of developing cancer, infections, autoimmune disease and allergies.

Lack of sleep (8-9.5 hours)

greatly increases your risk of all diseases along with greatly hindering the process of healing that occurs at night while you are in deep sleep.

When were you designed by God to go to sleep?

When the sun goes down.

When were you designed by God to wake up?

When the sun comes up.

How many hours is that per night?

An average of 12 hours.

What is the minimum amount you can sleep and still heal, repair and maintain total health in body, mind and spirit?

8-9.5 hours, and of this at least 3 hours must be before midnight.

Albert Einstein needed 10 hours of sleep to merely function and another two hours to do physics.

What Causes Poor Sleep?

- Low oxygen.
- Dehydration.
- Poor diet - refined, processed sugars, starches, poorly digested toxic animal products, caffeine, and salt.
- Lack of exercise.
- Present mental/emotional stress; future/past thinking.
- Stored mental/emotional toxins - past/generational.
- Any blockage in the flow of energy of life, causing excesses and deficiencies (floods and droughts).
- Organ/gland imbalances.

Take a Lesson from the Animal Kingdom

Animals in the wild don't get cancer, heart disease, diabetes or any of the other dis-eases that mankind does. Why?

- They eat living food.
- They live in the moment.
- They live by the light-dark cycle.

The further we deviate from this schedule, the more we open ourselves up to imbalances, conditions and dis-eases of the body/mind complex.

Exercise

Exercise Facts

- 9 out of 10 Americans get little or no exercise on a daily basis.
- 40% of Americans are completely sedentary (much higher in the elderly).
- Only 20% of Americans are said to be active in any reasonable amount.
- Only 5% of Americans get the amount of exercise needed to maintain health.
- In 1900 human labor accounted for 80% of the total calories expended to work the land, even though tractors and combines were in widespread use.
- Today human labor accounts for only 1% of calories expended because of automation.

Researchers from Tufts University have proven that building muscle mass and strength late in life after age 45 can significantly rejuvenate your WHOLE physiology.

**The more you use the body the better it gets, the more the muscles strengthen, the denser the bones become.
Age is not a factor.**

Weight Training and the Elderly

- Tufts University study selected the frailest nursing home residents and put them on a weight training program. The age group was 87 to 96.
- Within eight weeks wasted muscles came back by 300%.
- Coordination and balance improved, activities of daily living which were given up now returned.
- Residents who were unable to walk unassisted could now get up and walk to the bathroom in the middle of the night by themselves.
- What was thought to be injurious to them actually caused them to thrive. They now believed they could do things that fear had taken away (break mind barrier).

Weight Training and Ages 60-72

- Tufts research took men between ages 60-72 and put them on supervised weight training sessions 3 times per week for three months.
- The men were to train at 80% of their maximum they could lift one time.
- After three months the strength had greatly increased, the size of their quadriceps had more than doubled, the size of their hamstrings had more

than tripled, these men could lift heavier boxes than the 25 year-olds working in the training lab.

- The men in this study felt much younger and much better about themselves than they had in years.

A person who is confined to complete bed rest for two weeks will have the same bone and muscle loss as someone who has aged ten years.

Use it or lose it. When you use it, your whole being benefits.

Types of Exercise

- Cellular - increased lymphatic flow, increased gravity effect on cells.
- Cardiovascular - increased heart rate.
- Strengthening - increased muscle strength and mass.
- Stretching - lengthening connective tissue, muscles, fascia, tendons.

Cellular Exercise

- Cellular exercise is one that utilizes the forces of acceleration, deceleration and gravity as it strengthens every single cell in the body at the same time. Cellular exercise or rebounding is the ultimate exercise for the immune system causing the circulating white blood cell count to triple. This threefold increase in WBC's literally means your immune system can consume cancer cells, bacteria, viruses, parasites and fungi three times as fast.
- Cellular exercise
 - strengthens veins and arteries
 - strengthens internal organs, glands
 - strengthens muscles, tendons, bones, tissues
 - strengthens eyes, ears, and skin
 - increases lymphatic circulation
 - increases strength
 - increases endurance
 - increases cardiovascular fitness
 - increases weight loss
 - increases balance, coordination, rhythm and timing
 - **Exercises and strengthening all cells.**

- **Increased lymphatic circulation.** This is probably one of the greatest benefits of all. Exercise can increase lymph flow by up to 30 times. The lymphatic system is the heart of the immune system and lymphatic circulation is vital to the movement of the white blood cells to destroy bacteria, viruses, parasites, fungi and cancer cells. If the lymph fluid moves slowly the white blood cells cannot get to and fight the invaders or abnormal cancer cells quickly enough, so disease develops.

It is also vitally important to know that the circulating white blood cell count triples after just one minute of rebounding and stays that way for 1 hour. This means more white blood cells to eat cancer cells, bacteria, viruses, parasites and fungi. The lymphatic system is a major route for the body to detoxify itself. The more lymphatic movement, the more detoxification and cleansing (at least tripled).

- **Increases strength and endurance**
- **Increased cardiovascular fitness -**
- **Increase weight loss.**
- **Because rebounding is 68% more efficient than the other cardiovascular aerobic exercises it hits the 90% fat burn stage in approximately 12 minutes instead of 30 minutes. This means it takes less time to burn more fat.**

The Best Exercise for the Cell

- Rebounding cellular exercise done as the:
 - **Health bounce** - feet stay on the rebounder and a vibrational up and down rhythm is achieved (approximately 200 times per minute) to exchange fluids in and out of the cell.
 - **Strength bounce**

The Best Exercise for Lymphatic Movement

- Rebounding cellular exercise done as the:
 - **Health bounce- Just 1-3 minutes of these combined, causes a more than tripling of the lymphatic flow for 1 hour. This means 3 times more white blood cells to eat bacteria, viruses, parasites, fungi and cancer cells. This also means a tripled rate of the removal of toxins out of the system.**

Fasting

Fast

- Old English word *faestan* meaning to hold fast or abstain.
- To food fast means to abstain from food.
- To fast means to abstain from something.

What do we Fast?

- The body
- The conscious mind
- The unconscious mind
- The old mind
- The emotions

Physical Benefits of Fasting

- Dr. Herbert Shelton - the most renowned practitioner in the field of therapeutic fasting who had supervised over 40,000 fasts states: “Fasting is the best way to maintain good health, eliminate pain and disease, reduce and control weight, and ultimately prolong life.”

Do you starve a fever, and feed a cold, or feed a fever, and starve a cold?

YOU STARVE EVERYTHING - THIS IS FASTING

- Animals fast when they are sick and they don't stay sick long.
- When you are sick you lose your appetite, this is your body telling you how to heal - FAST.
- Remember fasting, with water only, ranges from 10 to 365 days.

Hippocrates on Fasting

- “The more you nourish (feed) a diseased body, the worse you make it.”- Hippocrates, the father of medicine.
- Hippocrates prescribed total abstinence from food while a disease was on the increase, and especially at the critical period, and a spare diet on other occasions.
- Hippocrates prescribed fasting for numerous conditions. The Hippocratic Oath that every physician takes before entering practice is “First do no harm,” understanding the power of the body to heal itself with the basics of health including the power of fasting.
- “Let your food be your medicine.” This is the spare diet of no excess in times of health and fast in times of symptoms, conditions and diseases.

Resting from Food

- “The moment the last morsel of food is digested and the stomach is emptied, a reconstruction process begins. New cells replace the broken down cells. The replacement of cells means replacement of tissue. The common custom of eating three to six times a day doesn’t give the burdened stomach a chance to empty itself so that the repairing of the worn and wasted cells can begin. During a fast, the good cells increase in size. This rejuvenating process begins only after the stomach is emptied.”

Dr. Hereward Carrington, member of the American Institute for Scientific Research at the turn of the last century.

- “This amazing replacement of cells means replacement of tissue; replacement of tissue means a new stomach has been constructed - a new stomach in every sense of the word, as new in every anatomical sense as in the filling-in of wounds, or between the fractured ends of bones.” Dr Carrington

A Whole New You

- Every cell in our entire body is replaced within approximately one year. This means you are a whole new you in one year. The problem is if we keep doing what we have always done, we will get what we have always had. A physical as well as mental/emotional toxic, out of balance, blocking the flow of life, body.
- Doctors Carlson and Knude, of the Department of Physiology at the University of Chicago, placed a forty year old man on a fourteen day fast. At the end of the fast, they examined his tissues and declared that they were of the same physiological condition as those of a seventeen year old youth. Dr. Knude stated: “It is evident that where the initial weight was reduced by 45%, and then subsequently restored by normal diet, approximately one-half of the restored body is made up of new protoplasm. In this, there is **rejuvenescence.**”
- As you fast you lose not only all the toxins, chemicals, and drugs stored in the tissues, not only do you lose all the non-vital tissue, the cysts, tumors, edematous fluid, you also lose the bacteria, viruses, parasites, fungi and any other pathogens because your white blood cells consume them or they die because they are no longer being fed.
- You lose ALL the OLD you, the stored mental/emotional toxins that are held in tissues.
- Once you lose ALL the OLD toxic, lie-filled you, you can rebuild the NEW, unblocked, TRUTH-filled you.

Burn it all up

- From his paper “The Fasting Cure” Dr. J.H. Kellogg parallels the human body and a furnace during a fast. He says that when we stop eating the body begins to feed upon stored reserves and bodily wastes. When the body recognizes that it cannot get food, it starts burning nonessential tissue to keep going. The body draws from its stored resources and uses every particle of fat, reserve protein, vitamin and mineral excesses, morbid tissue, and superfluous fluids. It also burns all partially digested food.
- Dr. Kellogg stated that uric acid, a very poisonous byproduct of protein metabolism leaves a acid cinder or acid ash residue. All of the biochemical reactions of life in the body occur in an alkaline medium, not an acid one.
- Dr. Kellogg stated that the body can only handle one and a half ounces of protein per day. Anything beyond this acidifies the body and predisposes it to acute and chronic disease.
- The average American consumes 2-3 times this amount of protein.
- Fasting burns up this excessive protein in the body.
- In the completed fast, the body burns up EVERYTHING that is not essential for health and life.
- When only healthy tissue remains after the fast is finished, health has been restored by the “doctor within.”

God’s Design

- You were designed by God to be able to fast.
- One does not become vitamin-, mineral-, or protein-deficient, because within the body’s cells are sufficient reserves of proteins, fats, enzymes, vitamins, and minerals to call upon in times of food scarcity, famine and fasting. A person should not fast if they are in a debilitated health state.
- Even in fasts of forty days with only water the body does NOT become deficient. It was created by God to be able to survive in times of famine.

The New and Improved You

- The old is gone, the new has come.
- You need to lose all the old cells, tissues, emotions and mindsets that have stored in those cells and tissues first.
- Next the new cells and tissues are rebuilt with pure energy, pure mind and pure spirit.
- Every cell in the body is replaced within one year. Plant new seeds and you will get a new harvest.

The Efficiency of Fasting

- In fasting, all non-essential cells, tissues and fluids are broken down back into their component parts of amino acids, essential fatty acids, simple chain

sugars, enzymes, vitamins and minerals. This includes tumors, cysts, scars, edematous and extraneous fluids.

- Then the **miracle** of fasting reorganizes these component building blocks and reuses them to rebuild the “new” body of health and wholeness so one does not become deficient. **The body turns non-essential tissue into essential tissue.**

Deficiency from Dead/Cooked Food

- A person becomes deficient when they eat dead/ cooked food because these foods are anti-nutrients, meaning they use up your enzymes, vitamins and minerals just to digest and absorb them.
- These dead/cooked foods are never fully digested so the white blood cells, which are high in enzyme activity, have to digest the undigested food. This causes a great imbalance in the immune system response.
- A tremendous amount of energy is expended to try to digest and absorb this dead/cooked food, leaving the body drained of energy needed for vital functions.
- The results: deficiency, toxicity, immune imbalance and loss of vitality of the cells, tissues, glands, and organs.

Toxemia

- John H. Tilden, M.D. - one of the foremost natural healing physicians of the first half of the 20th century - believed the cause of all disease was a toxic build up in the tissues and fluids of the body.
- According to Dr. Tilden, some of the causes of this toxemia were: overeating, eating wrong food, wrong food combinations, mineral/vitamin deficiencies, low nerve energy, postural tension on the nerve system, poor environment, physical excesses, sensual indulgences, killing emotions of fear, worry, rage (anger), and jealousy.

The Secret to Long Life

- The secret of long life lies in keeping the blood and bodily fluids pure and free of toxic material.
- Dr. Alexis Carrel of the Rockefeller Institute stated, “The cell is immortal. It is merely the fluid that it floats in that degenerates. Renew this fluid at proper intervals, and give the cell nourishment upon which to feed, and so far as we know, the pulsation of life may go on forever.”
- Dr. Carrel confirmed his idea of immortality of the cell through an experiment in which he kept a chicken heart alive for 28 years. This is quite amazing since the lifespan of a chicken is 8 to 10 years. Dr. Carrel stated that as long as the nutrients to the chicken heart were pure, and the metabolic

waste was constantly removed, the heart would never have to die. The experiment was ended when an attendant in the lab forgot to change the fluids causing the heart to die.

Types of Food Fasts

- **Water only fast** - abstaining from all food and drink except water.
- **Partial fast** - this can be only eating or drinking certain items and abstaining from all others, i.e. only juice.

Total Fast

- The body can only go 3-5 days without water so the longest a total fast should be is 3 days.
- Supernatural total fast was accomplished by Moses (80 days without food and water).

Water-Only Fast

- This is known most commonly by its misnomer - water fast.
- This is the type of fasting that has been researched the most and has the most documented results because it has no variables, one eats nothing and drinks only water for the duration of the fast (10-365 days).

Partial Fast

- This is known most commonly by its misnomers - juice fast, vegetable fast, non-pleasing-food fast, **Daniel fast**.
- This type of fasting is most commonly done because of its benefits along with its ability to be done while one continues his normal daily routine.

How the Body Eliminates Toxins and Waste Products

- 70% leave through breathing, 20% through skin, 7% through urine and 3% through the bowel.

Prayer

What is Prayer?

- Prayer - communication with God, a spoken or unspoken communication with God. It may express praise, thanksgiving, confession or a request for something such as help or somebody's wellbeing.
- From Old French *preiere* from, ultimately, Latin *precarius* "obtained by entreaty," from *precari* "to entreat," plead desperately: to beg somebody for something, often repeatedly (*formal*).

Prayer

is communication with God by talking and most importantly by listening.

Prayer Facts

- 82% of Americans believe in the healing power of personal prayer.
- 90% of American women and 80% of American men pray regularly.
- 54% Americans pray daily, 29% more than once per day.
- Over 130 controlled laboratory studies show that prayer or a prayerlike state of love and compassion can increase health in many living organisms from humans to bacteria.

Belief and Healing Rate

- Patients with retinal detachment at Columbia-Presbyterian Medical Center in New York City were reviewed; a 400% difference in healing time between quickest and slowest healers was found. No correlation was found in any physical factor; the most significant factors found in the healing rates were psychological factors.
- Patients who healed quickly confronted their situation directly, were trusting of the surgeon, were optimistic about the results, were confident about coping and doing things for themselves, were willing to accept their situation without special concern, and accepted the bad with the good in life.
- Patients who healed slowly tended to feel trapped in life, were suspicious of others and pessimistic. They could not cope well. They were angry about being dependent on others and avoided personal contact. They often felt helpless.
- In this study the Columbia-Presbyterian researchers concluded that some types of religious faith were healthy and some were not.
- The people that healed the quickest demonstrated a transcendent faith, were convinced that life will continue to be meaningful whether they could see

again or not. They affirm, “Whether I see or go blind, life will continue to be meaningful and rich.”

- Most patients appeared to have been taught that faith is believing that you will receive what you wish if you believe and pray sufficiently... This type of faith is usually quite brittle, easily destroyed or challenged by adverse circumstances. Any negative word about the surgeon or his methods becomes an immediate concern.
- In this study only 1-2% of the total patients demonstrated this transcendent faith.

Directed vs. Nondirected Prayer

- Directed prayer - has a specific goal or outcome in mind. One is attempting to steer the system in a precise direction, i.e., cancer cured, pain leaves.
- Nondirected prayer - has no specific outcome kept in the mind; with this type of prayer one is not telling God what to do but more of a “thy will be done” prayer.

Wound Healing and Prayer

- 44 patients with artificially created, full-skin-thickness surgical wounds.
- Subjects would insert their arm through a circular opening in the wall of the testing facility through which they could not see. The arm would remain in the opening for 5 minutes. They were told this was to measure biopotentials from the surgical site with a non-contact device.
- The prayer was on the other side of the wall praying for the healing but not touching the skin.
- 23 patients received prayer, 21 patients did not.
- The results were statistically highly significant.
- Placebo effect was ruled out by telling the subjects that the purpose of putting the arm through the wall opening was to measure biopotentials of the wound healing, not the effectiveness of prayer.
- On day sixteen, in 13 of the 23 treated subjects the wound had completely healed compared to none of the group not prayed for.

Those who have developed the ability to help others heal through prayer:

- They uniformly state that distance is not a factor in the healing power of prayer but love is.
- They state that love heals across any distance because prayer is not time and space bound.
- They also state that their results are in the proportion that they feel love and caring for the person they are praying for, in essence the more they become one with that person.

Power of Intercessory Prayer

- Dr. Randolph Byrd measured the clinical effects of intercessory prayer.
- In the coronary care unit of San Francisco General Hospital 393 patients were randomly assigned to two groups. One group of 192 patients were prayed for by outside intercessors from around the country, who were told the patient's name and clinical status and who committed to pray for them until their discharge. The other group of 201 patients were the control group. They did not receive any prayer. No patient, nurse or doctor knew who was being prayed for and who was not.
- The results were statistically significant - the patients in the control group were almost twice as likely to suffer complications than the prayed-for group, 27% vs. 15%.
 - Episodes of congestive heart failure, 10% vs. 4%.
 - Use of diuretics, 7% vs. 3%.
 - Episodes of cardiopulmonary arrest, 7% vs. 2%.
 - Episodes of pneumonia, 7% vs. 2%.
 - Use of antibiotics, 9% vs. 2%.
 - Intubation/ventilation required, 6% vs. 0%.

Study on Prayer Types

- A study on prayer defined and measured four types of prayer in a 560 person survey.
- The types included:
 - 1. Colloquial - talking to God informally as you would talk to your best friend.
 - 2. Petitional - asking God for something for yourself or others.
 - 3. Ritual - using/reciting formal prayers.
 - 4. Meditative - focusing the mind on an aspect of God for a period of time, calming the conscious mind and dismissing extraneous thoughts.
- The results were that the people who most often used colloquial or informal prayer reported a higher degree of happiness.
- Those who favored meditative prayer were more likely to experience satisfaction with the meaning and purpose of their lives.
- Those who used only petitionary and formal, ritualistic prayer reported less happiness and lower levels of life satisfaction.
- This study shows the more we see prayer as an expression of our personal relationship with God, the more effective it is.

Prayer to God is like talking to and listening to your most precious and adored spouse, your covenant partner.

Prayer Types

- **Talking** - informally from the heart as one best friend to another. Talking to the love of your life, the two being one, sharing your likes, dislikes, dreams, hopes and desires. Sharing your life.
- **Listening** - meditatively stilling the mind so you can hear the voice of your best friend - God, just like you would keep extreme attention and hang on every your love speaks to you. Every word means everything to you, so you listen extremely attentively.
- **Adoring/Praise** - this prayer is like the adoring a loving couple feels when they look into each other's eyes. It is telling your spouse how much you love, adore and praise them for who they are. Telling them how you think about them all the time, can't live without them and how they are the most important thing in your life. It is lifting your spouse, your covenant partner, up on a pedestal.
- **Thanksgiving** - thanking your covenant partner, your other half, for all they have given you; their love, their life, their devotion, their time, their patience, they have given everything they have to meet your needs and you thank them with every part of your being.
- **Worship** - this is the giving of your body, your mind and your spirit to your covenant partner as a sign of your commitment and devotion to them. To worship is to count as worthy, as deserving of your spirit, mind and body devotion.
- **Petition** - asking for something from your covenant partner, your love, that you truly know you need in your heart and you cannot supply yourself. These are not superficial, worldly desires but heartfelt needs.
- **Intercession** - listening and praying for your love's needs and other needs that she/he brings before you. No matter where you are she/he is always before you and you lift her/him up in prayer continually. Spirit vs. mind.
- **Compassion/Lifting One Up** - This is a type of intercession that just strengthens/empowers one in the journey - Moses' hands being lifted up by Aaron and Hur.
- **Confession**-this is telling your covenant partner, your love, that you were wrong, you chose to follow your old ego, flesh, world, lie-filled mind instead of your Truth-filled heart. You are sorry and ask for her/his forgiveness (letting go) and you repent, which means taking an 180 degree about face and going in the opposite direction. This means you are now choosing to follow your Truth-filled heart instead of your lie-filled old mind.

Worship-One of the Most Powerful Prayer Types

- Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in spirit and in truth. (Truth's home is the heart, lies make their dwelling place in the mind). NIV
- Offer your bodies as living sacrifices, holy (holy = whole in body, mind and spirit) and pleasing to God (following your Truth-filled heart, not your lie-filled old mind) - this is your spiritual act of worship. Do not conform any longer to the pattern of this world (old mind), but be transformed by the renewing of your mind (from the Truth revealed to your heart). Then you will be able to test and approve what God's will is (His Truth shown to your heart) - his good, pleasing and perfect will. NIV

**The Right Word
(from the Truth-filled heart not the lie-filled old mind)
at the Right Time
(present moment not the past or future)
at the Right Place brings healing.**

Prayer of Saint Francis

Lord, make me an instrument of your peace.

Where there is hatred (emotion produced from old mind), let me sow love
(spiritual state of being from a Truth-filled heart),

Where there is injury, pardon;

Where there is doubt (lie-filled old mind), faith (Truth-filled heart);

Where there is despair (old mind), hope (heart);

Where there is darkness (the old lie-filled, unaware of the Truth mind), light
(total awareness of the Truth revealed from the heart and supremeconscious
mind);

Where there is sadness (emotion produced from old mind), joy (spiritual state of
being from a Truth-filled heart).

O divine Master, Grant that I may not so much seek to be consoled, as to
console,

To be understood, as to understand

To be loved, as to love,

For it is in giving that we receive;

It is in pardoning that we are pardoned;

It is in dying (to our old ego, self, world, flesh, religion, lie-filled mind) that we are born to eternal life (which flows from the Truth-filled heart).

**Prayer is not confined to time or space.
It can transcend both.**

What is prayer really?

Is prayer just focusing on what you or another need or want?

Prayer is not just focusing the mind with the intention of getting an expected result - this is the power of the mind.

Is prayer letting go of the needs and wants and letting God be God and you be a vessel of His love, joy, peace and hope, whether it is for one moment, one day, one year, or as long as He fills your lungs with the breath of life?

Your purpose in life is to love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength and to love your neighbor as yourself.

For more information go to www.totalhealthinstitute.com or call 630-871-0000.