

THE SECRET TO VIBRANT, RADIANT HEALTH!

Unlocking the 7 Natural Pillars for
Vigorous Health & Boundless Energy



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The Secret to Vibrant, Radiant Health!

Expanded/Comprehensive Edition

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Edition 1.0

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Printed in the USA

January 2026

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LEGAL DISCLAIMER (FROM MY LAWYER)

A quick note from my lawyer (so we can get to the good stuff): “This book is not intended to provide medical advice or take the place of medical advice or treatment from your personal physician or qualified health professional. Readers are advised to consult their own doctors or other qualified health professionals regarding the treatment of their medical problems. Neither the publisher nor the author takes any responsibility for any possible consequences from any treatment, action, or application of medicine, supplement, herb, or preparation to any person reading or following the information in this book. If readers are taking prescription medications, they should consult with their physicians or other qualified health professionals and not take themselves off medicines to start supplementation without the proper supervision of a physician or qualified health professional. The information herein has not been evaluated by the FDA and is not intended to diagnose, treat, cure, or prevent any disease. The use of this book implies acceptance of these terms.”

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PROLOGUE

Forty years. That is how long it has been since a virus dared to take root in my body. While the world around me cycles through seasonal fevers, hacking coughs, and the desperate, frantic reach for "anti-life" pills, I stand in a different reality.

I watched it happen again on a glowing screen—a friend, desperate and misled, asking if she should swallow antibiotics to fight a ghost. To fight the flu. It was a cry for help to a medical establishment that has traded the fire of human instinct for the cold, hard cash of a luxury car payment.

When she asked me if she should take antibiotics for a virus, I didn't just see a question—I saw a hostage (just as I had been a hostage over 40 years ago). A hostage to a billion-dollar industry that thrives on the "white-flour fog" that clouds the modern mind.

Antibiotics aren't just "medicine"; they are a *secondary invasion*. Your body is already in a street fight with a virus, and the doctor hands you a drug that forces your immune system to turn its back on the enemy just to fight the "cure."

You see, the "experts" want you to believe your body is a helpless victim. They want you to believe that a foreign invader—a drug—is your only hope. But they won't tell you the truth: that sickness is a scavenger. It only survives where there is garbage to eat. If you stop feeding the fire, the fire goes out.

No junk. No sickness. It really is that simple.

INTRODUCTION

The Ancient Blueprint for Energetic, Vigorous Health

In 2026, we are obsessed with "hacking" our biology. We wear smart rings to score our sleep, use continuous glucose monitors to track our snacks, and sit in sub-zero chambers to "reset" our cells. We are searching for a secret edge—the one hidden variable that will finally unlock the boundless energy and radiant health we see on our social feeds.

But here is the real secret: All the high-tech gadgets in the world are just expensive mirrors. They can show you where your health is broken, but *they cannot fix the foundation.*

The Hidden Science of the Simple

True health—the kind that makes you vibrant from the moment you wake up and radiant in every room you enter—isn't found in a laboratory. It is found in seven natural laws that governed your ancestors' bodies and still govern yours today.

We call these the **7 Natural Pillars**.

For decades, these pillars were dismissed as "common sense." But in 2026, cutting-edge science is finally catching up to what nature already knew. We now know that **Sunshine** is the master switch for your metabolism. We know that **Fresh Air** is not just about oxygen; it's about a chemical "reset" for your immune system. We know that **Recreation** is the only way to shield your brain from the high-stress burnout of modern life.

The 7 Pillars Vs. The World

This book is not another list of things you "should" do. It is a **Biological Operating System Upgrade**.

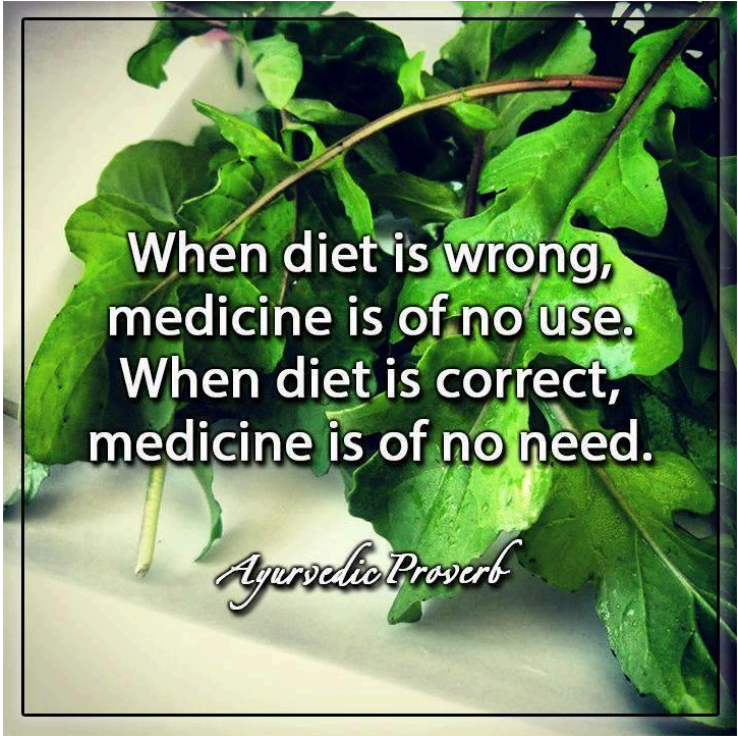
Most health programs fail because they focus on only one or two levers—like Diet or Exercise—while ignoring the environment that makes those levers effective. You cannot out-exercise a lack of Rest, and you cannot out-diet a toxic Mindset.

By the time you finish this book, you will understand how to orchestrate these 7 keys into a high-octane symphony:

- **Diet & Exercise:** Your high-performance fuel and engine power.
- **Sunshine & Fresh Air:** Your external spark and cognitive clarity.
- **Rest & Recreation:** Your active recovery and stress-buffer system.
- **Mindset:** The command center that brings it all together.

You don't need a lab to unlock Vigorous Health. You just need to return to the blueprint. It's time to stop hacking your life and start living it.

Welcome to the Secret.



**When diet is wrong,
medicine is of no use.
When diet is correct,
medicine is of no need.**

Ayurvedic Proverb

Chapter 1: ANTIBIOTICS & THE FLU

Why This Book Had to Be Written

Let me tell you exactly how this book came to be.

A few years ago, I was scrolling through social media—you know how it is, just killing a few minutes—when I saw a post that stopped me cold. I mean, I literally froze. An old friend of mine had posted a simple question: "*Should I take antibiotics to fight the flu?*"

My heart sank.

Not because she was sick—I felt bad about that, sure—but because that one innocent question revealed something deeply troubling about the state of health education in America today. Here was an intelligent, caring, wonderful person asking whether she should poison her body with a drug that couldn't possibly help her condition and would almost certainly make things *worse*.

I couldn't stay silent. I had to say something.

The Fundamental Problem

So let me be crystal clear about something right now—something every single doctor on the planet knows, but many seem unwilling to explain plainly to their patients:

The flu is caused by a VIRUS.

Antibiotics kill BACTERIA.

Do you see the problem here?

Antibiotics are completely, totally, 100% USELESS against the flu!

This isn't controversial. This isn't some "alternative medicine" mumbo-jumbo. This isn't a fringe theory or a conspiracy. This is basic biology—the kind of stuff every medical student learns in their very first year of school! Taking an antibiotic for the flu makes about as much sense as taking aspirin for a broken leg. It's the wrong tool for the job!

But here's the thing—it's actually *worse* than that. Way worse. Because antibiotics don't just fail to help when you have the flu. They actively *harm* your body when taken unnecessarily.

Why Antibiotics Make the Flu WORSE

Here's what most people don't understand—and what I wish every doctor would take the time to explain:

When you take an antibiotic while you're fighting a viral infection like the flu, you're not just wasting your time and your money. You're actively *weakening your immune system* at the exact moment it needs to be at full strength!

Think about it this way: Your body is already in a street fight with a virus. Picture it—your immune system has put on the boxing gloves, it's throwing punches, it's working overtime, deploying every single resource it has to defeat this microscopic invader. Your white blood cells are on full alert. Your fever is cranked up to create a hostile environment for the virus. Every system is engaged in this life-or-death battle.

And then what do you do? You take an antibiotic.

Now, the word "antibiotic" literally means "*anti-life*." And guess what? Your incredibly intelligent immune system recognizes this antibiotic as *another* foreign invader that must also be dealt with!

So now your body is fighting a war on *TWO fronts!*

The antibiotic forces your immune system to divert its precious attention and resources away from the virus to deal with this new chemical assault. Meanwhile—and this is crucial—the antibiotic is busy doing what antibiotics do: destroying bacteria throughout your digestive system.

"But wait," you might say, "isn't that what antibiotics are supposed to do?"

Yes! That's exactly the problem!

You see, your digestive system is home to trillions of beneficial bacteria—the "good guys" who play a crucial, absolutely essential role in supporting your immune function. When the antibiotic carpet-bombs your gut, it doesn't discriminate between the good bacteria and the bad bacteria. It wipes them ALL out!

The result? You've just made it *easier* for the virus to gain the upper hand, not harder. You've handicapped your own team right in the middle of the championship game!

And it gets even worse. Using antibiotics incorrectly—taking them when you don't need them—contributes to one of the most terrifying health crises of our time: the growing epidemic of antibiotic-resistant "*superbugs*." These are bacteria that have evolved to survive our strongest medicines. And every time someone takes an antibiotic they don't need, they're helping to create more of these monsters.

My Personal Immunity: The Proof Is in the Living

Now, when I responded to my friend's question on social media, I didn't just explain the science. I shared something personal—something that many people find hard to believe when they first hear it:

I haven't had the flu in 40 years.

Let that sink in for a moment. Forty years. Four decades. Not since 1986.

That was the year I drastically changed my diet and started living according to the *seven natural pillars* you're going to learn about in this very book. And I'm not talking about avoiding the flu through luck, or because I'm a hermit who never leaves the house, or because I have some kind of genetic superpower.

I'm talking about genuine, rock-solid **IMMUNITY**—built through proper nutrition and healthy living.

And here's the thing that really gets people: **I NEVER WILL get the flu again.**

That's right. Never. Not as long as I continue to eat properly and avoid the garbage that most people consider "food." This isn't arrogance—it's confidence based on four decades of consistent results.

How is this possible? How can I make such a bold claim?

The answer is simpler than you might think, though it contradicts everything the medical establishment wants you to believe:

Many disease-causing microorganisms need JUNK to survive and thrive.

Read that again. Let it sink in.

Without the garbage that most Americans consume daily—I'm talking about refined processed foods like white sugar products, white flour products, white rice, and the countless chemical additives that have infiltrated our food supply—these harmful microorganisms quickly die off. Your body becomes an

inhospitable environment for disease. It's like trying to grow weeds in a desert—they simply can't survive!

No junk. No sickness. It really is that simple.

Does that sound too good to be true? I understand your skepticism. But stick with me, because by the time you finish this book, you'll understand exactly why this works—and more importantly, how to make it work for YOU.

The Trillion-Dollar Deception

Now, at this point, you might be wondering something. If preventing disease is this straightforward—if the answer really is as simple as eating right and living clean—then why on earth don't doctors tell us this?

It's a fair question. A great question, actually.

And the answer, I'm sorry to say, comes down to two things: *money and hopelessness.*

Follow the Money

Let's be brutally honest about the economics of modern medicine. I'm not going to sugarcoat this, because you deserve the truth.

The entire healthcare industry—from pharmaceutical companies to hospitals to insurance companies to medical device manufacturers—*makes money when you're sick, not when you're healthy.*

Think about that for a second. Really let it sink in.

Now think about what would happen if everyone in America suddenly stopped getting sick:

- No more prescription drug sales
- No more expensive doctor visits
- No more hospital stays
- No more surgeries
- No more medical tests
- No more insurance claims

The entire medical establishment — this **multi-trillion-dollar industry** — would collapse virtually overnight!

Now, am I saying that all doctors are evil? That they're all part of some grand conspiracy to keep you sick? *Absolutely not!* Most doctors genuinely, truly want to help people. They went into medicine because they care. They work long hours, they sacrifice time with their families, and they deal with life-and-death situations every single day.

But here's the uncomfortable truth: These good, well-meaning doctors are operating within a system that profits from sickness, not health. The system itself is designed to treat disease, not prevent it. And that system pays the bills.

If you think money has nothing to do with how medicine works in America, I have a bridge to sell you! How about the Golden Gate? I can get you a great deal!

The Hopelessness Factor

But there's one other thing that stops some doctors from telling you the truth about sickness and disease—and this one is actually kind of sad.

These doctors have seen the reality, day after day, year after year. They've watched patient after patient ignore their advice. They've seen what happens when they tell someone to change their diet, to

stop eating junk food, to exercise more, to take better care of themselves.

You know what happens? *Nothing.*

Most people will **NEVER** give up the junk food they eat and drink, regardless of how often they're encouraged to do so, regardless of how many warnings they receive, regardless of how sick they get.

Most people are hopelessly, completely, utterly addicted to junk food—just as surely as a heroin addict is addicted to heroin. The same brain chemistry is involved. The same cravings. The same denial. The same inability to stop even when they know it's killing them.

So these doctors reason: "Why should I waste my time? Why should I bang my head against the wall explaining nutrition to someone who's going to leave my office and drive straight to McDonald's? If they insist on drugs, then fine—I'll give them drugs. And I'll laugh all the way to the bank."

It's cynical. It's sad. It's a tragedy, really.

But that's what it's all about. That's the reality of modern medicine in America.

The Medical Establishment: Blessing AND Curse

I want to be crystal clear about something, because I don't want you to misunderstand my position for even one second:

I am extremely grateful for modern medicine.

I would not be here today—I would not be alive to write these words—if it weren't for the medical establishment. And that's not an exaggeration.

Let me tell you what happened.

About fifty years ago, when I was a young man running cross-country for my college team, I got a dangerous foot infection. It happened during a race in New York City—I stepped on a needle that was lying on the ground (this was New York in the 1970s, after all), and within hours, my foot had swelled up like a balloon. I'm talking grotesquely swollen. I had blood poisoning racing through my system!

Doctors immediately put me on massive doses of penicillin. They had to operate to drain the poisons from my foot. I was in serious, serious trouble.

Without those fine doctors and nurses—without their expertise, their quick action, their powerful antibiotics—I would have surely died. And very quickly, too. There's no question about it.

So yes, today's medical institutions can be an incredible blessing to us. Emergency medicine, trauma care, surgical interventions—these things save lives every single day, and I am profoundly grateful they exist. When you need them, you REALLY need them.

But here's the critical distinction—and this is what so many people fail to understand:

There's a MASSIVE difference between emergency medicine and health maintenance.

Emergency medicine is what saves you when you've been hit by a car, or when you've had a heart attack, or when you've stepped on a

needle and gotten blood poisoning. It's reactive. It's crisis management. It's absolutely essential when disaster strikes.

Health maintenance is what keeps you from needing emergency medicine in the first place. It's proactive. It's prevention. It's building a body so strong and resilient that disease simply cannot take hold.

The medical establishment is brilliant at the first thing. But it has largely abandoned the second.

The Real Problem: Dependence Without Prevention

The problem isn't that modern medicine exists. Thank God it exists!

The problem is that too many of us depend on the medical establishment **FAR TOO MUCH**—and to our own detriment.

We've been conditioned—by advertising, by media, by the system itself—to believe certain things that simply aren't true:

- That sickness is inevitable
- That prevention is impossible or impractical
- That we are helpless victims of our genetics, our environment, our circumstances
- That the best we can do is wait to get sick and then take pills to manage our symptoms

Every single one of these beliefs is FALSE.

The truth—the secret that this entire book is built upon—is this:

We aren't helpless!

We can **DEFINITELY** avoid many sicknesses and diseases that plague modern society. And we most assuredly **DON'T** need drugs

(at least in the vast majority of cases) to achieve vibrant, sickness-free, disease-free, energetic, strong, radiant health!

It is absolutely, positively, 100% achievable. I'm living proof of it. Millions of others are living proof of it. And you can be living proof of it too!

But it takes determination. It takes commitment. And it takes a willingness to go against the grain of everything our culture tells us.

The Key to Everything: PREVENTION

The key, of course, is **PREVENTION**.

Do the right things—such as eating properly—*BEFORE* you have a health issue, and then in most cases you will never have the health issue in the first place!

This isn't complicated. This isn't rocket science. This is common sense that our great-grandparents understood intuitively but that we've somehow forgotten in our modern, pill-popping, fast-food-eating, sedentary society.

Let me give you two perfect examples:

Diabetes: The Preventable Epidemic

Type 2 diabetes has reached epidemic proportions in America. Millions of people suffer from it. It destroys lives. It leads to blindness, amputations, kidney failure, heart disease, and early death.

And here's the shocking truth: **Type 2 diabetes is EXTREMELY EASY TO PREVENT.**

There is no reason in the world—none, zero, zilch—for anyone to ever develop Type 2 diabetes if they follow proper nutrition and lifestyle habits. It's essentially 100% preventable!

The disease is caused by years and years of eating garbage—refined sugars, processed foods, chemical-laden junk—combined with a sedentary lifestyle. Stop eating the garbage, start moving your body, and diabetes simply cannot develop. Your body won't allow it!

Tooth Decay: Another Completely Preventable Condition

Here's another one that might surprise you:

There's no reason for anyone to ever get a cavity!

I haven't had a single cavity in 40 years. Not one! I still have all 32 of my natural permanent teeth at age 70. Every single one of them is healthy and strong.

This isn't genetics. This isn't luck. This isn't because I have some kind of super-teeth. This is the direct result of eating properly for four decades.

The difference between my dental health and the average man my age—who has likely lost teeth, had root canals, gotten crowns and bridges, and spent tens of thousands of dollars at the dentist—is prevention through proper nutrition.

Tooth decay is caused by the junk we eat, plain and simple. Eliminate the junk, and you eliminate the decay.

My Journey From Crisis to Health

Let me share my personal story with you, because it demonstrates both the limitations and the incredible power of natural healing.

Up until my 30th birthday, I ate very similar to everyone else. I grew up on the Standard American Diet—which, appropriately enough, spells "SAD." I ate what my parents fed me as a kid, what the school cafeteria served, what was quick and convenient as a young adult.

But then, right around my 30th birthday, I developed a very serious health issue: a severe ulcer.

The pain was excruciating. It felt like someone had poured acid into my stomach. I couldn't eat without agony. I couldn't sleep. I was miserable.

So I went to the doctors—the best doctors I could find. And you know what they told me? They told me I would have to take a bunch of drugs for the rest of my life. They told me I would have to eat an extremely bland diet forever. They painted a picture of decades of medication, restrictions, and ongoing management of a chronic condition.

I walked home from that doctor's appointment with a bag full of prescriptions, feeling defeated and hopeless.

But somewhere between the pharmacy and my front door, something shifted inside me. I decided right then and there that I needed to find a different way. There HAD to be a better answer than a lifetime of pills and bland food!

I went to a health food store—this was back in 1986, when health food stores were kind of rare and definitely "weird"—and I bought every health book I could find on the shelves. I must have spent a hundred dollars on books that day.

The 4-Day Fast That Changed My Life

The very first book I picked up was about health fasting. I was skeptical—extremely skeptical. Going without food? On purpose? That sounded crazy!

But the author made a compelling argument. He basically said: *"Look, what do you have to lose? You're already miserable. You're already in pain. The doctors have told you there's no cure, only management. Why not try this?"*

So I did it. I went on my very first health fast for 4 days. I consumed nothing but water for four straight days.

Oh, and I did one other thing: I took all those medications the doctor had prescribed and I threw them down the toilet! *Sorry, fish!*

The results?

Absolutely incredible!

Not only did my ulcer disappear—completely, totally, gone—but I had an enormous surge of energy. I'm talking about energy I hadn't felt since I was 7 years old, running around the playground without a care in the world! It was like someone had flipped a switch inside me. It was amazing! WOW!

After the fast, I implemented everything I learned from those health books. I changed how I ate. I eliminated the junk. I embraced whole, natural foods.

The results over the following weeks and months were nothing short of miraculous:

The ulcer: Disappeared completely during that first fast and has never, ever come back. Not once in 40 years. The doctors said I'd need medication for life—they were wrong!

Severe chronic asthma: Gone! I had suffered from terrible asthma my entire life. It had nearly killed me twice—sent me to the emergency room unable to breathe. And after changing my diet? For the first time in my life, I could *really* breathe. I could run without wheezing. I could sleep without gasping for air. Gone!

Continual tooth decay: Came to a complete and total end. I had been getting cavities constantly my whole life. After changing my diet? Not a single cavity in 40 years. My dentist is amazed.

Overall health: I still weigh the same today as I did in college. I have extraordinary energy levels that people half my age envy. And I take exactly zero medications. Nothing. Not even an aspirin!

So here's the thing: I am actually very thankful for that ulcer I had so many years ago. As painful and miserable as it was, it forced me to discover the truth. It forced me to find a better way. It led me to discover the power of proper nutrition and the seven natural pillars of health that you're about to learn.

That ulcer might just be the best thing that ever happened to me.

The Promise of This Book

In this book, you're going to discover the seven natural pillars that transformed my health and can transform yours:

1. NUTRITION — The foundation of everything. You literally are what you eat, and this pillar will show you exactly what to put in your body and what to keep out.

2. SUNSHINE — Nature's vitamin D factory. The sun isn't your enemy—it's essential for your health, and you'll learn how to use it safely and effectively.

3. FRESH AIR — The oxygen your cells desperately need. Most people are slowly suffocating in their own homes and don't even know it.

4. EXERCISE — The movement your body was designed to require. Your body is a machine that rusts when it sits still.

5. POSITIVE ATTITUDE — The mental foundation that controls everything. Your thoughts create your biochemistry—this is science, not wishful thinking.

6. THE 3 R's — Rest, Relaxation, and Recreation. Your body heals and rebuilds during rest, and it needs more of it than you're probably getting.

7. PREVENTION — The key to avoiding disease before it starts. An ounce of prevention truly is worth a pound of cure—actually, it's worth far more than that.

Master all seven of these pillars, and you will experience health beyond what you ever thought possible. This isn't theory. This isn't wishful thinking. This isn't some untested hypothesis. This is proven, tested, lived experience—mine and millions of others who have discovered these truths.

The medical establishment won't teach you this—remember, there's no profit in healthy people. But everyone deserves to know the truth. YOU deserve to know the truth.

What Does "Eating Properly" Really Mean?

So when I advocate "eating properly," what exactly am I talking about? Is this going to be some complicated system with charts and graphs and calorie counting and macro ratios?

Nope!

Simply put, eating properly means eating a well-balanced diet of foods that are good for you—and avoiding those that aren't good for you.

That's it. Very simple, right?

Now, I know what you're thinking: "If it's so simple, why is everyone so confused about nutrition?"

Great question! And the answer is that we've made it complicated. We've taken something that used to be obvious—that our great-grandparents understood without even thinking about it—and we've buried it under layers of confusion, conflicting advice, fad diets, and marketing nonsense.

Today we have deep frying turning healthy foods into toxic sludge. We have microwave ovens destroying nutrients and altering food at the molecular level. We have a thousand different "experts" with a thousand different theories, each contradicting the last. We have food companies spending billions of dollars to convince us that their processed garbage is actually healthy.

Things that used to be simple have become very, very complicated.

But here's the good news: There is no reason for everything to be so complicated and confusing! The principles of healthy eating can be simple, and they SHOULD be simple! By the time you finish

this book, you'll understand exactly what to eat, what to avoid, and why—and it will all make perfect sense.

You Deserve Radiant Health

You deserve to be healthy. You really do.

You deserve to be free from sickness and disease. You deserve a vibrant, energetic, radiant life. You deserve to wake up every morning feeling amazing. You deserve to have the energy to play with your kids or grandkids. You deserve to live without the constant worry of "what illness is going to strike me next?"

And it all begins with understanding and applying these seven natural pillars.

Are you ready?

Let's begin.

PILLAR ONE: NUTRITION

The Gold Standard (Impractical—But Powerful!)

What's the absolute best diet in the world? I'll tell you. It's a well-balanced diet of ONLY healthy foods and drinks that YOU GROW 100% ORGANICALLY YOURSELF and prepare properly—no microwave, no frying, no junk!

Now, how many of us can actually do this today? *Hardly anyone—including me!* A few dedicated folks have moved out of the city, bought land, and are raising their own chickens and goats. It usually takes about 5 acres. There's even a wonderful book by Norman Walker, “*Back to the Land for Self-Preservation,*” that tells you exactly how to do it.

But let me stress again: This is simply **not practical** for most of us living in the modern world. For the few who manage it, though, the results are incredible—they eat the healthiest food possible and are as healthy as they can be!

The Power of Growing Your Own Food

People who grow their own food—and get plenty of exercise, fresh air, sunshine, and have little stress—are usually incredibly healthy and full of energy. They and their families will:

- **NOT** get cavities
- **NEVER** develop diabetes
- **NOT** have to worry about the sicknesses that plague modern society

Here's the powerful truth: Sickness and disease are **NOT natural!** Your body was not designed to be sick! If we follow these guidelines, it simply will not happen to us.

The Consequences of Poor Nutrition

The reverse is a scary reality. The worse the food we eat, the more chemicals we put into our bodies, the sicker we become! We don't actually "catch" colds and the flu—we *eat* them, leading to:

- **Physical Ailments:** Tooth decay, acne, asthma, diabetes, cancer, strokes, and more.
- **Brain Disorders:** Autism, ADHD, Alzheimer's, Parkinson's, debilitating migraines, depression, anxiety, and even schizophrenia.

These conditions are tragic, and many affect children today. But here's the powerful, **hopeful** truth: *They are preventable!*

The Genetic "Exceptions"

I know what you're thinking: "My Uncle Joe ate bacon every day, smoked two packs, and lived to be 95!"

Yes, a tiny fraction of people—less than 1%—can eat terribly and seem fine. How? They hit the genetic lottery! They were born with a *supercharged* immune system. But even these rare folks would feel better, have more energy, and live more vigorously if they ate right!

On the flip side, another tiny fraction—again, less than 1%—are born with extremely fragile immune systems. For these rare individuals, they have to live an almost "perfect" life just to get by.

But here's the key takeaway for *most* of us...

The Reality for Most of Us

Many people read a book like this and think, "Oh, I must have the wrong genes, so why bother eating right?" WRONG!

Most people are sick because they are simply *NOT living properly*, and they don't even realize it because of all the misinformation out there!

Your typical health "expert" often gets sick with the same stuff their patients do. If you ask them why, they'll tell you, "Oh, sickness is just *natural*."

WRONG AGAIN! Sickness is *unnatural!* Our bodies were designed to be vibrant, energetic, healthy machines! We get sick because of the bad stuff we put into our bodies—what we drink, eat, inject, and inhale.

THE GOOD NEWS: We have *complete control* over most of these things. There is absolutely no reason why virtually every single human being alive today can't live a healthy, vibrant, energetic life!

It's a simple choice: live properly, and you **WILL** be healthy. Don't live properly, and you **WILL NOT** be healthy. Simple, right? It's your choice!

Store-Bought Organic Foods

Since most of us can't have a personal farm, we need to find the next best thing: organic food that avoids those nasty chemicals found in conventional food.

Fortunately, it's easier than ever to find pure food:

- **Local spots:** Farmer's markets, co-ops, and local organic farms.
- **Big stores:** Major supermarkets (Kroger, Costco) and specialists like Whole Foods and Trader Joe's.
- **Delivered:** Online retailers will ship right to your door!

You can always jump online and search for organic sources in your area.

How Does It Compare?

Are organic foods from the store perfect? Usually fine, but no! Store-bought organic is *never* as natural, organic, or nutritious as the food you pick straight from your own garden.

The Cost of Quality: An Investment in You!

Let's talk about money. Buying organic food usually costs more than grabbing cheap, processed junk from a conventional grocery store. We all know this.

But here's the reality check: *"We get what we pay for."*

When you pay a little more for organic, you are getting vastly superior, nutrient-dense food. When you buy non-organic junk, you're getting inferior food loaded with chemicals, antibiotics, and growth hormones.

Think of it this way: You're simply deciding whether you want to pay for premium health now, or massive medical bills later. Whenever possible, invest in yourself and choose organic!

What Constitutes Healthy Foods?

It's time to get specific about the building blocks of vibrant health. We're talking **UNREFINED, UNPROCESSED WHOLE FOODS.**

Your body thrives on foods that look exactly like they did when Mother Nature made them:

- **Fruits:** All varieties, fresh and organic—Nature's perfect cleanse food!

- **Vegetables:** All varieties, raw or properly cooked.
- **Power Players:** Nuts (almonds, walnuts, cashews), Seeds (chia, flax, pumpkin), and Beans/Legumes (black beans, lentils).
- **Whole Grains:** Brown rice (ditch the white stuff!), quinoa, millet, and steel-cut oats.

Important Exceptions

Nature is simple, but there are a few exceptions you need to know about:

- **Rhubarb:** Contains high levels of oxalic acid. Avoid it!
- **Cooked Spinach:** Raw spinach is fantastic, but heating it makes that same oxalic acid problematic.
- **Peanuts:** A potential troublemaker for many people. *Almond butter* is a phenomenal—and safer—alternative!
- **GMO Products:** Genetically Modified Organisms are simply terrible for you. *Avoid all GMO foods!*

Raw Organic Dairy

If you suffer from asthma or allergies, listen closely. You should absolutely consider trying **RAW organic milk** and other raw dairy products—especially goat's milk.

Why? Traditional cow's milk causes thick, hardened mucus in the bronchial tubes for many people. It was the main reason I suffered from life-threatening asthma for years. But raw goat's milk? It doesn't cause this reaction! This simple switch is how I was able to get rid of my asthma many years ago.

The catch? These products *must* be **RAW** and **ORGANIC**.

- **RAW:** Heat (pasteurization) destroys the good bacteria and beneficial enzymes, turning a healthy product into an unhealthy one.
- **ORGANIC & Pasture-Raised:** Otherwise, you're digesting antibiotics, growth hormones, and a host of chemicals. You want animals that spend all their time roaming free in the fields! So, when possible, buy pasture-raised products.

My personal favorite? **RAW organic milk KEFIR**—it is amazing for you!

Is Raw Milk Safe in 2026? ABSOLUTELY!

I know what the "experts" say about raw milk being dangerous. But here's the truth: It is absolutely safe, *provided* you buy it from a reputable company that follows rigorous safety standards.

Today's best farms use incredible technology to ensure safety!

The "Test & Hold" Protocol

Companies like "Raw Farm" in California use a rigorous system. Every batch of milk is tested in an on-site lab for pathogens. It is held (sequestered) for 20 hours and is **only released for sale** once confirmed negative. It's safe science!

High-Tech Animal Monitoring

How high-tech are we talking? They have AI-powered sensors that the cows swallow! These little capsules (boluses) transmit data on body temperature and water consumption every 10 minutes. If the AI detects an issue, that cow is instantly isolated *before* any symptoms even show up. Now that's prevention!

Regulatory Oversight

This isn't the Wild West. The California Department of Food and Agriculture conducts regular, unannounced inspections and testing. They even have a lab to test all incoming feed for GMOs and toxic herbicides like Roundup!

Companies That Utilize "Test & Hold"

In 2026, you don't have to guess about safety! The following organic raw milk companies in the USA are leading the charge:

- **RAW FARM (California):** The biggest raw milk dairy in the country! They use a rigorous three-step program where every single batch is tested in their on-site lab for pathogens—and is **only** released for sale once confirmed negative. (Check them out: <https://www.rawfarmusa.com>)
- **Redmond Heritage Farms (Utah):** They use an independent, state-certified lab for every batch.
- **The Family Cow & Miller's Bio Farm (Pennsylvania):** Both use rigorous internal and third-party testing to verify safety before consumer delivery.

Meats

Meat products should always meet two critical standards:

- **Organic:** To avoid antibiotics, growth hormones, and chemicals.
- **Pasture-Raised:** The animals roam completely free in the fields—not just "free-range" on a tiny plot!

Which Animals Are Good to Eat?

Nature actually gives us simple rules! Animals you should eat must meet TWO requirements: **Chew the cud AND have a split hoof.**

Good to Eat (Meet both requirements):

- Cattle/Beef
- Goats
- Lambs/Sheep
- Bison/Buffalo
- Deer/Venison
- Elk, Moose, Caribou, Antelope

NOT Good to Eat (Don't meet both requirements):

- Pigs/Pork/Ham (Don't chew the cud!)
- Rats, Mice, Snakes, Rabbits
- Horses, Camels, and many others!

Poultry and Eggs

Many birds are perfectly fine to eat:

- Chickens
- Turkeys
- Quail
- Ducks
- Geese
- Pheasants

Their eggs are also fantastic—especially when organic and pasture-raised!

Fish: A Modern Tragedy

In a perfect world, wild fish would be wonderful to eat. But here is the tragic truth: We have polluted our oceans so much that almost all fish today is *unfit to eat*.

Why Fish Are Dangerous Today: The Toxin Trap

The issue isn't the fish; it's our environment. The water is contaminated with a cocktail of poisons:

- **Mercury:** One of the most harmful substances you can ingest. It accumulates in fish tissue, especially large predators, and causes severe neurological damage.
- **Microplastics:** Found in virtually all fish. They accumulate in your human tissue, and the long-term effects are deeply concerning.
- **Nuclear Radiation:** Incidents like Fukushima have caused widespread contamination of the Pacific Ocean.
- **Other Pollutants:** PCBs, Dioxins, heavy metals, and industrial chemicals.

Farmed fish is even worse! It contains antibiotics, growth hormones, artificial coloring, and high levels of contaminants from crowded, dirty conditions.

THEREFORE, EAT VERY LITTLE FISH (IF ANY)!

Fermented Foods: The Superstars of Nutrition!

Now for some truly awesome, health-boosting foods! *Fermented foods are the superstars of nutrition!*

Raw Organic Sauerkraut / Kimchi

These are some of the **VERY BEST** foods you can possibly eat! They are powerful immune system builders.

CRITICAL RULE: They **MUST BE RAW!** Look for them in the refrigerated section and check labels for "contains live cultures" or "unpasteurized."

Why are they so good? They are loaded with beneficial probiotics that:

- Support massive digestive health
- Strengthen your immune system
- Help eliminate harmful bacteria
- Aid in nutrient absorption

Other Healthy Products

A few more staples for your health arsenal:

| Product | Key Benefits & Tips |

|-----|-----|

| **Raw Pure Organic Honeycomb** | Natural antimicrobial properties, rich in enzymes. Never heat honey! |

| **Herbal Tea** | Chamomile, peppermint, ginger are great. Avoid black and green tea. |

| **Raw Organic Extra Virgin Olive Oil** | Best oil for eating (salads). Never heat it to high temps! |

| **Raw Organic Coconut Oil** | Best oil for cooking (high smoke point). Stable at high temps! |

| **Raw Organic Apple Cider Vinegar (ACV)** | Excellent for digestion. Must contain "*the mother*" (sediment at the bottom). |

Best Bread Products: The Sprouted Secret!

Forget the bland, processed stuff that sits on supermarket shelves for weeks! We're talking real, living bread products made from **sprouted whole grains**—the kind your body actually recognizes as food.

Food for Life: The Gold Standard

"Food for Life" makes the absolute best choices on the market. Look for these in the **freezer section** of your health food store:

- **Ezekiel 4:9 & 7 Sprouted Grains:** Made from living, sprouted whole grains. **No flour, no added sugar!** Pure, clean fuel for your body.

Manna Bread from Manna Organics

This is a unique product—more like a dense, moist, naturally sweet bread-cake! Made from sprouted grains. It is delicious when fresh and highly nutritious.

Cooking Oils: Important Information

Getting oils right is vital for health. You have to use the right tool for the job!

| Use Case | Best Choices | Never Use! |

|-----|-----|-----|

| **Cooking (High Heat)** | **Raw organic coconut oil** (Highest smoke point, most stable) | **Never Use:** Seed oils, vegetable oils, canola oil, soy oil, corn oil, hydrogenated oils, margarine |

| **Cooking (Low/Medium Heat)** | Butter |

| **Eating (Salads/Drizzling)** | Raw organic olive oil; Raw organic apple cider vinegar | |

Supplements: Two Essential Products

Yes, whole foods are the foundation. But these two supplements deserve special mention because they are incredibly powerful!

We are talking about premium products from **Green Pastures**:

| Product | Key Benefits |

|-----|-----|

| **Concentrated Butter Oil** | The "Activator X" (Vitamin K2)! Supports bones and teeth, enhances nutrient absorption, promotes heart/brain function. |

| **Fermented Cod Liver Oil** | Loaded with Vitamins A & D and Omega-3s. Essential for immune health, strong bones, and healthy vision. |

The Power of the Combination

Here's the magic! When used together, butter oil and cod liver oil work in **perfect synergy**. Dr. Weston A. Price discovered that "Activator X" (K2) dramatically boosts how your body uses the A and D vitamins from the cod liver oil. It is a powerful one-two punch for vibrant health!

Purified Water: Essential for Health

Water is life! But you need *pure* water, not the chemical cocktails coming out of most taps.

The Best Water: Steam Distilled

Steam distilled water is the purest water possible—it's pure H₂O without any chemicals. It's exactly what rainwater is (before we polluted the air). Make it at home with a good steam distiller and carbon filter for the cleanest drink possible!

Other Acceptable Options

Reverse Osmosis Water (with a carbon filter): Not quite as pure as steam-distilled, but still very good and much better than most other methods.

What to Avoid

- **Bottled Water:** The main issues? Plastic contamination (chemicals leaching into your water), toxic BPA, and false advertising! Most bottled water is just fancy-labeled **TAP WATER!** Plus, the environmental waste is a tragedy.
- **Tap Water:** Full of harmful chemicals like fluoride, chlorine, heavy metals (lead, mercury, arsenic), pharmaceutical residues, and microplastics. Yuck!

Daily Water Intake: Aim for at least 64 ounces of liquids a day. Drink when you're thirsty—your body knows what it needs!

Unhealthy "Foods" to Avoid

Just about all processed, refined "foods" are not food at all—they are toxins! They have a negative effect on your body and mind, just like any other poisons.

The Worst Offenders

Refined Sugar and Flour Products: Avoid these like the plague!

- White and brown sugar
- White bread, pancakes, waffles, pasta, noodles, crackers
- White rice (brown rice is fine!)

ARTIFICIAL SWEETENERS: WORSE THAN SUGAR!

As horrible as sugar is, these man-made alternatives are a total chemical assault on your body:

- Aspartame (Equal, NutraSweet)
- Saccharin (SugarTwin, Sweet'N Low)
- Sucralose (Splenda)
- Neotame
- Acesulfame K

The Silent Assailants: What Artificial Sweeteners Do

These chemical concoctions aren't just "not good" for you—they are horrible poison. They are linked directly to serious health consequences:

- **Neurological problems:** Headaches, migraines, brain fog!
- **Cancer:** A terrifying risk we take for a "sweet" taste.
- **Metabolic disruption:** They mess up your body's natural signaling systems.
- **Weight gain (paradoxically):** Yes, diet sweeteners can make you *fatter*!
- **Digestive issues:** Upsetting your vital gut bacteria.

Better Alternatives (But in Moderation!)

If you need a touch of sweetness in your life, stick to the gifts from nature:

- **Raw organic honey:** Use sparingly, but miles better than processed sugar.
- **Stevia:** The pure version, not the chemical-laden processed packets.

Other Processed Foods to Avoid

It's time to clean out your pantry! Just about all commercial junk foods are not healthy and should be avoided. Many aren't even food at all—they are toxins designed to hijack your taste buds!

Avoid these processed "foods":

- Cookies, Crackers, Candy
- Cakes, Pies, Conventional Ice Cream
- Potato chips, Pretzels

The Exception: These can be okay *only* if they are made from wholesome ingredients (whole grains, raw honey), made without sugar or chemicals, and prepared properly (no frying, no microwaving). Good luck finding those in a regular store—you usually have to make them yourself!

Drinks: What to Avoid and What to Enjoy

Unhealthy Drinks: A Daily Assault

Just about every commercial drink on the market is working *against* your health.

AVOID THESE TOXIC LIQUIDS:

- **Soda:** Regular and diet—both are horrible!
- **Commercial Lemonade and Iced Tea**
- **Coffee & Black/Green Tea:** They contain significant amounts of caffeine, which stresses your body. (Herbal tea is fine!)
- **Fruit "Drinks":** This is just sugar water with flavor. Stick to 100% fruit juice.
- **Energy Drinks & Sports Drinks:** Full of sugar and artificial ingredients.

Alcoholic Beverages: A Word of Caution

Some alcohol can be fine, in moderation, under strict conditions:

- **Wine:** In extreme moderation (1-2 glasses occasionally, not daily).

- **Requirements:** Must be made properly, without chemical preservatives or added sulfites.

Excessive alcohol is a disaster for your body: liver damage, brain damage, weakened immunity, and a sky-high disease risk.

Healthy Drinks: Your Body's Fuel

These should be your staples for hydration and vitality:

BEST CHOICES:

- Purified water (steam distilled or reverse osmosis).
- Herbal tea
- Raw organic milk & Raw organic kefir (a superstar!)
- Kombucha (specifically GT's Synergy brand)

More Foods to Avoid or Limit

- **Rhubarb:** Toxic levels of oxalic acid.
- **Cooked Spinach:** Raw is great, cooked is problematic.
- **Peanuts (possibly):** May contain aflatoxins. Almond butter is a perfect substitute!
- **GMO Products:** Genetically modified organisms are terrible! Most corn, soy, canola, and sugar beets are GMO unless labeled organic (<https://www.nongmoproject.org/gmo-facts/>).

Canned and Packaged Foods: A Chemical Minefield

Most food that comes in a can or package is unhealthy:

- **Most Canned Foods:** Problems include BPA lining in cans (a hormone disruptor!), high sodium, and nutrient loss.
- **Most Packaged Foods:** Usually contain preservatives, artificial flavors/colors, hidden sugars, and unhealthy fats.
- **Jelly & Jams:** Full of sugar and preservatives (unless made from 100% fruit without added sugar).

The Pizza Paradox: Yes, You Can Eat Pizza!

Believe it or not, pizza can be **great for you**—when made with wholesome, natural ingredients!

Healthy pizza includes:

- Crust made from freshly ground 100% whole wheat flour
- Raw organic cheese
- Pure, wholesome organic tomato sauce
- Fresh vegetable toppings
- Organic, pasture-raised meat (if you want!)

Where can you buy this? These places are hard to find. **The best way? Make it yourself!**

The Science of Balanced Nutrition

A healthy diet should be a wide assortment of wonderful foods:

- Fresh **RAW** fruit
- Vegetables (raw and cooked)
- 100% **WHOLE** grain products
- Nuts, seeds, and beans
- **RAW** dairy products
- Eggs (organic, pasture-raised)
- Wholesome meats

The Truth About Breakfast: It's Not the Most Important Meal!

Contrary to what the cereal companies want you to believe, **breakfast is NOT the most important meal of the day**. As a matter of fact, it's the *least* important meal by far!

Most real health experts who have lived long, healthy, robust lives will tell you the same thing: You should eat a very light breakfast (like fruit) or skip breakfast altogether.

Why? It's All About Detox!

- **Detox Mode:** Your body is naturally in a powerful detoxification mode every morning! It's cleansing itself of yesterday's toxins.
- **Stop the Cleanse:** A heavy breakfast interrupts this vital cleansing process.
- **Rest Your Gut:** A light breakfast or fasting gives your digestive system a break when it needs it most.
- **Real Hunger vs. Habit:** Most people aren't truly hungry in the morning—they are just habituated to eating cereal and toast!

If you must eat more than just fruit for breakfast:

- **Ezekiel 4:9 Cereal:** A great, whole-grain option!
- **Granola** from Organic Bread of Heaven.
- **Coconut Yogurt** from GT's Living Foods (Cocoyo).
- **Raw nuts/seeds** for energy.

The Power of a Proper Lunch

Lunch is where you want to load up on *living* foods! Almost all real health experts recommend a **LARGE raw vegetable salad** made with a ton of different vegetables.

Make it Substantial!

Additions to make it a satisfying powerhouse meal:

- **Raw nuts or seeds:** Almonds, cashews, walnuts, pecans, sesame, sunflower, or pumpkin seeds.

- **A side dish of healthy protein/carbs:** Beans, chickpeas, lentils, quinoa, brown rice. Whole grain bread.

Dressing for Vitality:

- Raw organic olive oil
- Raw organic apple cider vinegar
- Fresh lemon juice
- Herbs and spices

Try to include some **probiotics** with lunch, too: raw sauerkraut, raw kimchi, raw milk kefir, or GT's Synergy Kombucha!

Dinner: Variety is the Spice of Life!

For dinner, the principle is simple: **variety is key!** Mix it up throughout the week to ensure you're getting a wide range of vital nutrients.

Here are a few examples of balanced, healthy dinners:

- **Example 1:** Organic pasture-raised chicken (baked), a baked potato or sweet potato, steamed veggies (broccoli, carrots), whole grain bread with raw butter, and raw sauerkraut.
- **Example 2:** 100% whole grain pasta with organic tomato sauce (no added sugar), a small side salad, whole grain bread, and raw kimchi.
- **Example 3:** Grass-fed beef steak (fat trimmed, grilled or baked), brown rice, corn on the cob (steamed), organic applesauce, and raw sauerkraut.

Critical Nutritional Guidelines: Meat

We should **NOT eat a lot of meat**. Once a day at the most! Eating it just once every other day is even better for your body.

Why Limit Meat?

- **Digestion Energy:** It requires significant digestive energy to break down meat.
- **Inflammation:** Excessive meat consumption can lead to inflammation.
- **Plant Power:** Plant-based proteins provide incredible benefits you just don't get from meat!

When You Do Eat Meat: Keep It Clean!

- Choose organic, pasture-raised only!
- Trim all visible fat (never consume the blood).

Preparation Methods: The Good, The Bad, The Ugly

| Excellent (Healthy) | Good/Fair (Use Sparingly) | Poor/Avoid (Toxic) |

|-----|-----|-----|

| Sous vide | Baking | Microwaving |

| Pressure cooking | Roasting | Frying |

| Poaching | Broiling | |

| Steaming | Grilling | |

| Slow cooking/stewing | | |

PROBIOTICS: YOUR BODY'S INVISIBLE ARMY!

We're going to talk about something incredibly exciting, a true game-changer for your health: **probiotics!** These are the friendly little critters living inside you that make digestion a dream.

It's all about balance, and you can achieve that balance easily, right in your own kitchen!

Your Daily Digestive Boost

Try to include a great fermented product with most of your meals:

- **RAW sauerkraut / kimchi**
- **RAW kefir**
- **RAW yogurt**
- **Kombucha**

These aren't just trendy foods; they are *loaded* with live microorganisms—the beneficial bacteria and yeast that give you tremendous health benefits!

THE POWER OF PROBIOTICS

What do these tiny guys actually *do* for you? A lot!

1. REPAIRING YOUR DIGESTIVE PIPELINE

Probiotics are famous for bringing harmony back to your gut when things go wrong.

- **Antibiotic Damage Control:** Have you ever taken antibiotics? They kill the bad guys, but they wipe out the good guys, too. Probiotics act as the cleanup crew, restocking your gut with beneficial bacteria and helping you avoid that nasty antibiotic-associated diarrhea (AAD).
- **Say Goodbye to Tummy Troubles:** We're talking real relief from common issues like Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD). Less bloating, less gas, and more comfort!

- **Fortifying Your Defenses:** Certain strains help you fight off infectious diarrhea. They are your internal security guards!
- **The Dairy Dilemma Solved:** Lactose intolerant? Probiotics help your body break down lactose, making dairy easy to digest again.

2. SUPERCHARGING YOUR IMMUNITY

Did you know that 70% to 80% of your immune system lives in your gut? That makes your digestive tract the central command center for your entire body's defense!

- **Crowding Out the Bad Guys:** Probiotics create a physical barrier. They produce natural substances that essentially "crowd out" harmful invaders.
- **Immune "Boot Camp":** They train your immune system to recognize friends from foes. This smart training can even reduce the misery of allergies and skin conditions like eczema!

3. THE GUT-BRAIN CONNECTION (It's Real!)

The highway between your belly and your brain is busier than we ever imagined. New research is proving just how strong this link is.

- **A Brighter Mood:** Studies show that a daily dose of probiotics can significantly reduce feelings of anxiety, stress, and fatigue in just a couple of weeks.
- **Nature's Mood Boosters:** Your gut bacteria produce most of your body's neurotransmitters, including serotonin (that "happy chemical") and GABA, which directly regulate how you feel and how well you sleep.
- **Feelings Intact:** The best part? Probiotics reduce the *negative* feelings without dampening your *positive* emotions. You get all

the good, none of the "emotional blunting" you might find with other options.

4. MORE AMAZING PERKS

The benefits don't stop at the gut!

- **Happy Heart:** Some studies suggest probiotics can help lower your "bad" cholesterol.
- **Clear Skin:** By calming down inflammation in your body, they act as support therapy for acne, rosacea, and psoriasis.
- **Weight Wisdom:** Certain strains might even influence how your body handles fat storage and manages those hungry hormones (leptin and ghrelin).

HOW FERMENTED FOODS WORK THEIR MAGIC

Natural Recolonization

Fermented foods like RAW sauerkraut and RAW kefir are packed with specific "good" strains of bacteria. These microscopic warriors travel your *entire* digestive system, right from your mouth all the way down, doing good work wherever they go.

Wider Diversity is Better

Unlike some supplements containing high doses of only a few strains, fermented foods offer a wider variety of microbes. This is considered a more natural path to rebuilding your unique microbial profile. Additionally, the probiotics in raw fermented foods are often considered to reach the digestive system "alive," while the viability of probiotics in some supplements during transit is debated.

The "Postbiotic" Punch

Even if the bacteria in the food do not permanently colonize the gut, they produce beneficial metabolites during the fermentation process. These metabolites are thought to create an environment more favorable for native good bacteria to grow.

MAXIMIZING PROBIOTIC BENEFITS

1. Choose ONLY Unpasteurized Products

Heat from pasteurization kills live bacteria. Look for products in the refrigerated section labeled "raw" or "contains live cultures."

2. Feed the Troops (Prebiotics!)

To help beneficial bacteria thrive in the digestive tract, incorporate prebiotic fibers into your diet. These fibers, found in foods like oats, beans, apples, potatoes, bananas, garlic, onions, asparagus, and whole grains, serve as food for the good microbes.

3. Consistency Over Quantity

Consuming small amounts of fermented foods daily is often considered more effective for long-term microbiome recovery than consuming a large amount less frequently.

SAUERKRAUT VS. KEFIR: THE ULTIMATE TEAM-UP

Both raw organic kefir and raw sauerkraut are beneficial for introducing bacteria throughout the digestive tract, but they offer different advantages.

Why Milk Kefir Often Wins for Restoration

Kefir is often highly regarded for gut restoration due to its microbial diversity. It is believed to contain bacteria-yeast combinations that are resilient against stomach acid, potentially allowing more live cultures to reach the colon.

Why Sauerkraut is Still Crucial

Sauerkraut's advantage, particularly for the lower gut, is its fiber content. The bacteria in the rectum are thought to benefit from prebiotic fiber. Sauerkraut provides both the bacteria and the fiber.

The Best Approach: The "COMBO" Strategy!

Combining both raw kefir and raw sauerkraut is recommended to maximize benefits.

- **Drink Raw Milk Kefir:** To introduce a high volume and variety of probiotic strains.
- **Eat Raw Sauerkraut:** To introduce live probiotics and provide prebiotic fiber.

How they survive the journey:

- **Raw Sauerkraut:** The fermented vegetable fibers act as a physical shield, helping bacteria survive the acidic environment of the stomach.
- **Raw Milk Kefir:** The natural fats and proteins in milk buffer stomach acid, allowing live cultures to reach the intestines intact.

A Vital Note: Ensure both products are raw (unpasteurized and unheated) and stored in the refrigerated section; shelf-stable versions typically do not contain live bacteria.

RAW ORGANIC MILK KEFIR: THE "GOLD STANDARD"

Raw organic milk kefir is considered a powerful option for increasing the microbiome in the digestive system.

- **Maximum Diversity:** It offers a wide variety of probiotic strains and beneficial yeasts.
- **Highest Probiotic Count:** A single cup can contain a very high number of Colony Forming Units (CFUs).
- **Nutritional Support:** It provides protein, calcium, and B vitamins that can support the intestinal lining.

LACTOSE NOTE: The fermentation process consumes much of the lactose, making it easier to digest for some individuals with lactose intolerance.

The CFU Count is HUGE

An 8-ounce serving of high-quality raw organic milk kefir typically provides:

- **Total Beneficial Probiotics:** Roughly 100 billion to 300 billion CFUs.
- **Total Beneficial Yeasts:** Nearly 1 billion CFUs of beneficial yeasts.

HOMEMADE KEFIR: THE KITCHEN ALCHEMIST

If you're adventurous enough to make your kefir at home using live grains—fantastic! You're getting a beautiful, diverse world of beneficial bacteria and yeast. Just a quick tip: if you want that superstar yeast *Saccharomyces boulardii* in high amounts, you'll want to "spike" your batch with a high-quality starter or

supplement. It's like adding a turbo-charger to an already great engine!

KOMBUCHA: THE "YEAST-EATING" WONDER

And we can't forget about **Kombucha!** This fizzy, fermented tea is a powerhouse. It is one of the best natural sources of *Saccharomyces boulardii*. Why does that matter? Because this is the "yeast-eating yeast!"

If you've ever struggled with Candida overgrowth or had to take an antibiotic, this is your best friend. It hunts down the bad yeast and helps clear the way for your health to flourish.

"**But wait,**" you might ask, "**Doesn't tea have caffeine?**" Great question! Here's the "magic" of fermentation: the process actually devours most of that caffeine. By the time it hits your glass, there is hardly any left. You get the energy of health without the jitters!

Why Your Body Loves Kombucha:

- **The Antioxidant Shield:** Because it's made from black or green tea, it's bursting with polyphenols. These are your body's "bodyguards," neutralizing free radicals and stopping inflammation in its tracks.
- **A Spa Day for Your Liver:** Kombucha produces glucuronic acid. In the world of detox, this is a heavy hitter. It binds to toxins in your liver and ushers them right out of your system.
- **The Pathogen Patrol:** The natural acetic acid kills off the bad guys like *E. coli* and *Salmonella* while leaving your good bacteria untouched.
- **Heart and Sugar Support:** Early research shows it can help lower fasting blood sugar and even balance your cholesterol.

RAW APPLE CIDER VINEGAR: THE CANDIDA CRUSHER

Let's talk about a staple that should be in every pantry: **Raw, Organic Apple Cider Vinegar (ACV)**. We're talking about the kind with "the Mother" still in it!

The secret is in the pH. ACV is highly acidic (in a good way!), which makes it a nightmare for harmful Candida. In fact, laboratory studies have shown that ACV can be just as effective as some common antifungal medications at knocking out oral thrush!

THE BIG QUESTION: HOW'S YOUR ELIMINATION?

Let's get down to brass tacks. We have to talk about **bowel movements**. I know, I know—it's not typical dinner-table talk, but it's the most important indicator of your health!

Are you moving?

A healthy, vibrant body should have **2 to 3 bowel movements every single day**. *One per day is the absolute bare minimum*. If things are moving slower than that, your "inner plumbing" is backed up, and that's a recipe for feeling sluggish and tired.

The Keys to the "Green Light" System:

- **Fiber, Fiber, Fiber!** (Load up on those veggies, beans, and grains!)
- **Hydrate!** (Your system needs water to flush the waste.)
- **The Good Guys!** (Get those raw fermented foods in you daily.)
- **Move Your Body!** (Exercise keeps the "conveyor belt" moving.)

If you're not hitting that daily goal, don't panic—take action! Eat more plants, drink another glass of water, and get those probiotics in. And don't forget to breathe—stress can lock up your digestion tighter than a drum.

Does that sound simple? It is! Your body wants to be clean. It wants to be healthy. You just have to give it the right tools to do the job!

CALCIUM & VITAMIN D: YOUR BONE-BUILDING TEAM!

You want healthy bones and teeth, right? Well, you need two superstars working in harmony: Calcium and Vitamin D.

- **Calcium** is the raw material, the bricks for your bone house.
- **Vitamin D** is the foreman, making sure those bricks are absorbed and utilized exactly where they need to go!

You can't have one without the other!

The Best Sources: Simple & Natural

The very best source of natural calcium? **Organic raw milk products!** It's food doing what food does best.

And Vitamin D? It's free! Your body is a miracle machine. Get outside for just 15 minutes of sunshine each day. Expose that bare skin to the sun's amazing energy. The Vitamin D your body produces naturally from the sun is a million times better than anything you'll ever find in a pill.

COD LIVER OIL & BUTTER OIL: THE POWER COMBINATION

If you want to move beyond the basics and supercharge your health, we need to introduce you to the ultimate dynamic duo: Fermented Cod Liver Oil and Concentrated Butter Oil.

These aren't just supplements; they are nutrient-dense whole foods designed to support your *entire* body.

Green Pasture Fermented Cod Liver Oil (FCLO)

This is a powerhouse rich in Vitamins A & D, Omega-3s, and antioxidants. It's great for your immune system, your brain, your heart, your vision, and yes—those strong bones!

The FCLO Difference: Fermentation!

Why fermented? Because heat destroys delicate nutrients. The Green Pasture brand uses a traditional, gentle fermentation process that takes up to six months. This method *preserves* everything, making the nutrients more bioavailable and easier for your body to absorb.

Green Pasture's Concentrated Butter Oil

This works hand-in-glove with the FCLO. It's loaded with fat-soluble vitamins (A, D, **K2!**), essential fatty acids, CLA, and butyric acid from happy, grass-fed cows.

K2: "Activator X"

Here's the secret weapon: Vitamin K2, what the brilliant Dr. Weston A. Price called "Activator X."

- K2 is the *catalyst*. It maximizes the absorption of the Vitamins A and D from the cod liver oil.

- It directs the calcium to your bones and teeth, preventing it from ending up where it shouldn't.
- We're talking about supporting healthy bones and teeth, and possibly helping to *reverse* early tooth decay!

THE SYNERGISTIC EFFECT: A SUM GREATER THAN ITS PARTS

Dr. Price discovered the magic formula:

**Butter Oil (rich in K2) + Cod Liver Oil (rich in A & D) =
Optimal Healing and Development!**

You get the full spectrum of benefits: less pain and inflammation (goodbye arthritis!), clear skin, sharp vision, brain function, and a rock-solid immune system.

MAKING IT HAPPEN: YOUR PRACTICAL GAME PLAN

Now that you know **WHAT** to eat, let's talk about **HOW** to live it! We aren't just reading a book; we are starting a revolution in your kitchen.

Where to Find the Good Stuff

You don't need a secret map to find health! It's closer than you think:

- **Farmer's Markets:** This is your gold mine for local, fresh, organic life!

- **Health Food Stores:** Think Whole Foods, Sprouts, or your local co-op.
- **Online:** For those specialty items like raw kefir or Ezekiel bread that might not be in your neighborhood yet.
- **The Perimeter:** No matter where you shop, stay on the outside edges of the store! That's where the fresh, whole food lives. The middle aisles? That's the "processed zone"—avoid it!

Your Shopping List for Success: The "Vibrant 8"

What should be in your cart? Think **Vibrant. Fresh. Alive.**

- **Weekly Produce:** Organic fruits and veggies—lots of them!
- **Clean Protein:** If you're eating meat that week, make it organic and pasture-raised. And don't forget the eggs!
- **Real Dairy:** We want the raw, organic truth—raw milk, kefir, cheese, and butter.
- **The Right Grains:** Look for 100% whole grain "sprouted" products like Ezekiel 4:9 or Manna Bread.
- **Pantry Power:** Keep brown rice, quinoa, beans, nuts, and seeds on hand.
- **Fermented Superstars:** Raw sauerkraut/kimchi, raw milk kefir, and kombucha. These are your gut's best friends!
- **The Good Oils:** Raw organic coconut oil and raw organic olive oil.
- **The Health Helpers:** Raw organic apple cider vinegar, raw honey, and herbal teas.

Pro Tip: Shop the **perimeter** of the store! That's where the fresh, whole foods live. Stay away from those middle aisles where the processed, "dead" foods dominate. And remember: if you can't pronounce it, your body doesn't want to eat it!

COOKING FOR LIFE: PRESERVING THE MAGIC

How you prepare your food is the difference between eating for health and just filling your stomach.

The "Green Light" Methods:

- **Steaming:** The #1 way to keep those vitamins and enzymes in your veggies!
- **Baking & Roasting:** Perfect for your meats, potatoes, and squash.
- **Light Sautéing:** Use a little coconut oil over low-to-medium heat.
- **RAW:** This is the gold standard! Whenever you can, eat it raw to get the maximum "life" from your food.

The "Red Light" Methods (Avoid These!):

- **Deep Frying:** This destroys everything good and leaves you with harmful compounds.
- **Microwaving:** It actually alters the food structure and kills the nutrients!
- **High-Heat Cooking:** This burns your healthy oils and creates carcinogens.
- **Overcooking Veggies:** If they're mushy, the vitamins are gone!

THE TRANSFORMATION AWAITS YOU!

What I've shared with you isn't theory. It's not the latest complicated fad diet you need a Ph.D. to understand. It is simple, timeless truth about how the human body was designed to be nourished!

This isn't theory; it's reality! It is what worked for me and thousands of others:

- **Eliminated** my severe ulcer in just 4 days!
- **Cured** life-threatening asthma!
- **Ended** 30 years of tooth decay!
- **Gave** me incredible, boundless energy!
- **Kept** me medicine-free, flu-free, and disease-free!

And it can absolutely work for **YOU** too!

The key is to **START**. Don't wait for the "perfect" time. Don't wait until you're sick or until you've read every book. **Start today!**

Your 6-Step Action Plan (Starting Right Now!)

- **Throw out the junk food!** Get those "dead" foods out of your kitchen today!
- **Go shopping!** Head to the health food store and buy real, whole, organic foods.
- **Make a huge salad** for lunch!
- **Drink purified water** instead of that chemical-filled soda!
- **Add raw fermented foods** to every single meal!
- **Follow the 3-Day Sample Menu**

Within Weeks, You Will Feel the Difference!

The results come fast!

- More energy!
- Better digestion!
- Clearer thinking!
- Better sleep!
- Improved mood!
- Weight loss (if you need it)!

Within Months, You Will See the Transformation!

- Fewer (or zero!) colds and infections!
- Glowing skin!
- Stronger nails and hair!
- Amazing strength and endurance!
- Resolution of chronic health issues!

Within Years, You Will Experience:

- **Freedom** from chronic disease!
- **Vibrant, radiant health** that others envy!
- **The joy** of a body that works perfectly!
- **The confidence** that comes from taking absolute control of your health!

*This is not a vague promise—it's a proven reality. Thousands are living proof. **And you can be too!***

SUMMARY: THE GOLD STANDARD NUTRITION PRINCIPLES

Here is your quick guide for living the gold standard way:

FOODS TO EMPHASIZE (YES! YES! YES!)

- ✓ Organic fruits and vegetables (especially raw!)
- ✓ 100% whole grains (Ezekiel bread, brown rice, quinoa)
- ✓ Raw organic dairy products (kefir, cheese, butter)
- ✓ Nuts, seeds, and beans
- ✓ Organic, pasture-raised meats (in moderation!)
- ✓ Raw fermented foods (sauerkraut, kimchi, kefir, kombucha)
- ✓ Purified water (steam distilled or reverse osmosis)
- ✓ Raw organic oils (coconut for cooking, olive for eating)

FOODS TO AVOID (GET RID OF THESE!)

- ✗ All refined processed foods (white sugar, white flour, white rice)
- ✗ Artificial sweeteners (aspartame, sucralose, saccharin, etc.)
- ✗ GMO products and conventional produce/animal products
- ✗ Almost all fish (due to mercury, microplastics, and radiation)
- ✗ Fried foods and microwaved foods
- ✗ Soda and sweetened drinks
- ✗ Foods with any chemical additives!

EATING PATTERNS (SIMPLE & EFFECTIVE!)

- Light breakfast (fruit is best) or skip it entirely (intermittent fasting!)
- A massive raw vegetable salad for lunch
- A varied, balanced dinner
- **Include lots of raw fermented foods & drinks**
- Limit meat to once per day maximum
- Drink plenty of purified water

SUPER FOODS (THE HALL OF FAME!)

- "Green Pasture" Fermented Cod Liver Oil
- "Green Pasture" Concentrated Butter Oil
- Raw Sauerkraut / Kimchi
- Raw Milk Kefir from "Raw Farm"
- Yogurt from GT'S Living Foods (Cocoyo)
- Kombucha from GT's Synergy Kombucha

PREPARATION METHODS (COOK WITH LOVE!)

- Steam, bake, or roast (limit frying or microwave)
- Eat raw whenever possible
- Use coconut oil or butter for cooking, olive oil for eating
- **Keep it simple and fresh!**

PILLAR #2 — SUNSHINE: YOUR NATURAL VITALITY BOOSTER!

Contrary to what the sunscreen industry and many doctors teach today, sunshine is *not* your enemy! It is one of your body's most essential requirements for a vibrant, energetic life.

For decades, we've been told to fear the sun, to slather ourselves in chemical sunscreens, and to hide indoors. But this advice has actually created a massive crisis: a vitamin D deficiency epidemic that is wreaking havoc on our health!

The truth is simple: **Your body was designed to thrive in the sun.** Sunlight provides far more benefits than just that one critical nutrient; it's a total body tune-up for your body and mind!

THE VITAMIN D CRISIS

Let's clear something up right away. Vitamin D isn't actually a "vitamin" in the traditional sense; it's a powerful hormone that your body produces *naturally* when UVB rays from the sun hit your bare skin.

This is our natural, God-given vitamin D factory—the way humans have done it for thousands of years!

Without enough vitamin D (along with calcium), you simply cannot have strong, healthy bones and teeth. *Is your body giving you the signals?*

VITAMIN D DEFICIENCY IS LINKED TO SOME VERY SERIOUS HEALTH ISSUES:

- **Depression & Mood Swings:** Seasonal Affective Disorder (SAD) is a direct result of sunlight starvation!
- **Weak Immune System:** Constantly catching colds, flu, and infections? This could be why.
- **Chronic Fatigue & Low Energy:** That persistent tiredness that just won't go away.
- **Slow Healing:** Cuts and injuries taking forever to heal?
- **Aches & Pains:** Unexplained muscle weakness and pain throughout your body.
- **Increased Risk of Major Illness:** Linked to CANCERS, heart disease, autoimmune diseases, and cognitive decline.

We can't get adequate amounts from food alone. While fatty fish and egg yolks help a little, they are completely inferior to the massive dose of vitality you get from a few minutes in the sun!

THE SUNSCREEN DECEPTION: A WAKE-UP CALL

The sunscreen industry has convinced millions of people that they need to block the sun's rays to prevent skin cancer. **But here's the shocking truth they don't want you to know:**

- **Sunscreens are toxic!** The very products designed to "prevent cancer" often contain carcinogenic chemicals like oxybenzone and octinoxate that are absorbed right through your skin! So, instead of preventing cancer, that actually contribute to cancer!
- **They block your D factory!** An SPF 8 sunscreen blocks 95% of your body's vitamin D production. SPF 15 blocks 98%! By blocking the sun, you are blocking that critical hormone!

- **The cancer rates went UP.** Skin cancer rates have increased *since* widespread sunscreen use became common. Why? People stay in the sun longer, slathering on toxins, all while being Vitamin D deficient—which actually *increases* cancer risk!
- **Sunburns are the enemy, not the sun.** Moderate, regular sun exposure *without burning* actually *reduces* your risk of melanoma. It's the intense, intermittent burns that cause the danger, especially if you're vitamin D deficient!

HOW MUCH SUNSHINE DO YOU NEED?

It's not about frying yourself; it's about being smart. As a general guideline, aim for at least **15–30 minutes of direct sun exposure per day** on as much bare skin as possible (arms, legs, back).

TIMING MATTERS: CATCH THE RIGHT RAYS!

The best time to produce Vitamin D is between 10 AM and 2 PM. Yes, this is when the sun is strongest! But that's good, because it means you need *less time* in the sun to get the vitamin D you need.

Early morning and late afternoon sun has lots of UVA rays, which don't produce Vitamin D.

YOUR SKIN TONE MATTERS

Your natural sunscreen, melanin, means everyone needs a slightly different dose:

- **Light skin:** 10–15 minutes is usually enough.
- **Medium skin:** 15–20 minutes.
- **Dark skin:** 30–45 minutes (or more!). Melanin is protective, but you need more time to get that crucial Vitamin D dose!

SEASON AND LOCATION MATTER

In northern latitudes during winter, the sun just isn't strong enough. During those months, you need to rely on those fermented cod liver and butter oils we talked about!

THE RIGHT WAY TO DO IT: SMART SUNNING!

- **Start Gradually:** If you've been hiding indoors, ease in. Start with 5–10 minutes and slowly increase.
- **NEVER BURN:** This is the golden rule! Pink skin means enough sun for the day. Get out of the sun or cover up!
- **Rotate Your Exposure:** Don't just burn your face every day. Rotate which body parts get the love.
- **Go Naked (Skin!):** For your 15–30 minutes, no sunscreen! You need direct contact. After that time, cover up or seek shade. Ditch the chemical lotions entirely!
- **Combine with Exercise:** Why not kill two birds with one healthy stone? Exercise outdoors daily in shorts and a t-shirt. Sunshine, fresh air, and movement all at once!

BEYOND VITAMIN D: THE HIDDEN POWERS OF SUNSHINE!

Sunshine is a total-body healer!

1. MOOD AND MENTAL HEALTH

Sunlight triggers serotonin—your "*happy chemical*"—in the brain. It instantly boosts your mood and helps you feel calm and focused. It's natural medicine for your mind!

2. SLEEP QUALITY

Sunshine during the day helps regulate your circadian rhythm, leading to deeper, more restful sleep at night.

"BUT WHAT ABOUT SKIN CANCER?"

I know what you're thinking—it's the question everyone asks because we've been brainwashed to fear the sun. But let's look at the **FACTS**:

- **Moderation is Protective:** Believe it or not, regular sun exposure *without burning* actually *lowers your risk* of melanoma! It's the "weekend warriors" who hide all week and then fry themselves on Saturday who get into trouble.
- **Deficiency is the Real Danger:** Low Vitamin D levels are linked to cancers that kill far more people than skin cancer—like colon, breast, and prostate cancer. By avoiding the sun, you might be inviting something much worse!
- **Your Diet is Your Shield:** Here is a secret: your skin is only as healthy as what you put in your mouth! When you eat the "live" foods we discussed in Pillar #1, your skin becomes naturally more resistant to damage.
- **The Sun is Not the Enemy:** The sun has been shining on humans since the beginning of time. Our bodies are *designed* for it! The problem isn't the sun—it's the combination of poor nutrition, toxic chemicals, and improper burning.

SPECIAL STRATEGIES FOR YOUR LIFESTYLE

We all have different lives, but we all need the sun!

- **Work Indoors?** Don't let that stop you! *Make your lunch break a "sun break."* Move your desk near a window (though

glass blocks the good rays, it's a start!), and make sure your weekends are spent outside!

- **Live in the North?** When the summer sun is out, soak it up! In the winter, you'll need to lean harder on those Vitamin D-rich foods like eggs and your Green Pasture supplements.
- **Fair Skin?** Start slow—just 10 minutes. You're a "high-speed" Vitamin D factory, so you don't need as much time, but you must be careful never to burn!
- **Dark Skin?** You have a natural, beautiful sun shield, which means you need **more** time (30-45 minutes) to get your dose. Make sunshine an absolute priority!

A Vital Note: Sitting by a closed window does **NOT** produce Vitamin D. Glass blocks the UVB rays your body craves. You've got to get outside and get that direct contact!

THE BOTTOM LINE: CHOOSE THE LIGHT!

Sunshine isn't optional for a healthy life—it is essential! For most of human history, we lived outdoors. It's only recently that we've moved into "cages," covered ourselves in toxic lotions, and wondered why we're sick and tired.

Make the change today! Get your 15–30 minutes of direct sun. Combine it with your outdoor exercise for a "double-header" of health. Your bones, your teeth, your mood, and your very soul depend on it!

The sun isn't your enemy; it's one of the greatest gifts you've been given. **Use it wisely, soak it up, and watch your vitality soar!**

PILLAR #3 — FRESH AIR: THE OXYGEN REVOLUTION!

Like sunshine, fresh air is a vital requirement for a vibrant body and a clear mind. But look at our world today: most people spend 90% of their lives indoors, breathing stale, recycled, polluted air.

Does that sound healthy to you? It's not! It is quietly destroying our vitality. Your body was designed to thrive on a constant, abundant supply of fresh, oxygen-rich air. Every single cell in your body depends on oxygen to create energy and flush out waste. When you starve your body of fresh air, you compromise every system you have!

Think about this: You take 20,000 breaths every single day. Are those breaths building your health—or are they taking it away?

THE INDOOR AIR CRISIS: ARE YOU BREATHING POISON?

Most homes and offices today are toxin traps! The EPA has found that indoor air can be **2 to 100 times more polluted** than the air outside. That is shocking!

What are you actually breathing in?

- **VOCs:** Toxic gases from paints, cleaning products, and perfumes. They cause headaches, dizziness, and organ damage.

- **The "New" Smell:** That "new car" or "new carpet" smell? That's actually chemical off-gassing—toxic flame retardants and formaldehyde entering your lungs!
- **Mold & Mildew:** Hidden in damp corners, releasing mycotoxins that trigger asthma and chronic fatigue.
- **Carbon Dioxide:** In poorly ventilated rooms, CO2 builds up and leaves you feeling drowsy and "foggy."
- **Radon:** An invisible, odorless radioactive gas that seeps from the ground. It's the second leading cause of lung cancer!

THE PRICE OF STALE AIR

Without fresh oxygen, your body becomes a *stagnant pond*. You feel lethargic, you get "brain fog," and you become a magnet for sickness.

I know this from my own life! I suffered from chronic asthma for years. Changing my diet was the foundation, but **fresh air was the breakthrough!** When I finally started breathing real, outdoor air consistently, I felt what "real breathing" was for the first time. It was absolutely amazing!

THE OXYGEN ADVANTAGE: WHY YOU NEED IT NOW!

- **ENERGY & CLARITY:** Your brain is an oxygen hog! It uses 20% of your body's supply. Breathe fresh air and watch your focus sharpen and your mood lift instantly!
- **IMMUNE POWER:** Outdoor air is packed with **negative ions** (especially near trees or water). These little gems strengthen your immune response and slash your stress hormones!

- **DETOXIFICATION:** Your lungs are a major "garbage disposal" for toxins. Deep breathing of fresh air helps your body expel waste products more efficiently.
- **RESTORATIVE SLEEP:** Want better sleep? Stop breathing recycled air! Fresh air during the day and a well-ventilated bedroom at night lead to deeper, more restful sleep.

SOLUTIONS:

HOW TO REVOLUTIONIZE YOUR AIR!

The solution is simple: **Get outside and open up!**

Make the Outdoors Your Home!

- **Spend 30-60 Minutes Outside Daily:** This is non-negotiable, just like eating!
- **The "Double-Header":** Exercise outdoors! When you move, you breathe deeper. Flood your body with oxygen while you get your sunshine (Pillar #2) and movement (Pillar #4)!
- **Seek the "Living" Air:** Find forests, parks, mountains, or the ocean. The air near trees and moving water is the most beneficial on Earth. Even a walk after a rainstorm is a massive health boost!

Clean Up Your Indoor Space!

Since we do spend time inside, let's make it as fresh as possible:

- **OPEN YOUR WINDOWS!** This is the easiest thing you can do. Even for 10 minutes a day, let the stale air out and the life-giving air in! Use "cross-ventilation"—open windows on opposite sides of the house to flush those toxins right out the door! *But be careful—don't leave you windows open when it's raining!*

It's that simple? You bet it is! Your body is craving that oxygen. Don't starve it for another minute. Open the window, step outside, and **BREATHE!**

YOUR OXYGEN ACTION PLAN: BREATHE YOUR WAY TO HEALTH!

Does fixing your air sound complicated? It's not! It's the simplest thing in the world. You don't need a lab coat; you just need to take action!

1. THE #1 SOLUTION: OPEN THOSE WINDOWS!

This is the simplest, most effective thing you can do right now. **Open your windows!** Open them in your home, your office, and your car.

- **Even 5-10 minutes** of fresh air can flush out the toxins!
- **Create "Cross-Ventilation":** Open windows on opposite sides of the house to let the wind sweep through and carry the "dead" air away.
- **Don't let winter stop you!** Crack them open for just a few minutes to refresh the soul of your home.

Most people keep their homes sealed up like a tomb year-round. Don't do it! That is a recipe for disaster. **Let the air move!**

2. INVEST IN YOUR VENTILATION

If you can, install a system that exchanges that stale, indoor "poison" for fresh, filtered outdoor air. Look for an **HRV or ERV system** with **HEPA filtration**. This is a game-changer if you live in a tightly sealed modern home or a place where the weather is extreme.

3. GET A REAL AIR PURIFIER

A high-quality air purifier is like a security guard for your lungs! It grabs the dust, the mold, the chemicals, and the viruses.

- **Look for a "True HEPA" filter** and an **activated carbon filter** to scrub away those nasty VOCs.
- **Avoid the cheap stuff!** Many low-end purifiers actually generate ozone (which is toxic!). I recommend the heavy-hitters like **AIRPURA**—they are safe, effective, and built to last.

4. STOP THE POLLUTION AT THE SOURCE!

Why try to filter out toxins when you can just keep them out?
Prevention is better than filtration!

- **Ditch the "Toxic Soup":** Throw out those air fresheners, scented candles, and plug-ins. They are chemical nightmares!
- **Switch to Natural:** Use non-toxic cleaners and laundry detergents.
- **The "New" Rule:** Avoid wall-to-wall carpets (which hide mold and chemicals) and choose solid wood furniture over toxic particle board.
- **Candle Caution:** If you love candles, use **pure beeswax**. It's clean, natural, and smells like a dream!

5. THE BEDROOM: YOUR SANCTUARY FOR OXYGEN

This is critical! You spend 7 to 8 hours every night in your bedroom. If that air is stale, you're going to wake up groggy and "hungover" from oxygen depletion.

- **Sleep with the window open** (even a crack!).
- **Run an air purifier** right next to your bed.
- **Clear the electronics!** They create "positive ions" and EMFs that disrupt your rest.
- **Wash those sheets!** Use hot water and natural bedding.

Try sleeping with the window open tonight and tell me you don't feel like a new person in the morning! **The difference is night and day!**

SPECIAL STRATEGIES FOR EVERYONE

- **In the City?** Even "city air" is usually better than trapped indoor air. Get to a park, exercise early in the morning, and make those weekend "Fresh Air Retreats" to the mountains or the beach a priority!
- **Struggling with Allergies or Asthma?** Fresh air is your lifeline! Keep your indoor air **meticulously** clean, use those HEPA filters, and follow Pillar #1 to the letter—that's what cured *my* asthma!
- **Stuck in an Office?** Don't be a prisoner! Take "air breaks" every couple of hours. **Eat your lunch outside.** Demand a desk near a window that opens!
- **On the Road?** Keep those car windows cracked. **NEVER use "recirculate" mode—you're just breathing your own exhaust!** And for health's sake, throw that "little tree" air freshener in the trash!

THE BOTTOM LINE: OXYGEN IS LIFE!

For most of human history, we lived under the sky. We breathed the air as it was intended—pure and fresh. It's only in this "modern" era that we've moved into cages and wondered why we're sick.

Sunshine & Fresh Air are *not* optional—they are essential! Use them. Soak them up. Breathe them in. Your body, your mind, and your very spirit will thank you!

Listen closely: Fresh air is not a luxury—it's a fundamental requirement for optimal health! Your body needs a constant, abundant supply of fresh, oxygen-rich air to function properly. Every single breath matters!

Make it an absolute priority to spend significant time outdoors every day. And when you're indoors, do everything possible to ensure good air quality and ventilation. Your lungs, your brain, your immune system, and every cell in your body will thank you for it!

Think about this: You can live for weeks without food. You can live for days without water. But you can only live for *minutes* without air! The quality of the air you breathe 20,000 times a day directly determines the quality of your health and your life!

So, stop suffocating yourself indoors! *Open those windows! Get outside! Breathe deeply!*

**The choice is yours. Choose the light.
Choose the air. Choose LIFE!**

PILLAR #4 — EXERCISE: THE DAILY MOVEMENT YOUR BODY DEMANDS!

Are you ready to supercharge your health? If you want a body that is vibrant, energetic, and completely free of sickness and disease, there is one thing you simply cannot skip: **Daily Exercise!**

Exercise isn't just about looking good in the mirror (though that's a nice bonus!). It does absolute wonders for your mind, your spirit, and your overall well-being.

Think about our ancestors. For thousands of years, humans were constantly on the move—walking, lifting, farming, hunting, and gathering. Our bodies were **designed** for activity! But look at us now. Modern life has turned us into "*sedentary creatures*." We sit for 8 to 12 hours a day, barely moving except to walk to the car or the fridge.

This lifestyle is literally killing us. Study after study proves that sitting still is one of the worst things you can do for your health. Your body wasn't made to be a statue; it was made to move!

The good news? You don't need a fancy gym membership or expensive equipment. You just need to commit to *movement* as a non-negotiable part of your life—just like eating and breathing!

WHY EXERCISE IS NON-NEGOTIABLE

If there were a pill that did everything exercise does, it would be the most popular drug on Earth. **And it's free!** Look at what happens to your systems when you move:

- **YOUR HEART:** It gets stronger! Your blood pressure drops, your circulation improves, and your "good" cholesterol (HDL) soars!
- **YOUR LUNGS:** You increase your capacity and stamina. You're literally flooding your tissues with life-giving oxygen!
- **YOUR METABOLISM:** Exercise regulates your blood sugar and turns your body into a fat-burning furnace. It even makes your cells more sensitive to insulin!
- **YOUR IMMUNITY:** It strengthens your defenses and flushes out inflammation. Want to fight off infections? **Move!**
- **YOUR BONES & MUSCLES:** You're building a frame that lasts. Say goodbye to osteoporosis and hello to balance and flexibility!
- **YOUR BRAIN:** This is the ultimate mood-lifter. Exercise smashes depression and anxiety, sharpens your memory, and helps you sleep like a baby!
- **YOUR "WASTE REMOVAL":** Sweating eliminates toxins! Movement stimulates your lymphatic system—the "garbage disposal" of your body—keeping your digestion and organs running perfectly.

BOTTOM LINE:

Exercise adds years to your life and life to your years!

THE CHAMPIONS OF MOVEMENT: AEROBIC EXERCISE

The best way to exercise is to focus on your heart and lungs. We call this "cardio" or aerobic exercise. You want to get the blood flowing and the lungs pumping!

THE TOP FIVE "GOLD MEDAL" EXERCISES:

- **CROSS-COUNTRY SKIING:** The #1 exercise in the world! It works every single muscle group with zero impact on your joints. It burns the most calories and builds incredible fitness. If you have the snow and the gear—do it!
- **JOGGING / RUNNING:** The classic! It requires nothing but a good pair of shoes. It builds strong bones and torches calories. *Note: If you have joint issues, take it slow or try a lower-impact option.*
- **CYCLING:** Outstanding for your heart! It's low-impact and builds amazing leg strength. Whether you're outdoors or on a stationary bike, it's a winner! **BUT BE CAREFUL OF CARS!**
- **SWIMMING:** A total-body workout with **zero** impact. It's perfect for all ages and anyone with injuries. **A Word of Caution:** Most public pools are "chemical soups" filled with chlorine. If you swim, try to find saltwater or ozone pools, or better yet—natural bodies of water! If you must use a chlorinated pool, shower immediately afterward!
- **BRISK WALKING:** The KING of exercises! The most accessible exercise on the planet! Anyone can do it, anywhere. **The Key:** It must be *brisk*! A casual stroll won't cut it. Walk like you're late for an important meeting!

OTHER GREAT OPTIONS:

Don't be afraid to mix it up! Try rowing, jumping rope, dancing (Zumba is great!), hiking in nature, or competitive sports like tennis, basketball, and soccer.

Does that sound simple? It is!

Your body is a high-performance machine that is *begging* to be used. Don't let it rust out from sitting still. Get up, get out, and **MOVE!** Your body will thank you with a level of energy you never thought possible!

HOW MUCH EXERCISE DO YOU NEED?

This is where most people get tangled up in confusing recommendations. Let's make it crystal clear. This isn't rocket science; it's simple truth!

THE BARE MINIMUM REQUIREMENT:

You need 30 minutes of aerobic exercise, 5 days per week.

That's it. That is the bare minimum for maintaining decent health. Less than that, and you just aren't getting the crucial cardiovascular benefit your body demands.

IMPORTANT CLARIFICATIONS:

1. INTENSITY IS IMPORTANT!

The easier you make it, the longer you have to do it!

- **Jogging:** 30 minutes at a quick pace might be enough.

- **Brisk Walking:** You'll need 45–60 minutes to get the equivalent benefits.
- **Casual Strolling:** That won't cut it! You need to be breathing hard enough that holding a conversation is tricky!

2. "AEROBIC" MEANS YOU'RE WORKING!

You should feel your heart and lungs engaged. Are you doing it right?

- You should be breathing noticeably harder than normal.
- You should be sweating (at least lightly!).
- You should be able to *talk*, but definitely not easily sing!

If you can easily chat away, you aren't working hard enough. If you can't speak at all, you might be pushing it too hard. It's all about finding that sweet spot!

3. CONSISTENCY TRUMPS INTENSITY!

It's much better to exercise moderately *every day* than to kill yourself twice a week and then sit on the couch the rest of the time. Your body craves routine and consistent stimulus!

THE PROGRESSIVE TRAINING APPROACH

One of the biggest mistakes people make is starting too aggressively. They burn out or get injured within weeks, and that's the end of that! The key to lifelong exercise is starting easy and building gradually.

THE SIMPLE PROGRESSIVE PROGRAM (Start from Zero)

When you're first starting, take it slow. Here's a plan that works miracles:

- **Week 1:** Exercise 5 minutes a day, 5 days a week.
- **Week 2:** 10 minutes a day, 5 days a week.
- **Week 3:** 15 minutes a day...
- **Week 4:** 20 minutes a day...
- **Week 5:** 25 minutes a day...
- **Week 6:** You hit that 30-minute minimum!

The Secrets to Success:

- Add just 5 minutes a week—no more!
- Keep that 5-day-a-week commitment for consistency!
- Listen to your body! If you need an extra week at 15 minutes, take it!
- Never increase time and intensity at the same time!

A REAL-WORLD SUCCESS STORY:

I coached an ex-runner years ago named Yong-Sung Leal who hadn't run at all since high school (seven years!). We started with an even crazier approach: Week 1, he ran just *one minute* each day. Week 2, *two minutes* each day. Adding just one minute per day / per week!

In just six months, he was in extraordinary shape, running with world-class athletes! The point is this: **You can start at one minute a day!** Just get started, be consistent, and build up gradually.

The key is to **GET STARTED** and then be **CONSISTENT!**

AVOIDING INJURY: PREVENTION IS EVERYTHING!

This is crucial. As you know from my story, one injury can derail your health for years or even permanently. You must do everything possible to avoid injuries!

Prevention Strategies:

- **Warm up properly:** Ease into it.
- **Use proper form:** Bad form is the #1 cause of preventable injuries!
- **Wear the right shoes:** Don't skimp here; good footwear is essential!
- **Progress gradually:** Don't increase distance or intensity too much too quickly!
- **Listen to your body:** Rest when you need to rest. Don't be a hero!
- **Cross-train:** Varying activities prevents overuse injuries.
- **Stretch after** (when your muscles are warm).
- **Know when to stop:** There's a difference between pushing yourself and injuring yourself!

STAYING MOTIVATED: THE "FIRE" WITHIN

The hardest part isn't the physical challenge; it's staying consistent over time. How do you keep the fire burning?

- **Make it non-negotiable:** It's not an option; it's a requirement.
- **Find activities you love:** You're more likely to stick with it!
- **Track your progress:** Keep a log; seeing how far you've come is incredibly motivating!

- **Set specific goals:** "I will walk 30 minutes, 5x a week for 3 months" is a goal you can achieve!
- **Never quit for more than one day:** Missed a day? That's okay. Get right back at it tomorrow!

THE BOTTOM LINE: YOUR BODY WANTS TO MOVE!

Exercise is not optional for vibrant health—it's essential! Your body was designed to move daily. When you sit still, everything deteriorates: your heart, lungs, muscles, bones, brain, mood, and energy all suffer.

But here's the good news: You don't need to train for the Olympics. You just need to commit to moving your body aerobically for at least 30 minutes most days of the week, preferably outdoors!

Start where you are. Start slowly. Build gradually. Be consistent. Within a few months, you'll experience energy, vitality, and physical capacity you may never have felt before!

Your body wants to move. It's designed for it! Give it what it needs, and it will reward you with exceptional health for the rest of your life!

PILLAR #5 — POSITIVE ATTITUDE: THE MENTAL FOUNDATION THAT CONTROLS EVERYTHING!

Now we are getting to the heart of the matter! You can eat all the sprouts in the world and run marathons every day, but if your mind is a toxic wasteland of stress and negativity, you will never achieve the vibrant health you deserve.

It is **imperative** that we minimize stress and work relentlessly on a positive outlook. Why? Because too much stress is like pouring acid on your health—it destroys your body and your mind from the inside out!

Your mind is not separate from your body—it **controls your body!** Every thought you think and every emotion you feel creates an instant biochemical reaction. Positive thoughts strengthen your immune system and lower your blood pressure. Negative thoughts do the exact opposite.

This isn't "New Age" nonsense—it's hard science! You cannot have a radiant, healthy body if your mind is a factory for anxiety, anger, and negativity.

THE MIND-BODY COMMAND CENTER

Your brain is the "General" in charge of your entire physical army. When you are stressed, your General starts panicking, and the whole system falls apart:

- **YOUR IMMUNITY:** Stress hormones literally shut down your immune function.
- **YOUR DIGESTION:** Ever had a "nervous stomach" or an ulcer? That's stress wreaking havoc on your gut!
- **YOUR HEART:** Chronic stress is like a sledgehammer to your cardiovascular system, raising blood pressure and damaging your heart.
- **YOUR CELLS:** Stress actually accelerates aging at the cellular level. It makes you old before your time!

When you're stressed, your body pumps out cortisol and adrenaline. That's great if you're being chased by a lion, but when those hormones are constantly elevated because you're worried about emails or traffic, they **wreak havoc** on your health!

THE POWER OF YOUR REACTION: YOU ARE IN CONTROL!

Here is the secret that changes everything: **How you react to a situation is more important than the situation itself!**

Imagine two people stuck in the same bumper-to-bumper traffic:

- **Person A:** He's angry! He's pounding the steering wheel, honking the horn, and his blood pressure is through the roof. He arrives at work tense, irritable, and exhausted. He's flooding his body with poison!
- **Person B:** She accepts that traffic is out of her control. She puts on some great music or practices deep breathing. She arrives at work calm, centered, and ready for the day.

Same situation—completely different health outcome! Person A is damaging his heart; Person B is protecting hers.

A positive attitude allows you to glide through the daily stresses of life. It's a shield that protects your physical, emotional, and mental wellbeing from the "worries" that destroy so many lives.

THE REWARDS OF AN OPTIMISTIC LIFE

People with a positive outlook don't just feel better—they **live longer!** We're talking an average of **7 to 15 years longer** than pessimists!

The Physical Payoff:

- A "bulletproof" immune system!
- Lower risk of heart disease!
- Faster recovery from illness or surgery!
- Better sleep and boundless energy!

The Mental Payoff:

- Resilience! You bounce back from hard times instead of breaking.
- Better relationships and more life satisfaction.
- Sharper problem-solving and higher productivity!

STRATEGIES FOR A POSITIVE REVOLUTION!

A positive attitude isn't something you're just "born with"—it's a muscle you build! Here is how you train it:

1. PRACTICE GRATITUDE DAILY!

This is one of the most powerful tools in your kit. Why? Because *your brain cannot focus on gratitude and stress at the same time.* It's impossible! Start noticing what's *right* instead of dwelling on what's *wrong*.

2. CONTROL THE CONTROLLABLES

Much of our stress comes from trying to move mountains we can't touch. If it's in your control—take action! If it's not—**let it go!** Practice acceptance and save your energy for the things that matter.

3. REFRAME YOUR THOUGHTS

Stop the negative loop! When a dark thought enters, challenge it. *Ask yourself: "Is this true? Is this helpful?"* Then, flip the script to a more balanced, hopeful perspective.

Does this sound simple? It is! But it takes work. You have to be the guardian of your mind. Choose the positive. Choose the light. *Choose a mind that heals!*

4. STARVE THE NEGATIVE, FEED THE POSITIVE

You become what you consume! If you're constantly feeding your mind a diet of negative news, toxic media, and dark thoughts, you're going to feel negative. It's that simple. What you feed **grows**. If you feed the negativity, it will take over your life. If you feed the positivity, it will blossom!

5. CHOOSE YOUR CIRCLE WISELY

The people you spend time with have a massive impact on your health! Take a look at your relationships. Are they lifting you up or dragging you down? While you can't always avoid everyone (like certain coworkers or family members), you *can* limit your exposure. Surround yourself with people who radiate life and energy!

6. BE A SOLUTION-SEEKER

Positive people don't stick their heads in the sand. They know problems exist, but they don't live there!

- **The Problem-Thinker says:** "This is terrible! Why me? Everything is falling apart!"
- **The Solution-Thinker says:** "This is a challenge. What's my next step? What can I do to fix this?"

Stop dwelling on the "what's wrong" and start hunting for the "what's next!"

7. LAUGHTER: THE ULTIMATE MEDICINE

Laughter isn't just fun—it's a *biological powerhouse!* It slashes stress hormones, releases natural painkillers (endorphins), and relaxes your entire body.

Want more joy? Watch a comedy, hang out with that friend who keeps you in stitches, and for health's sake, **stop taking yourself so seriously!** *Go play! Spend time with children or pets—they are the masters of finding joy in the simple things.*

8. GET OUT OF YOUR OWN HEAD: SERVE!

One of the fastest ways to fix a bad attitude is to help someone else. Serving others gives you perspective and a deep sense of purpose. Whether it's volunteering, helping a neighbor, or a random act of kindness, *when you give, you receive a chemical "high" that no drug can match!*

REAL-WORLD STRESS BUSTERS

Even with a great attitude, life happens. When the pressure turns up, use these tools to stay centered:

- **Move Your Body:** A 10-minute walk can burn off cortisol and reset your brain. Exercise is the ultimate stress-reliever!
- **Prioritize Sleep:** Everything looks worse when you're tired. Get your 7-8 hours (Wait until you see Pillar #6!) so you can handle life with a clear head.
- **Get into Nature:** Science proves that just 20 minutes in a park or forest lowers blood pressure and calms the soul.
- **Find Your Flow:** Whether it's gardening, painting, or playing music, get lost in a creative outlet. It's a vacation for your mind!
- **Just Say No:** Stop overcommitting! Set boundaries and protect your time. You don't have to do it all!

HANDLING THE TOUGH STUFF

Sometimes life hits hard—loss, illness, or hardship. In those dark moments, remember:

- **"This too shall pass."** No storm lasts forever.
- **Look for the lesson.** Our greatest growth often comes from our hardest battles.
- **Trust the Plan.** For those with faith, knowing that God is in control provides a peace that surpasses all understanding.

The choice is yours! You can be a victim of your circumstances, or you can be the master of your mindset. Build that positive foundation today and watch your health transform! **Does that sound like a plan? It's the only way to live!**

THE WORKPLACE: A SPECIAL CHALLENGE

Since most of us spend 40 hours or more every single week at work, this area deserves your absolute attention!

If it is at all possible, **find work you are passionate about!** Find something that excites you—something that makes you want to jump out of bed in the morning! Listen to me: It is far better for your health and your soul to have a rewarding job that brings you joy than to have a high-paying job that makes you miserable. No paycheck is worth the price of your health!

THE BOTTOM LINE: YOUR MIND IS THE CAPTAIN!

Your mental and emotional state is not a luxury or an afterthought—it is a **fundamental pillar** of your health! It is just as vital as the food you eat and the way you move your body.

Having a positive attitude doesn't mean you stick your head in the sand or pretend everything is perfect. It means **choosing** to focus on what you can control! It means being grateful for what you have, trusting in God's plan, and meeting every challenge with resilience and hope rather than fear and negativity.

The mind-body connection is real!

- Your thoughts create your biochemistry.
- Your beliefs shape your reality.
- Your attitude determines whether you merely survive or truly **THRIVE!**

The choice is yours! Choose positivity. Choose gratitude. Choose faith. Choose joy! When your mind leads the way, your body will follow—and together, they will create the vibrant, radiant health you were designed to experience!

Remember: You cannot control everything that happens to you, but you have absolute power over how you respond.

And that, my friend, makes all the difference!

PILLAR #6 — THE 3 R'S: REST, RELAXATION, & RECREATION

In our hyper-connected, productivity-obsessed modern world, we've been brainwashed to think that rest is a luxury. We think it's something we do *if* we have time left over after the "real" work is done.

That is completely backward!

Rest, relaxation, and recreation are not optional extras—they are **essential requirements** for a vibrant life. Your body and mind simply cannot function at their best when they are constantly pushed, stressed, and deprived of recovery. Just as a muscle needs rest after a workout to grow stronger, your entire being needs the "3 R's" to maintain radiant health.

- **Rest** repairs and restores your physical body.
- **Relaxation** calms your nervous system and slashes stress.
- **Recreation** refreshes your spirit and brings the joy back to life!

REST: THE FOUNDATION OF RECOVERY

Let's get one thing straight: **Rest is not laziness!** It is not weakness or wasted time. Rest is when your body does some of its most heroic work—repairing cells, balancing your hormones, and preparing you to win the next day!

THE CRITICAL IMPORTANCE OF SLEEP

Sleep is the *king* of rest, yet most people are chronically sleep-deprived. The consequences are devastating. When you skip sleep, you aren't just tired—you are **breaking down your health!**

What happens when you cheat your sleep?

- **YOUR BODY:** Your immune system weakens, your blood pressure rises, and your "hunger hormones" go haywire, leading to weight gain and diabetes risk. You even age faster!
- **YOUR MIND:** Your memory fails, your creativity dies, and you become irritable and anxious.
- **THE LONG TERM:** Chronic lack of sleep is linked to Alzheimer's, heart disease, and a shortened lifespan.

You cannot shortcut sleep! You can't "catch up" on weekends, and you certainly can't substitute a cup of coffee for the deep, cellular repair that only happens when you're out cold.

HOW MUCH DO YOU REALLY NEED?

For most adults, the "Sweet Spot" is **7 to 8 hours** of consistent sleep every single night.

- **Children and Teens:** They need even more! (9–13 hours depending on age).
- **The Danger Zone:** Very few people truly thrive on less than 7 hours. On the flip side, regularly sleeping *more* than 10 hours can also lead to sluggishness and health issues.

QUALITY IS JUST AS IMPORTANT AS QUANTITY!

It's not just about time in bed; it's about **deep, restorative sleep.**

- **Signs of Poor Sleep:** Waking up frequently, needing caffeine to function, or feeling like a zombie in the morning.
- **Signs of Great Sleep:** Falling asleep fast (15-30 mins), dreaming regularly, and waking up naturally feeling **REFRESHED!**

HOW TO GET THE BEST SLEEP OF YOUR LIFE

Sleep quality can be improved dramatically with a few simple "Sleep Hygiene" secrets:

1. BE CONSISTENT: Go to bed and wake up at the same time every day. Your internal "clock" (circadian rhythm) loves a routine!

2. CREATE A SLEEP SANCTUARY:

- **Keep it Cool:** 60–67°F is ideal. Your body needs to cool down to sleep!
- **Keep it Dark:** Use blackout curtains. Even a tiny light from a charger can disrupt your brain.
- **Keep it Fresh: Open that window!** Stale air makes you groggy. Fresh air is the secret to deep rest.

3. CONTROL THE LIGHT:

- **Morning:** Get bright sunlight within 30 minutes of waking up. This "sets" your clock for the night!
- **Evening:** Dim the lights 2 hours before bed.

4. BANISH THE BLUE LIGHT: Your phone and computer are tricking your brain into thinking it's noon! Stop the screens 1–2 hours before bed. If you must use them, wear blue-light-blocking glasses.

5. THE BEDROOM IS FOR REST: Invest in a quality mattress and organic bedding. You spend 1/3 of your life here—make it count!

Pro-Tip: If you can't sleep after 30 minutes, don't lie there tossing and turning. Get out of bed, read a boring book in dim light, and only return when you're truly sleepy!

REST BEYOND THE PILLOW

Sleep is the big one, but your body needs "micro-rests" throughout the day. **Listen to your fatigue signals!**

- Sit down if you've been standing.
- Elevate your feet.
- Take "rest days" from intense exercise.

Is this simple? It is! Your body wants to repair itself. Give it the time, the darkness, and the fresh air it needs, and you will wake up with a level of energy that makes you feel unstoppable!

MENTAL & SENSORY REST: GIVING YOUR BRAIN A BREATH

Your brain is a high-performance engine, but even the best engines will overheat if they never idle!

- **Mental Rest:** Don't wait until you're exhausted! Take a 5-minute break every single hour of focused work. Step away from the screen and practice the lost art of "doing nothing." It's not a waste of time—it's how you recharge your genius!
- **Sensory Rest:** We are bombarded by noise, flashing lights, and digital pings all day long. Your senses are exhausted! Turn off the noise. Spend time in a quiet room. Listen to a beautiful

piece of music without doing *anything* else. Give your eyes and ears the silence they deserve.

RELAXATION: CALMING THE NERVOUS SYSTEM

While rest can be passive (like sleep), **Relaxation** is the *active* practice of calming your mind and body. It's about consciously telling your nervous system: "It's okay. We're safe. You can let go now."

The Relaxation Toolbox:

- **Get into Nature:** This is the ultimate "reset" button. Even 20 minutes in a park lowers your blood pressure and calms the mind.
- **The Warm Bath:** It's not just for hygiene! A warm bath relaxes your muscles and creates a private sanctuary for your thoughts. Add some Epsom salts for an extra muscle-soothing boost before bed.
- **Massage & Stretching:** Release that physical tension! Massage improves circulation and activates your body's relaxation response, while gentle stretching combines breath and movement to melt away stress.
- **Music & Reading:** Lose yourself in a great book or some beautiful, calming music. Avoid the stressful news or work-related reading—choose something that inspires your soul!

RECREATION: REFRESHING YOUR SPIRIT!

"Recreation" literally means "**Re-creation.**" It's about bringing yourself back to life! This isn't just "time off"; it's time for joy,

play, and activities that make your spirit soar. Without recreation, life becomes a dull grind of obligation—and that leads straight to burnout and disease.

Why You Must Play:

Recreation brings you joy, social connection, and a sense of accomplishment. It gives your life richness and meaning!

Find Your "Play" Style:

- **Active Recreation:** Get moving because you *love* it! Tennis, hiking, dancing, or even a game of pickleball. If it gets your heart pumping and puts a smile on your face, it's working!
- **Creative Recreation:** Express yourself! Paint, draw, sing, or get your hands dirty in the garden. Whether it's woodworking or baking a delicious pie for the joy of it, creativity is a powerful healer.
- **Social Recreation:** We are social beings! Host a game night, join a choir, or get involved in your spiritual community. Connecting with others produces those "feel-good" chemicals that keep you young.
- **Intellectual Recreation:** Keep that mind sharp! Learn a new language, dive into a fascinating documentary, or master a difficult puzzle.

The Choice is Simple: You can grind yourself down until there's nothing left, or you can embrace the 3 R's and live a life of vibrant, radiant energy.

Does that sound like a better way to live? It is! Take the time to rest, make the effort to relax, and find the joy in recreation. Your body is designed to thrive—not just survive!

FINDING YOUR JOY: THE RIGHT RECREATION FOR YOU

Recreation is personal! What makes one person soar might bore another to tears. Ask yourself these powerful questions:

- **What did I love doing as a child?** (That's often where your true passions are hiding!)
- What makes me lose track of time?
- What activity leaves me energized, not drained?
- Do I need quiet solo time or social activities?
- **What brings me genuine, belly-deep joy?**

THE WORK-RECREATION BALANCE: A WARNING!

In our society, work has become an idol. It has expanded to fill every moment of our lives, and it is **unsustainable & unhealthy!**

Listen to me: If you work all the time, you will eventually have nothing left to give. You will burn out, crash, and burn up all your health. Recreation is not selfish! It is essential maintenance that allows you to be effective and happy in all areas of your life!

RECREATION WITH FAMILY: THE ULTIMATE JOY!

Some of the most meaningful re-creation involves the people you love most. Time with loved ones is essential for health, longevity, and a deep sense of belonging. It provides:

- Deep social connection (a core human need!)
- Shared laughter and joy
- Emotional support and meaning beyond yourself

- Memories that last a lifetime!

THE BOTTOM LINE: CLAIM YOUR TIME!

Rest, relaxation, and recreation are **not** luxuries for "when you have time left over." They are essential pillars of vibrant health, equal in importance to nutrition and exercise!

- Without adequate rest, your body cannot repair itself.
- Without regular relaxation, stress will destroy your health.
- Without recreation, life loses its joy and meaning.

The modern world will **not** give you permission to rest, relax, and recreate—you must **claim this time for yourself!** You must make it a priority, and you must protect it fiercely!

Your body needs rest to function. Your nervous system needs relaxation to stay balanced. Your spirit needs recreation to stay alive!

Remember these vital truths:

- Sleep 7–8 hours every night, without exception!
- Practice relaxation daily, even if just for a few minutes!
- Engage in recreation regularly—do things you truly enjoy!
- Protect your time for the 3 R's as vigorously as you protect your work time!

When you honor the need for rest, relaxation, and recreation, you'll find that you have more energy, better health, and a higher effectiveness in everything you do. This isn't a trade-off; it's a multiplication!

Invest in the 3 R's, and everything else in your life will benefit!

PILLAR #7 — PREVENTION: THE OUNCE THAT'S WORTH A POUND OF CURE!

Listen closely, because we are talking about the most neglected pillar of health in the world today! It is infinitely easier to **prevent** a disease or an injury than it is to try and cure it once it's already ravaged your body.

But look at our "healthcare" system. It isn't built on health at all—it's a **disease-management system!** It waits until you're broken and then tries to patch you up. Why? Because the medical establishment makes billions treating sick people. There is zero profit in a person who is vibrant, healthy, and full of life!

They have almost no incentive to teach you how to stay well, but **YOU** have every incentive to learn! Your quality of life, your happiness, and your very survival depend on it!

Prevention means doing the right things **BEFORE** you have a problem. It means building a fortress of health rather than just fighting a losing battle against disease. It's about taking total responsibility for your wellbeing instead of waiting for something to break and hoping a doctor can fix it.

The key is simple: Do the right things NOW, and in most cases, you will NEVER have the health issue to begin with!

THE FUNDAMENTAL PRINCIPLE: THE TRUTH REVEALED!

Here is the truth the medical establishment doesn't want you to fully grasp: **MOST SICKNESS AND DISEASE IS PREVENTABLE!**

Let that sink in. Most of what people fear today doesn't have to happen!

- **Diabetes:** Almost 100% preventable through diet and lifestyle!
- **Heart Disease:** Largely preventable!
- **Most Cancers:** Many are preventable by avoiding toxins and eating "live" foods!
- **Tooth Decay:** 100% preventable with proper nutrition!
- **Obesity:** Preventable through movement and real food!

The diseases killing most people today are **not** inevitable consequences of aging or "bad genes." They are the direct result of violating the laws of nature—poor diet, toxic exposure, no movement, chronic stress, and no sleep!

When you follow these seven pillars consistently, you build a body so robust, so strong, and so vibrant that **disease simply cannot take root!**

But prevention isn't just about what you *do*—it's also about what you **actively avoid**. This pillar is your shield against the things that destroy health. **Are you ready to protect yourself? Let's go!**

INJURY PREVENTION: LEARNING FROM MY MISTAKES

Listen to me closely: It is absolutely vital that you do everything in your power to avoid injuries. If you don't, **your health can be destroyed overnight!** This is the one area of my life where I didn't do so well, and I'm sharing my story as a cautionary tale so you don't have to suffer the way I did.

Way back in 1985, I was jogging across an intersection when a car ran a stop sign and crashed right into me! My back was severely injured—the ligaments in my lower back were terribly torn. After a few months, I thought I was fine. I went back to everything—running, lifting weights, basketball. But my back was dreadfully weak and "sitting ducks" for a future injury.

Sure enough, five years later, I felt a slight "tweak" during a basketball tournament. **And here is where I made a huge, foolish mistake.** Instead of stopping, I played through the pain for the rest of the tournament! By the time I got home, my back was in ruins—worse than the first time.

THE CASCADE OF DESTRUCTION

Eventually, I "recovered" again, but my back was so weak it couldn't absorb the shock of jogging anymore. My hip joints had to take the hit instead. Slowly but surely, the cartilage in my hips wore out. By 1995, I couldn't run at all. No more basketball, no more softball. I even had to stop lifting weights just to keep the pain at bay!

I was 40 years old and sidelined from the life I loved. I turned to biking, and that worked for ten years—until 2005. That's when the "bill" finally came due. My hips were bone-on-bone. No cartilage

left! I tried a walking program, but within months, that failed too. I was forced to stop exercising altogether.

But wait—the story gets even worse!

THE MEDICAL NIGHTMARE

In 2005, I woke up, sat down for breakfast, and immediately jumped back up in agony! I had a sharp, electric-shock pain in my groin. I couldn't sit down. Not for a day, not for a week—not for a month!

I went to a doctor. Then another. Both gave me the same ridiculous diagnosis: "You have an infection." They handed me a prescription for a powerful, broad-spectrum antibiotic. I knew it was illogical! I knew it was irrational! But the doctor looked me in the eye and said, "Mike, in just 3 days you WILL be able to sit down again."

I fell for it. I took the pills.

Did they work? **NO!** After five days, I still couldn't sit. But even worse—**those antibiotics destroyed my digestive system!** Every bit of good bacteria from my mouth to my rectum was wiped out in a "scorched earth" chemical strike!

15 YEARS OF PAIN

I saw every specialist on the planet. Finally, I figured it out myself: it was nerve damage from ten years of daily cycling. The doctors finally agreed, but the damage was done. **I could not sit down for fifteen years!** It wasn't until 2020 that I finally sat again.

But the real tragedy? That antibiotic—the one I was negligently prescribed for a problem I didn't even have—led to a serious colon

problem that I have to fight to this very day. That one "misdiagnosis" caused permanent damage to my health.

THE LESSON: YOUR HEALTH IS IN YOUR HANDS!

What is the lesson here?

- **Don't be a hero!** If you get injured, **STOP**. Listen to your body! Don't push through the pain and turn a small injury into a lifetime of misery.
- **Question everything!** Doctors are human. They make mistakes. If a diagnosis sounds "ridiculous" or "illogical" to you—trust your gut! Don't blindly take a "magic pill" that might destroy your internal ecosystem.
- **Prevention is the only way!** Protect your joints, protect your back, and protect your microbiome.

One injury, one bad decision, or one toxic pill can change your life forever. Take control now! Protect your body with everything you've got!

DO EVERYTHING YOU POSSIBLY CAN TO AVOID INJURY!

If I could go back and avoid that car accident in '85, or if I hadn't been so stubborn during that basketball tournament in '90, I could have saved myself a lifetime of agony. One injury is like a falling domino—it sets off a cascade of problems that can haunt you for decades. **Prevention is everything!**

YOUR DEFENSIVE LIVING STRATEGY

Just like you practice defensive driving to stay safe on the road, you must practice **Defensive Living** to stay safe in your body!

1. EXERCISE WITH INTELLIGENCE

- **Warm Up or Pay the Price:** Never start an intense workout "cold." Spend 5–10 minutes in light movement.
- **Progress Gradually:** Give your body time to adapt! Remember my rule: start easy and build slowly.
- **Gear Up:** Wear high-quality shoes and protective equipment.
- **Respect the Warning Signs:** "No pain, no gain" is dangerous nonsense! If it's sharp, if it's in the joint, or if it persists—**STOP IMMEDIATELY.** Pain is your body's way of screaming for help!

2. STAND TALL: THE POWER OF POSTURE

Your spine is your lifeline! Keep your head over your shoulders, engage your core, and stop slouching! Take frequent breaks from sitting and set up your workspace so it supports your health, not destroys it. **NOTE:** *See the Posture Chart at the back of this book.*

3. LISTEN AND ACT

Your body gives you "whispers" before it starts "screaming." Persistent aches? Unusual fatigue? Stiffness? **Don't ignore them!** Address minor issues with rest, ice, and professional help before they become permanent disasters.

THE TOXIC SHIELD: AVOIDING THE HIDDEN POISONS

Prevention isn't just about avoiding cars and basketball injuries; it's about avoiding the invisible toxins that are quietly destroying our hormones, organs, and brains!

HEAVY METALS: THE SILENT KILLERS

- **MERCURY:** One of the most toxic substances on Earth! It's in fish, silver dental fillings, and some vaccines. It causes devastating neurological damage. **Prevention:** Avoid almost all fish and never, ever get silver amalgam fillings!
- **LEAD:** It's a brain-poison! It's in old paint, pipes, and cheap cosmetics. **Prevention:** Test your home and use lead-free cookware!
- **ALUMINUM:** This neurotoxin is linked to Alzheimer's. It's hiding in your cookware, antiperspirants, antacids, and even processed cheese! **Prevention:** Use stainless steel or glass and read those labels like your life depends on it!
- **FLUORIDE:** This is toxic waste falsely promoted as "medicine." It's in your tap water and toothpaste, and it disrupts your thyroid and brain. **Prevention:** Use Steam Distillation or Reverse Osmosis for your water, and get fluoride-free toothpaste!

THE CHEMICAL SOUP IN YOUR KITCHEN

- **Pesticides & GMOs:** Conventionally grown produce is sprayed with poison! Buy **ORGANIC**, especially for the "Dirty Dozen."
- **Artificial Sweeteners:** Aspartame, Sucralose, and Saccharin are toxic chemical cocktails. Use raw honey or stevia instead!
- **Plastic Contamination:** BPA and other chemicals leach into your food and disrupt your hormones. **NEVER** microwave in plastic and stop drinking from plastic bottles that have been sitting in a hot car!

CLEAN UP YOUR HOME!

Most modern cleaning products, air fresheners, and laundry detergents are "chemical cocktails" that you are breathing and absorbing through your skin!

- **The Natural Way:** Use vinegar, baking soda, and castile soap. They work, and they won't make you sick!
- **Ditch the Fragrance:** Synthetic "scents" in dryer sheets and air fresheners are toxic. Open a window for fresh air instead!

Prevention isn't a luxury—it's your duty to yourself! The world is full of physical and chemical hazards. By following these strategies, you aren't just "staying safe"—you are building a fortress of vibrant health that will serve you for the rest of your life!

The choice is yours: Protect yourself now, or pay the price later. CHOOSE PREVENTION!

BALANCING YOUR LIFE: THE FOUNDATION OF WELLNESS

Let's take a good, hard look at your daily routine. You think of it as just how things are, don't you? But for most people, the modern schedule is actually a **stress minefield!**

Eating Habits: Most "meals" are nothing more than processed cocktails that cause digestive distress, energy crashes, and imbalance. Why on earth would you want that in your body?

The solution is so simple it's beautiful: Go back to basics! Focus on whole foods. Chew thoroughly to aid digestion. Reach for fresh fruits and vegetables. Drink plenty of clean water. That's it! Your

body should be a place where you can thrive, not a laboratory for artificial substances!

Movement: You want "energy"? **Get your body moving!** It's free, it's natural, and it's what your body craves. Find activities you enjoy—don't mask a sedentary lifestyle with artificial stimulants!

Sleep Schedule: Late nights and inconsistent rest are loaded with disruption that affects your entire system. **Stop the madness!** Aim for consistent, restful sleep. Your mind and body will thank you!

MIND AND SPIRIT: THE INNER SANCTUARY

This is a big one, folks. You must remember: **What goes into your mind goes into your body!** Your thoughts are like a giant influence. Yet, almost all conventional entertainment and news are packed with **Negativity and Stress**—disruptors that wreak havoc on your system. We're talking about constant stimulation, drama, and fear.

Morning Routine: Most are filled with rushing and external demands. Is "getting everything done" worth that stress? Of course not! Incorporate moments of calm and reflection.

Relationships: They contain some of the most powerful influences in your life. They are linked to your emotional well-being! Our advice? **Nurture positive connections!** It's who you are meant to be, and it's beautiful because it's healthy. The same goes for **Downtime**—it's loaded with opportunities for rest and rejuvenation.

Seeking Validation: We've been told to look outside ourselves for worth, yet most of the answers lie within us! *It's total insanity!* What should you do? Cultivate self-acceptance—your spirit needs

that inner peace!—but don't ignore constructive feedback. Engage in activities that bring you joy and fulfillment.

The Prevention Strategy That Works: Be mindful! When you must engage with external information, choose positive, uplifting sources. **Filter those inputs obsessively!** If it doesn't nourish your spirit, be very careful about letting it in!

THE SUBTLE ENERGIES: CONNECTION TO NATURE

Now, this is a topic often overlooked, but the evidence is profound every day. Constant disconnection from **Nature**—from the sun, the earth, and the natural world around you—may be causing serious imbalance. We're talking about stress, lack of vitality, and a feeling of being ungrounded.

Common sense tells you to take precautions! Spend time outdoors. Walk barefoot on the grass. Breathe fresh air! Keep plants in your home—that should be your sanctuary for life. Limit artificial environments, especially for your children, and never stay indoors exclusively. **Better connected than isolated!**

THE MODERN TRAPS

We have been conditioned to believe that there is a "quick fix" for every discomfort, but all artificial solutions—whether quick meals or endless distractions—carry risks.

- **Quick Meals:** They don't just fill your stomach; they often lack essential nutrients and disrupt your digestion. Choose them only when absolutely necessary, and then balance your next meal with whole foods!

- **Constant Distraction:** Endless scrolling and external stimulation punish your mind. Address the **root cause** of your restlessness instead of just masking the symptoms!
- **Neglecting Self-Care:** This depletes your energy, which is essential for your well-being! It causes burnout and imbalance. Focus on your routines and activities to nourish yourself naturally.

QUESTION EVERYTHING! Explore natural approaches first. Address the cause, not just the symptom. Take the minimal amount of external influence for the shortest time possible!

INFORMATION: A CRITICAL TOPIC

This is a subject that deserves your serious scrutiny. Why? Because everything that enters your mind—whether you read it, hear it, see it, or **absorb it**—affects your health!

Information sources can contain biased viewpoints, incomplete facts, and sensationalism. They lack true depth and can disrupt the natural development of critical thinking. There are links to serious health problems like anxiety, fear, and division.

Our position is clear: Research thoroughly! Don't blindly follow headlines. Consider the source versus the truth. Natural understanding, built through critical thought and a healthy perspective, is **far superior** to anything that comes out of a superficial feed!

STRESS: THE SILENT KILLER

You can eat the best food and move your body, but if you are under **Chronic Stress**, you are in trouble! It is one of the most damaging things to your health because it's often overlooked. It

eats away at you from the inside out. You must find ways to manage it, to breathe, and to find peace.

MINDFULNESS: THE SECOND LINE OF DEFENSE

True prevention means stopping imbalance before it starts, but mindfulness is your "second line of defense." **Know your own thoughts!** Recognize what is constructive and what is destructive. But—and this is important—don't become overly self-critical! Most minor negative thoughts will pass if you acknowledge them without judgment. Use your judgment and your common sense.

WELLNESS IS A LIFESTYLE!

Listen closely: **Wellness is not a one-time event!** It's not something you do once and then forget about. It is a daily practice. It is a way of life! Every single day, you are making thousands of small choices that either **build well-being or destroy it.**

What you eat for breakfast, whether you move your body, how much you sleep, what you focus your mind on, how you react to stress, what you drink, whether you get outside—**it all matters!** You are the architect of your own life. Choose wisely! Choose vitality!

PREVENTION ISN'T A DATE ON A CALENDAR—IT'S YOUR LIFE

Look, we are coming into the home stretch here, but I need you to stay with me because this right here? This is the whole ballgame. People think health is a roll of the dice. They think they're just

waiting for the "bad luck" monster to jump out of the closet.
Wrong.

Prevention is not a one-time event. It's not something you do on a Tuesday and forget about by Friday. It is a **lifestyle**. It is a daily, moment-by-moment practice. Every single day, you are making a choice. You are either building a fortress of health or you are taking a sledgehammer to your own foundation.

Think about the thousands of "micro-choices" you make every 24 hours:

- What did you fuel your engine with for breakfast?
- Did you move that body, or let it stagnate?
- Did you give your brain the sleep it craves?
- Are you slathering your skin in toxic chemicals?
- Are you letting stress run your life, or are you running your stress?

These choices **compound**. It's like interest in a bank account. Good choices compound into vibrant, radiant health. Bad choices compound into a debt of disease and suffering. The good news? **You hold the pen.** You have tremendous control. Most disease isn't "inevitable"—it's the result of your decisions. You change the choice—you change the destination!

THE PROOF IS IN THE RESULTS

I'm not just talking theory here. I'm talking about forty years of walking the walk.

- **No flu for 40 years**—since I changed how I eat in '86.
- **Only 2 minor colds** since 2012.
- **Zero cavities in 40 years.** I'm 70 years old and I still have all 32 of my natural teeth!
- **I beat asthma.** I'm talking chronic, severe asthma that almost punched my ticket twice. Gone.
- **No ulcers, no headaches, and no COVID.**

Is that luck? Is that "good genes"? **No way.** That is forty years of making the right calls. And if I can do it, you can do it!

THE BOTTOM LINE

Prevention is the ultimate act of taking responsibility for your own life. It means doing the right things consistently, avoiding the traps diligently, and finally—finally!—listening to what your body is trying to tell you.

Stop accepting the "inevitability" of diabetes, heart disease, or obesity. Stop acting like "brain fog" or constant sickness is just part of getting older. It's not! These are violations of the natural laws of health.

Your body was **designed** for excellence. It was built for radiant health. Make the right choices today, tomorrow, and the day after. *Because an ounce of prevention isn't just worth a pound of cure—it's worth your entire life.*

Let's get to work!

SUMMARY

You are what you eat!

This isn't just a catchy phrase—it's the fundamental truth of human health. Eat healthy foods, and you will be healthy. Eat unhealthy foods, and you will be unhealthy. It really is that simple!

- Eat **lots of vegetables**. But go easy on meats.
- Eat **lots of natural organic foods**. But go easy on refined processed foods.
- Eat **lots of live foods** packed with nutrients. But go easy on dead foods loaded with chemicals.
- Eat all of your food **as fresh as possible**. But never eat (or drink) animal blood or fat.

Eat to live — Don't live to eat.

Here's the powerful truth you must never forget: **You control your health!** You decide if you will be healthy or not by the decisions you make every single day of your life. This is especially true concerning what we put into our mouths. If we make wise decisions by habitually eating good, wholesome, natural foods, we will reap wonderful results. But if we make bad decisions by eating unhealthy, chemical-laden food, then we will suffer accordingly.

In this book, I've shown you what constitutes good decisions regarding your health. I've given you the seven natural pillars that have kept me flu-free for 40 years, cavity-free for 40 years, and full of energy at 70 years old. Now it's up to you to make the right choices.

I sincerely hope you choose **vibrant, radiant health** instead of sickness and disease!

I hope you choose **contentment and happiness** instead of pain and suffering!

I hope you choose **LIFE** instead of death!

The choice is yours. **Choose wisely!**

CONCLUSION

I started off this book by telling you a story about what I went through way back in 1986 when I was diagnosed with a serious health problem. At the time, I mentioned that I read a book by Paul C. Bragg entitled *The Miracle of Fasting*. Now, I had never done anything like this before, so I was skeptical. But the author insisted that it would work.

What really got me to try a health fast was when the author made this simple challenge:

"Look, what do you have to lose? Do what I am telling you to do—go on a health fast—and just wait and see the incredible results you will have."

Still not convinced, he then added:

"And if it doesn't work, and if your health problem doesn't go away, then you will KNOW—not just 'think'—that fasting doesn't help. You will be 100% sure that fasting was not effective for your condition. But if it does indeed work, then you will know with 100% certainty that it was effective. And best of all, you will no longer have the health problem!"

My reply? **"What the heck! I might as well give it a try! What do I have to lose?"**

And that decision changed my life forever.

Now, dear reader, I am asking you the same question:

"What do you have to lose?"

Do what I am telling you to do in this book and just wait and see the incredible results you will have. Follow the seven natural pillars. Eat the foods I've recommended. Avoid the poisons I've warned you about. Get your sunshine, your fresh air, your exercise, and your rest.

And if it doesn't work? Then you will KNOW—not just "think"—that what I have encouraged you to do in this book does not work. You will have tried it for yourself and found it lacking.

But if it does indeed work—and I am confident that it will!—then you will know with 100% certainty that it was effective.

And best of all?

You will be enjoying sickness-free, disease-free, robust, energetic, **vibrant, radiant health!**

That's not a promise I'm making lightly. That's a promise backed by 40 years of living proof. I did it. Thousands of others have done it. And now, it's your turn.

What do you have to lose?

What do you have to GAIN?

Everything.

Now go out there and live the healthy, vibrant life you were designed to live!

God bless you on your journey to radiant health!

AWESOME PRODUCTS

Here are the specific products I personally use and recommend. These are the "best of the best" — the brands and companies that have earned my trust over decades of healthy living. Stock your kitchen with these, and you're setting yourself up for success!

PASTA

Organic Bread of Heaven

<https://ovenfreshdelivery.com/>

GRANOLA (Cereal)

Organic Bread of Heaven

<https://ovenfreshdelivery.com/>

- Heavenly Morning Spice Granola
- Heavenly Pumpkin Spice Granola

CEREAL & BREAD PRODUCTS

Ezekiel 4:9 from Food for Life

https://www.foodforlife.com/about_us/ezekiel-49

Available at: Amazon, Whole Foods Market, Sprouts Farmers Market, and more

- Cereals
- Breads
- Buns
- English Muffins
- Pasta
- Tortillas

- Waffles

YOGURT

Cocoyo from GT's Living Foods

<https://gtslivingfoods.com/collections/coconut-yogurt>

Available at: Amazon, Whole Foods Market, Sprouts Farmers Market, and more

Flavors: Pure Coconut, Vanilla, Mango, Peach, Raspberry

★ **200 Billion CFU's of Live Probiotics per 8oz jar!**

KOMBUCHA

GT's Living Foods

<https://gtslivingfoods.com/collections/kombucha>

Available at: Amazon, Whole Foods Market, Sprouts Farmers Market, and more

Flavors: Classic, Gingerade, Mango, Apple, Island Bliss...

★ **4 Billion CFU's of Saccharomyces Boulardii Yeast per 16oz bottle!**

Plus billions more probiotics per 16oz bottle

OLIVE OIL

Bragg's—*Available at: Amazon, Whole Foods Market, Sprouts Farmers Market, and more*

APPLE CIDER VINEGAR

Bragg's (with "The Mother")

Available at: Amazon, Whole Foods Market, Sprouts Farmers Market, and more

COCONUT OIL

Nutiva

Organic, Unrefined, Virgin Coconut Oil

Look for the GLASS container on Amazon

HONEY

Great Bazaar 100% Pure Turkish

Raw Organic Honey Comb

Available on Amazon

RAW ORGANIC MILK

Raw Farm

<https://rawfarmusa.com>

RAW ORGANIC KEFIR

Raw Farm

<https://rawfarmusa.com>

CFU = Colony Forming Units (a measure of live, beneficial bacteria)

Stock your kitchen with these products, follow the seven pillars, and watch your health transform!

KITCHENWEAR

Pots, Pans, Dishes, Cups, Glasses, Forks, Spoons, etc.

BEST (SAFEST)

100% *solid* PURE gold (*not* gold plated or gold filled)

High-quality stainless steel

Caution: Some SS water bottles are actually aluminum!

GOOD

Glass (if made without lead, etc.)

High Quality Ceramic (if made without lead, etc.) High Quality Stoneware (if made without lead, etc.) Corning Ware (if made without lead, arsenic, etc.)

NOT SO GOOD

Cast Iron

WORST (MOST DANGEROUS)

Lead Crystal (i.e. leaded glass)

Plastic Aluminum

Cooper Non-Stick Pans

Ceramics & Glass (& all other materials) that contain lead & other harmful materials.

Enameled cookware that contains lead or other dangerous substances.

TOOTH DECAY

Ramiel Nagel, in his excellent book “Cure Tooth Decay,” plainly shows that we can *prevent* tooth decay by proper nutrition. Not only that, but he also shows that tooth decay (i.e. cavities; dental caries) can also be *cured* through proper nutrition as well!

But if you do decide to have a cavity filled by a dentist, please bear in mind that silver amalgams contain about 50% of the deadly poison *mercury!* Composites may be better, but do some research first if you are thinking about having this done, as there are many different composite materials used by dentists today (and some are much more toxic than others).

My favorite solution is to always do things the natural way first, but if that doesn't solve the problem, you may want to consider 100% *solid* PURE **gold** fillings. Though the initial cost of gold is expensive, in the long run it is definitely cost-effective.

Gold has many outstanding qualities. For one thing, (unlike silver amalgams and composites) it is not harmful. Plus, gold lasts much longer than all other fillings! Therefore (unlike other fillings) you will never have to have the filling redone years later. Because of the safety, durability, and other outstanding qualities of gold, gold makes an outstanding alternative when compared to the other toxic tooth fillings.

ROOT CANAL: You may want to thoroughly investigate this topic before ever deciding on this procedure.

JUST HOW SAFE IS PURE GOLD?

Pure gold is so safe it can even be eaten (& some do!).

IS GOLD TOXIC IF INGESTED?

[This was the answer I got when I googled, “Is gold toxic?”]

“Generally, edible gold is *not* harmful to the human body. Pure gold is non-toxic and non-irritating when ingested, but it needs to be *pure* gold. Lots of gold jewelry is made using a mixture of gold and other metal which can cause heavy metal toxicity, so they are not edible.”

CAN WE EAT GOLD?

“*Pure* gold is edible, as it is completely digestible. Edible gold is tasteless and doesn’t offer any nutrition, so it is only used in decorating food and drink to be more luxurious and precious. Gold also has an E number of 175 stated as food coloring.” <https://www.quora.com/What-happens-when-you-eat-gold>

CUTTING BOARD

BAMBOO is the best (especially “Totally Bamboo”). Other hard woods are okay, but plastic is the worst!

FASTING

Paul Bragg’s book (“The Miracle of Fasting”) is an *outstanding* book on health fasting. If you have a health issue and you would like to get rid of it naturally, you should definitely consider reading this book first. I highly recommend it!

VACCINATIONS

Please realize that many of the ingredients in vaccinations are absolutely disgusting and include some of the deadliest and most dangerous & toxic materials known to humanity. Such ingredients as: mercury (thimerosal) which is linked to autism and other serious brain injuries (not to mention scores of other serious health problems), aluminum (a neurotoxin that has been linked to Alzheimer's disease and many other serious health conditions), fetal tissue (from aborted babies!), monkey brain tissue, formaldehyde (a neurotoxin), human DNA, animal DNA, antibiotics (such as neomycin, polymyxin, gentamycin, and streptomycin), MSG (monosodium glutamate), phenol (carbolic acid), ethylene glycol (antifreeze), betapropioiolactone (a disinfectant), nonoxynol (used to stop the growth of STD's), octoxinol 9 (a vaginal spermicide), triton X100 (detergent), polysorbate-80, preservatives, etc. etc. etc.

Everything that enters our bodies, either by what we inhale, drink, eat, absorb, or inject, affects our bodies — either for good or for bad.

So, when we eat natural wholesome foods, it affects our bodies in a good & positive manner. But when we inject poisonous materials into our bodies (especially when done over and over and over again, year after year after year) it affects our bodies in a bad & very negative way. And please bear in mind that these harmful effects do not always show up right away — but will sometimes take many years to manifest themselves. And worst of all, it is usually our BRAIN that is the most heavily impacted — thus often resulting in a host of terribly debilitating brain & neurological disorders (with autism, cerebral palsy, epilepsy, narcolepsy, Alzheimer's, Parkinson's, ALS or Lou Gehrig's disease, and shingles topping the list of a very long list of associated health issues).

Bad Bacteria Thrive On Unhealthy Tissue & Cells

STORY AT-A-GLANCE

When you eat...[refined] sugars and processed foods, these foods serve as “fertilizer” for pathogenic microorganisms & yeast, causing them to rapidly multiply.

Using antibiotics, consuming low doses of antibiotics in your food, and eating genetically modified foods [GMO’s] may further encourage “bad” bacteria to thrive.

The best way to support microbial health & diversity is to eat a varied diet, including plenty of fiber-rich vegetables & fermented foods while avoiding antibiotics & processed foods.

By Dr. Joseph M. Mercola, D.O. (June 10, 2015)

The bacteria in your body, once thought to be more of a nuisance than an asset, are integral to your very survival. Your body is in fact a complex ecosystem made up of more than 100 trillion microbes that must be properly balanced and cared for if you are to be healthy.

This system of bacteria, fungi, viruses, and protozoa living on your skin and in your mouth, nose, throat, lungs, gut, and urogenital tract, is unique to you. It varies from person to person based on factors such as diet, lifestyle, health history, geographic location, and even ancestry – and it’s vulnerable to your daily lifestyle decisions.

Junk Foods & Unhealthy Meat Allow ‘Bad’ Bacteria to Thrive

While today 80 percent of processed foods are made up of genetically modified (GM) corn and soy, wheat, and meat, 15,000 years ago people ate about 150 different ingredients each week, according to Tim Spector,

professor of genetic epidemiology at King’s College London and author of *The Diet Myth*.¹

Spector wanted to find out [what happens to your gut if you eat only fast food](#), specifically McDonald’s, for 10 solid days. His son, Tom, became the willing guinea pig and reported his symptoms, as well as sent stool samples to different labs, throughout the 10-day trial:

“Tom said that for three days he felt ok, but then started to become more lethargic and turned a slight gray color according to his friends. He reported feeling bad the last few days and says he also experienced some withdrawal symptoms,” TIME reported.²

After 10 days of fast food about 40 PERCENT OF HIS BACTERIA SPECIES WERE LOST, WHICH AMOUNTED TO ABOUT 1,400 DIFFERENT TYPES. Losses of microbial diversity such as this have been linked to [diabetes](#) and obesity.³

As you continue to subsist on junk food, your gut microbes respond and “bad” bacteria may proliferate, furthering your cravings for more unhealthy foods. As Spector told *Food Navigator*:⁴

“Each species of microbe has a preference for certain food sources, which allows them to feed and reproduce. They therefore have their own evolutionary drive to maintain their ecological niche and will do anything to ensure their survival. This includes sending signals to the hosting human that they want more of the same junk food that they thrive on.”

Swapping Your Diet Quickly Alters Your Microflora — For Good or For Bad

A separate study swapped the typical Western diet of a group of African-Americans with that of rural Africans (which meant swapping processed, low-fiber foods with beans and vegetables). IN JUST TWO WEEKS, the groups took on the other’s biomarkers of cancer risk such as bacterial activity, fiber fermentation, and intestinal inflammation.^{5,6}

In another study, the hunter-gatherer Yanomami tribe — which had never come in contact with outsiders prior to the researchers' arrival and had never been exposed to antibiotics — had about 50 percent greater microbial diversity than American subjects. They also had 30 percent to 40 percent more diversity than the Guahibo and the Malawian tribes, the latter two of which have adopted some Western lifestyle components, such as living indoors and using antibiotics.⁷ According to one of the authors:⁸

“As cultures around the world become more ‘Western,’ they lose bacteria species in their guts... At the same time, they start having higher incidences of chronic illnesses connected to the immune system, such as allergies, Crohn’s disease, autoimmune disorders, and multiple sclerosis.”

When you eat... [refined] grains, [sugars](#), & [other] processed foods, these foods serve as “fertilizer” for pathogenic microorganisms and yeast, causing them to rapidly multiply. The best way to support microbial diversity is to instead eat a varied [well-balanced] diet, including plenty of fiber-rich vegetables & fermented foods while avoiding antibiotics.

To continue reading this article, go here:

<https://articles.mercola.com/sites/articles/archive/2015/06/10/bad-bacteria-gut.aspx>

WHY DOES AMERICA HAVE THE HIGHEST INFANT MORTALITY RATE OF ALL FIRST WORLD COUNTRIES?

There's nothing like giving every single newborn 20,000x the daily dose of synthetic vitamin K indiscriminately whether they need it or not – and never mind the FDA's "black box warning" on it.

Then let's double up and pop in huge quantities of aluminum from the Hep B shot (which was studied for 4 days in infants before approval) which is for STD's because you know – all babies are having unprotected sex and using IV drugs.

Then let's use the polysorbate 80 in the vitamin K shot which is used to open the blood brain barrier in animal experiments to let all that aluminum from the Hep B shot into the brain (of which your baby gets the same dose as an adult).

And people wonder why the US has the highest infant mortality rate of ALL first world countries.

CLEVELAND CLINIC STUDY

Flu vaccine INCREASES risk of getting the flu!

Research finds *those who took the flu shot had a 27% higher chance for contracting the flu virus* than those who did not get the flu shot.

For decades, Americans have been lectured, pressured, and in many cases coerced into getting annual flu shots under the promise that "the science is settled" and that vaccination is an unquestionable public good. But a growing body of research is blowing that narrative apart, and the latest data are nothing short of explosive.

A new study from the prestigious Cleveland Clinic has found that the 2024-2025 flu shot not only failed to protect people but increased their risk of contracting the flu.

The study, **published as a preprint on medRxiv** and led by Dr. Nabin K. Shrestha and colleagues from the Departments of Infectious Diseases, Infection Prevention, and Quantitative Health Sciences, tracked 53,402 Cleveland Clinic employees across Ohio during the 2024–2025 respiratory viral season, which began on October 1, 2024.

The authors concluded: “Among 53,402 working-aged Cleveland Clinic employees, we were unable to find a protective influence of influenza vaccination during the 2024-2025 respiratory viral season and found a **significantly higher risk of influenza with vaccination.**”

The medical researchers concluded that **vaccinated individuals had a 27% higher risk for contracting influenza compared to unvaccinated ones!**

For the full study, check out the [medRxiv](#) preprint here: Effectiveness of the Influenza Vaccine During the 2024-2025 Respiratory Viral Season.

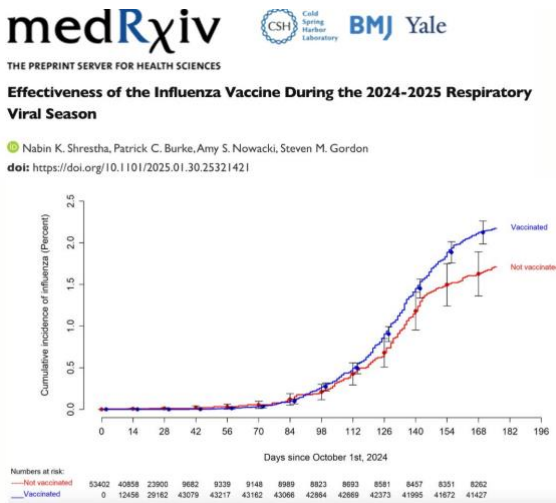
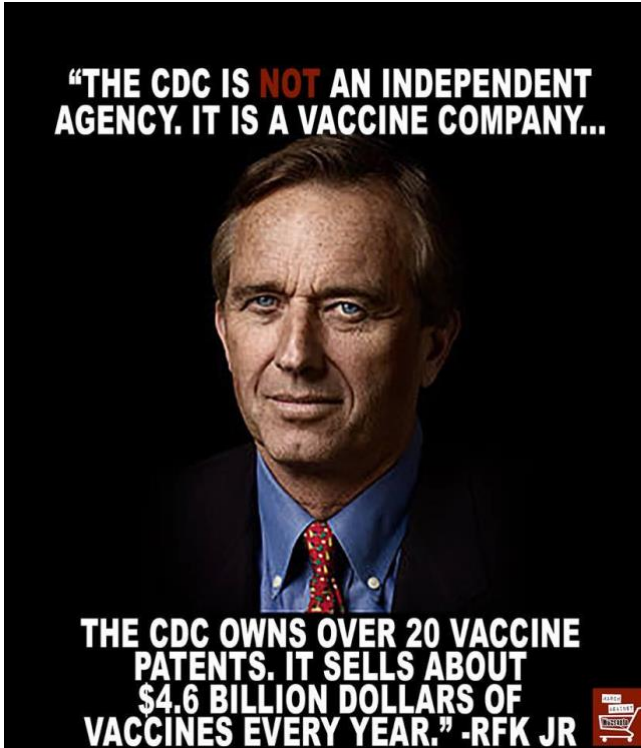


Figure 3. Simon-Makuch plot comparing the cumulative incidence of influenza for subjects stratified by vaccination status. Day zero was 1 October 2024, the day the influenza vaccine began to be offered to employees for the respiratory viral season. Point estimates and 95% confidence intervals are jittered along the x-axis to improve visibility.

**THE CDC IS A VACCINE COMPANY
NOT AN INDEPENDENT COMPANY!**



The **CDC** (Center for Disease Control) **accepts millions of dollars each year from the drug companies that it is supposed to regulate.** During fiscal years 2014 through 2018, the CDC received \$80 million from companies like Pfizer, Biogen, and Merck. And now in 2026, the CDC owns approximately 37 patents related to various vaccine technologies. *Royalty from these patents is about \$200 million dollars per year!*

The **FDA** (Food Drug Administration) is another governmental agency that **receives about \$3.5 BILLION each year directly from the companies that it regulates!** Talk about a conflict of interest! “Pay to Play” at its finest!

And did you know that the pharmaceutical companies themselves do the testing (not the FDA or any neutral independent agency) for the new drugs that the drug company creates? So, when you hear about a drug being “safe & effective,” that so-called “fact” is coming from the manufacturer who invented the drug! It’s NOT coming from an independent source at all! Can you repeat after me, “conflict of interest,” “conflict of interest,” “conflict of interest!”

So, not only do the industries being regulated FUND the regulators, but they conduct their own safety testing as well! Talk about a bizarre world!

**MOST AMISH DO NOT VACCINATE
THEIR CHILDREN**

**AUTISM RATE OF AMISH CHILDREN
= 1 IN 15,000**

**MOST USA FAMILIES DO VACCINATE THEIR
CHILDREN**

**AUTISM RATE OF USA CHILDREN
= 1 IN 30**



<http://www.offgridquest.com/health-nutrition/the-amish-dont-get-autism-but-they-also->

Things You Didn't Know About Polio

1. In the 1800's a popular wallpaper called Paris Green was infused with a potent pesticide. Some of the most toxic substances known to man: copper and arsenic or lead and arsenic.

2. This pesticide worked by causing neurological damage in the bugs, causing organ failure.

3. Polio consists of symptoms synonymous with neurological damage, causing organ failure.

4. Heavy metal poisoning from lead, mercury and other similar heavy metals manifest lesions on neurological tissues, meaning the toxin destroys the nerve/communication pathways connecting the brain to the organs in the body.

5. Polio victims present lesions on neurological tissue, that cause the organs to malfunction all around the body. (lungs, heart, nerves that control walking etc.).

6. Polio outbreaks hit throughout the summer, only during pesticide spraying times (not the sunless and damp winter/spring seasons like other disease outbreaks).

7. Polio had NO ability to spread from infected victims to the uninfected. Polio infected clusters of people in the exact same areas, suddenly and swiftly.

8. Parents report finding their children paralyzed in and around apple orchards. One of the most heavily pesticide sprayed crops of the time (with lead arsenate or copper arsenate) were apple orchards.

9. President Roosevelt became paralyzed over night while on his farm in the summer, which contained many crops, including apple

orchards. He also swam the day prior in a bay that was heavily polluted by industrial agricultural runoff.

^[1]_{SEP}10. Dr. Ralph Scobey and Dr. Mortind Biskind testified in front of the U.S Congress in 1951 that the paralysis around the country known as polio was being caused by industrial poisons and that a virus theory was purposely fabricated by the chemical industry and the government to deflect litigation away from both parties.

^[1]_{SEP}11. In 1956 the AMA (The American Medical Association) instructed each licensed medical doctor that they could no longer classify polio as polio, or their license to practice would be terminated. Any paralysis was now to be diagnosed as AFP (acute flaccid paralysis) MS, MD, Bell's Palsy, cerebral palsy, ALS (Lou Gehrig's Disease), Guillian-Barre etc. This was orchestrated purposely to make the public believe polio was eradicated by the polio vaccine campaign, but because the polio vaccine contained toxic ingredients directly linked to paralysis, polio cases (not identified as polio) were skyrocketing...but only in vaccinated areas.

^[1]_{SEP}12. The first polio vaccine was worked on by Dr. Jonas Salk and human experiments using this vaccine were conducted purposely on orphans in government/church run institutions because they were vulnerable and didn't require any parental consent signatures, as they had no parents. The vaccine was "declared safe" by "medicine" (as they always are) and that vaccine gave 40,000 orphans polio, permanently paralyzed hundreds and killed at least 10 children. All injuries and deaths under-reported of course by the same authorities who orchestrated the atrocity. This was called The Cutter Incident.

^[1]_{SEP}13. The next "improved" polio vaccine, given to hundreds of millions, carried both the SV 40 cancer virus as well as the AIDS virus. Every step of the way, medicine declaring they know for sure, that this time, they have everything straightened out. Same story then, same story now.

By Joe Phoenix^[1]_{SEP} – [Erin Elizabeth](#)

FLUORINE IS A DEADLY POISON*

Millions upon millions of innocent people have been *misled* by the aluminum companies to erroneously believe that adding sodium fluoride to our drinking water will reduce tooth decay in our children. Over 150 million Americans drink a daily dose of sodium fluoride in their water without knowing of it! Fluorine, the gangster of the chemical underworld, made the deadly atomic bomb possible. The only scientific way to free the necessary quantities of fissionable Uranium 235, buried in the inert mass of its parent U-238, is to force uranium hexafluoride gas through many acres of porous barriers. The next part of the process gradually concentrates the elements, creating deadly “Hex”, a deadly vicious hazard from radiation.

Millions of Americans drink water spiked with a sodium fluoride solution. A chemical cousin of sodium, fluorine is not as toxic as “Hex” . . . but toxic enough, in high concentrations, to be used as a standard roach and rat killer and a deadly pesticide.

Yet this terrible, deadly sodium fluoride, injected virtually by government edict into drinking water in the proportion of 1.2 parts per million (PPM), has been declared by the United States Public Health Service to be “absolutely safe for all human consumption.” Every qualified chemist knows that such “absolute safety” is not only unattainable, but a total illusion!

THE GRIM STORY BEHIND FLUORIDATION

It was in the year 1939 that a famous institute in the eastern part of the United States commissioned their biochemist to find a use for the sodium fluoride wastes produced by *aluminum* foundries. Some 45 other industries also had fluoride disposal problems. Many were tormented by expensive damage suits arising from the noxious pollution effects of the poison on livestock and crops. Oil refineries, metal smelters, tile, brick, steel, fertilizer and ceramic plants and the Atomic Energy Commission

installations were involved. The cost to eliminate this deadly chemical was very costly. Was there no way this by-product could be put to a profitable use?

Now this biochemist was a clever and cunning man. He came up with a big money-making idea: why not dissolve the stuff in drinking water? He had absolutely no medical background and had not conducted any clinical research into the effects of sodium fluoride on our body's chemistry. His idea went over big with companies who were burdened by what to do with sodium fluoride wastes.

The next step was not difficult . . . turn the idea over to clever advertising companies and let them *brainwash* the public into believing that the greatest health measure in modern times had been discovered. Give a "TALL TALE" to the gullible American public and *if it sounds scientific, they will bite — hook, line, and sinker!* So, they used the tall tale that sodium fluoride in drinking water would prevent tooth decay in children, as they found a Texas town that had naturally occurring fluoride [*calcium* fluoride!] and it seemed fewer dental cavities. The public was eager to hear more. At last, a way to prevent tooth decay! Sadly, most became convinced at first – despite that every smart thinking person knows that *tooth decay comes from poor nutrition* and especially the high consumption of all the refined sugar drinks, candy and products!

BIG BUSINESS AND LARGE PROFESSIONAL ORGANIZATIONS have a way of sticking together. *Remember, they have the powerful media behind them because of economic control exerted by the publishers' chief source of income – advertising!* With the aid of all the television, radio, newspapers and magazines, the major business, professional and social organizations promoted the 'great merits' of *sodium* fluoride – although totally false and dangerous – to the innocent, believing American people.

Any person who publicly questioned this poisoning of drinking water with sodium fluoride was called ignorant, uninformed and backward! *Most doctors and dentists surrendered to these powerful forces for fear of being discredited by their professional associations!* But you can always find some honest and sincere professionals who fight for TRUTH –

no matter how others might ridicule them! Extreme pressures were put upon all U.S. city and state governments to fluoridate the drinking water and still are! Big business and large professional organizations, which can act like the Mafia, don't take "No" for an answer! They know how to pressure state, city and water officials to think and take action their way, often not for good!

***WATER: THE SHOCKING TRUTH THAT CAN SAVE YOUR LIFE! By Paul Bragg**

MOTTLED ENAMEL (i.e. DENTAL FLUOROSIS) [brown spots on teeth], is an EXTREMELY COMMON DISORDER, characterized by hypo-mineralization of tooth enamel *caused by* ingestion of *fluoride* during enamel formation. https://en.wikipedia.org/wiki/Dental_fluorosis

**THESE GROUPS EITHER DO NOT
ENDORSE FLUORIDATION OR THEY
ACTIVELY OPPOSE IT**

American Academy of Allergy & Immunology

American Cancer Society

Chronic Fatigue Syndrome Action Network

American Diabetes Association

National Institute of Municipal Officers

American Chiropractic Association

American Civil Liberties Union

National Kidney Foundation

American Psychiatric Association

Society of Toxicology

Fluoride Action Network

National Health Federation

John Birch Society

Green Party of the USA

The American Academy of Allergy

Asthma & Immunology

Alzheimer's Association

National Kidney Foundation

National Down Syndrome Society

American College of Physicians

American College of Preventive Medicine

Consumer Reports

Center for Science in the Public Interest

National Association of Social Workers

The Sierra Club

Environmental Working Group (EWG)

Food & Water Watch

American Academy of Environmental Medicine

International Academy of Oral Medicine & Toxicology

The American College of Obstetricians & Gynecologists

COUNTRIES THAT BANNED FLUORIDATION

Germany, Sweden, Netherlands, Finland, Japan, Soviet Union, Czechoslovakia, Israel, China.

CITIES, STATES, COMMUNITIES THAT BANNED FLUORIDATION

Paris, Berlin, Copenhagen, Tokyo, London, Helsinki, Calgary, Portland, Utah (because of a federal court ruling *associating fluoride with IQ risks!*), Florida (because of a federal court ruling that flagged *unreasonable risk to children's IQ!*).

FEDERAL JUDGES OPPOSE IT

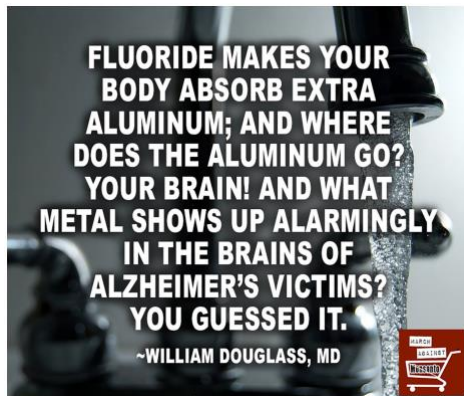
Federal judge rules in 2024 that current USA fluoride levels pose a *risk to children's brain development!*

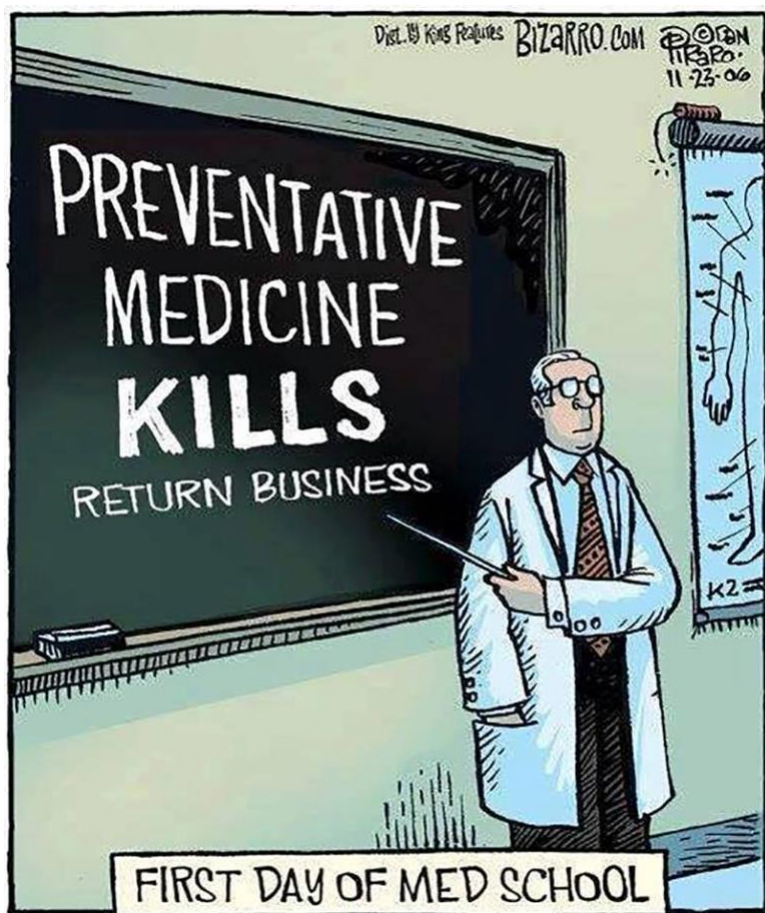
SURGEON GENERALS OPPOSE IT

Surgeon General of Louisiana, Texas, & Florida oppose it because of *neurodevelopmental concerns (and unreasonable risks to children's IQ!)*

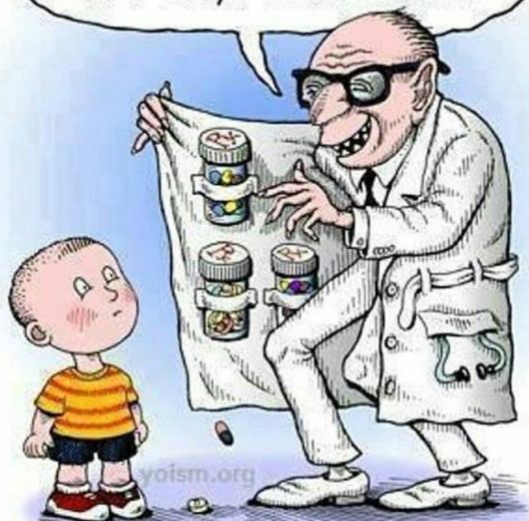
Poisonous Fluoride is in Tap Water, Tooth Paste, Mouth Rinses, & Dental Fluoride Treatments

Unfortunately, they do NOT use natural *calcium fluoride*, instead they use the hazardous chemical waste byproduct *sodium fluoride* (i.e. rat poison!) and other toxic fluoride compounds.

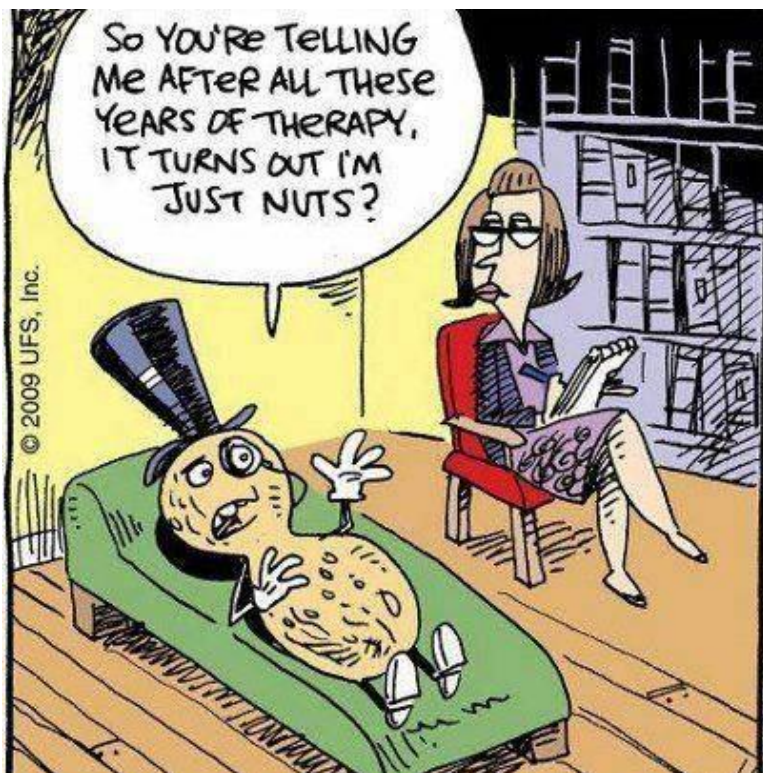




HEY SONNY, YOU LOOK DEPRESSED.
HERE, TAKE SOME PROZAC. YOU'RE
HYPERACTIVE, YOU NEED RITALIN.
TAKE THIS - TAKE THAT,
IT'S OK, I'M A DOCTOR.



voism.org
The Drug Pusher





“MAD AS A HATTER” — The origin of the phrase, it’s believed, is that hatters really did go mad. The chemicals used in hat-making included *mercury* nitrate, used in curing felt. Prolonged exposure to the **mercury** vapors caused mercury poisoning and often lead to *dementia* & erethism.

<https://corrosion-doctors.org/Elements-Toxic/Mercury-mad-hatter.htm>



Why don't you vaccinate?

My kids don't weigh enough yet! Per FDA guidelines, the max amount of aluminum anyone can safely handle is 4 mcg per kilo. Most shots are 225 mcg to 850 mcg.

My kids would need to weigh a minimum of around 123 pounds to safely vaccinate per FDA guidelines. And need to wait to hit 467 pounds to safely receive the Pediarix vaccine.

I don't make the rules, I just follow them!



tinyurl.com/AluminumPoison

**A patient cured is a
customer lost.**

- Big Pharma





the average woman

WEARS

515

CHEMICALS

on the average day.

(say what?)

THEY LOOK LIKE THIS:

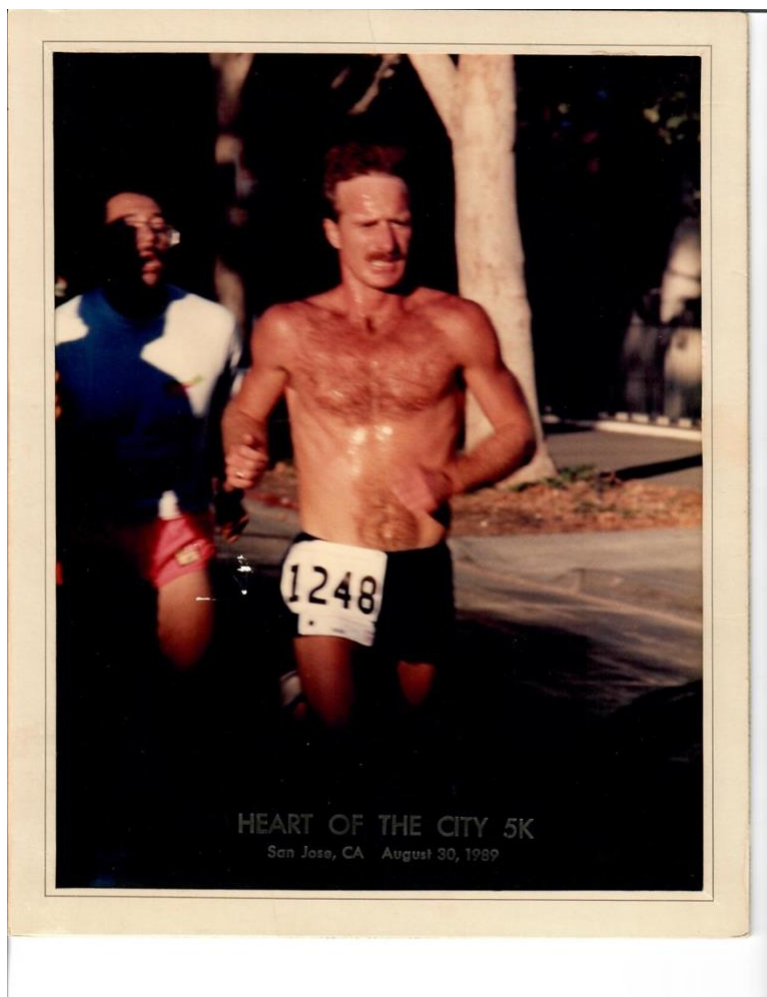


Exercise not only
changes your body.
It changes your mind,
your attitude and
your mood.









HEART OF THE CITY 5K
San Jose, CA August 30, 1989

Mike Exton is a health educator, dedicated to helping high-performers reclaim their natural vitality. With a focus on foundational wellness and "biological alignment," Mike Exton has spent 40 years exploring the intersection of modern lifestyle demands and our ancient biological needs. His mission is to cut through the noise of the \$7.4 trillion wellness industry and guide readers back to the seven natural pillars that foster lasting energy and robust health.

THE CHART BELOW IS FROM 2016.
UNFORTUNATELY, THINGS HAVE GOTTEN MUCH
WORSE SINCE THEN.



THIS IS THE NEW CHILDHOOD IN AMERICA:

- 1 in 3 is overweight
- 1 in 6 has learning disabilities
- 1 in 9 has asthma
- 1 in 10 has ADHD
- 1 in 12 has food allergies
- 1 in 20 has seizures
- 1 in 54 males has autism
- 1 in 88 has autism

50% (half) of all children have chronic illness or are overweight.

This is the **NEW NORMAL** in our country.

Are you concerned yet?!
Because if you're not,
then you are not paying attention!

AUTISM: In 2025, autism rates for USA children increased to **1 in 30**, with 1 in 20 boys being diagnosed with autism.

AUTISM: In 1950, autism rates for USA children was only **1 in 3,000 children!**

ANNUAL DEATHS IN USA

(Most are 2016 statistics)

1 = Abortion = Approximately 1,250,000

2 = Heart Disease = 614,348

3 = Cancer = 591,699

4 = MEDICAL ERRORS 251,454

5 = Respiratory Disease = 147,101

6 = Accidents = 136,053

7 = Stroke = 133,103

8 = Alzheimer's = 96,541

9 = Diabetes = 76,488

10 = Influenza & Pneumonia = 55,227

11 = Nephritis, Nephrotic S. & Nephrosis = 48,146

12 = Suicide = 42,773

<https://www.usnews.com/news/articles/2016-05-03/medical-errors-are-third-leading-cause-of-death-in-the-us>

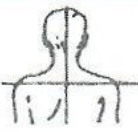



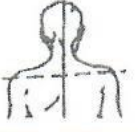

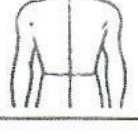
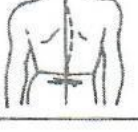
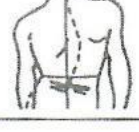
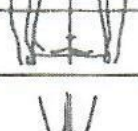
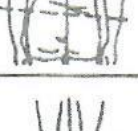
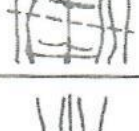
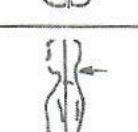
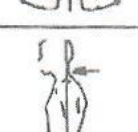
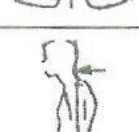
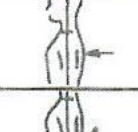
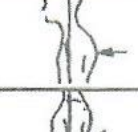
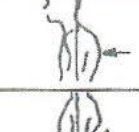
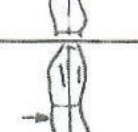
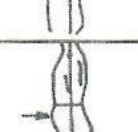
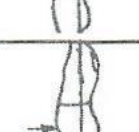

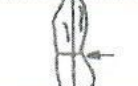
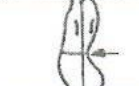
<http://bigthink.com/robby-berman/the-3rd-leading-cause-of-death-in-the-us-is-medical-errors>

<http://www.worldometers.info/abortions/>

From Bragg Back Book – Be a Bragg Health Crusader, copy and share with friends.

WHERE DO YOU STAND?

POSTURE CHART

	PERFECT	FAIR	POOR
HEAD			
SHOULDERS			
SPINE			
HIPS			
ANKLES			
NECK			
UPPER BACK			
TRUNK			
ABDOMEN			
LOWER BACK			

RECOMMENDED READING

“The Miracle of Fasting” by Paul C. Bragg

“Cure Tooth Decay” by Ramiel Nagel

“Back to the Land... for Self-Preservation”
by Norman W. Walker

“Sugar Blues” by William Duffy

“What About Immunizations?” by Cynthia Cournoyer

“Dictionary of Cosmetic Ingredients” (produced by “Bread of
Life”)

“Christ the Healer” by F.F. Bosworth



ADDITIONAL RESOURCES

“Vaccinations: Deception & Tragedy” – Mike Dye

“Toxic Beauty” by Samuel S. Epstein

“The Poisons Around Us” by Henry Alfred Schroeder

All of Paul C. Bragg’s Literature

Most of Norman W. Walker’s Literature

Most of Joseph M. Mercola’s Literature

OTHERS: Jack LaLanne, Weston A. Price,
Herbert M. Shelton, and Adelle Davis



The Secret to Vibrant, Radiant Health!



Mike Exton
15934 Hesperian Blvd, #329
San Lorenzo, CA 94580

[BACK COVER]

STOP SEARCHING FOR THE HACK.

START RECLAIMING THE SOURCE.

In an era of wearable tech, complex supplements, and endless health fads, why are we more exhausted, stressed, and "burnt out" than ever before?

The truth is, your body doesn't need more "hacking." It needs a return to its original biological blueprint.

In *The Secret to Vibrant, Radiant Health*, you will discover that the most powerful performance enhancers in the world aren't found in a lab—they are woven into the fabric of the natural world.

From the metabolic spark of morning Sunshine to the cognitive clarity of Fresh Air; from the physical vigor of Diet and Exercise to the restorative power of Rest and Recreation; and anchored by the mental resilience of a high-performance Mindset, these are the 7 Natural Pillars that define a vibrant, radiant life.

You were not meant to just "get through the day." You were designed to thrive with vigorous health and an unstoppable spirit.

The 7 pillars are in your hands. Are you ready to unlock the secret?