

Recommended Wellness Program

Basics of Nutrition and Optimal Health

I highly recommend doing a few basic good sense nutritional practices especially for those of you who are dealing with mild to serious health challenges.

- ?? Drink half of your body weight in ounces of water every day.
- ?? Avoid the typical food allergies: especially wheat, dairy, soy, eggs, corn, sugar (in all forms except stevia), coffee and alcohol.
- ?? Find out to what you are specifically allergic, food wise.
- ?? Get “Dining in the Raw” by Rita Romano and read up to the recipe section in the book. It is a nutritional bible with wonderful enzyme rich recipes.

If you have bloating or digestive disorders follow the guidelines in “Dining in the Raw” and also try taking enzymes with any food heated over 118 degrees (enzymes are destroyed above that temperature). Most digestive disorders are the result of a few basic controllable factors. A lack of enzymes either produced by the stomach or from eating cooked foods, eating allergic foods (see typical list above), an imbalance of the intestinal flora (which can be improved with a high quality probiotic), poor food combining (Dining in the Raw, see above), and stress, which can override everything.

You can order any of the above yourself or ask your local health food store to order for you. You will need to ask for a high quality, broad spectrum, multi-purpose enzyme for fats, proteins and enzymes. Please follow the directions on whichever enzyme supplement and probiotics you choose.

If you have more serious colon or digestive related issues, (burping, cramping, diarrhea and constipation) you may get your health care practitioner to order a stool analysis kit from Great Smokies Lab. (800-522-4762). The results will tell you if you have amoebas, parasites, yeast, and to what level you have available digestive enzymes. They have a wonderful tech support and will culture out everything and give you and your health care practitioner medical and non-medical choices for your healing.

- ?? If you suspect a yeast condition, read “The Yeast Connection” by William Crook, M.D. and find out if you have systemic yeast. The main things to avoid for yeast are: sugars, fermented foods, and foods that contain yeast.
- ?? Eat organic and always chew, chew, chew, your food.
- ?? Food is medicine and you are what you eat.

Minerals and enzymes are where it's at, nutritionally speaking

It has been said that all disease stems from a lack of two things - minerals and enzymes. The statistics are not in our favor medically and monetarily speaking. The medical industry is a billion dollar a day plus industry and 90% of that is spent in the last 30 days of people's lives in intensive care. To make matters worse 90% of all degenerative

diseases are from life controllable factors such as; lifestyle, stress, lack of exercise, poor food choices, compounded by demineralized food because food is only as good as the soil it's grown in and the soils have been depleted for over 50 years. Even eating organic only means no pesticides and does not mean mineral rich. You pay for your health now or the lack of it later.

Step 1 Rebuild to *cellular saturation* with a 'whole food supplement' and proper nutrition

(see above book, Dining in the Raw, enzymes etc., and listen to company tape – Body Balance and Way to Wellness).

Step 2 Cleanse your intestinal tract. (Listen to Untold Truth tape - call 800-380-3550 to order)

Step 3 Nourishing with essential nutrients. (Listen to LF company tape - Tombstones or Cornerstones).

Step 4 Protect and Balance so you can stabilize your internal systems and optimal body weight.

(Listen to LF company tape - Feed Yourself Thin).

Ultimately, when your body has completed the four steps and rebuilt itself, normal servings will be approximately 1 to 2 oz. per 100 lbs. of body weight. However, we are recommending a total health plan that takes you through a 4-step program for a total wellness approach.

Step 1 Body Balance

Begin with a 2 oz. serving on an empty stomach first thing in the morning. (A capful is approximately an 1oz.) Add 2 more ounces to your program 4 days later. You are now taking

4 ounces. You may divide the total amount into two or three times a day, first thing in the morning, mid-morning and/or early afternoon (no later than 3:00 pm as some people have trouble sleeping if taken later than that). Keep increasing 2 oz. every 4 days until one of 3 things begin to happen (see 1, 2, 3 below). You have now reached either detox or cellular saturation. You cannot take too much Body Balance unless you are feeling too wired or are detoxifying too fast. (Body Balance can be a powerful detoxifier. This is because the minerals in Body Balance contain all the *rare earth minerals* that are the essential and missing from our food chain and therefore our bodies. Most bodies have never seen these minerals before. They are essential for all health and are the reason why so many people report health benefits of all kinds.

1. Feel wired like a coffee jag.
2. Have trouble sleeping at night.
3. Go into a detox.

When the body has the full compliment of minerals, it begins to do house cleaning (detox), which slowly removes the insults (toxins), which then clears the stage for the rebuilding and repairing that starts at a cellular level. About 40% of the people go through some kind of detox (headaches, fatigue, nausea, irritability, diarrhea, hives/rashes, body aches/pains, and even the flu like symptoms). This is due to a lifetime of eating processed foods high in sugar, salt and fat, exposure to pollutants from food, water and air and taking medications, many of which stay stored in our bodies and stress.

If you are feeling uncomfortable detoxifying you can do an Herbal Body Wrap to pull some of the toxins through your skin and/or the Colon Cleanse to absorb more of the toxins than your body is able to get rid of on its own. If you listen to your body and do it right, it's painless. You can control how fast your body detoxifies. If you do it slowly enough you won't feel a thing. You can also power through it and get them out. Bottom line, you want to get rid of toxins, ALL OF THEM!

Remember, not everyone goes through a detox. If you are young, haven't taken many medications, exercise a lot, and eat pretty healthfully, you are probably in good shape. So, the good news is, if you feel badly in the beginning...be happy! It rarely lasts more than a few days and you can control how you feel by cutting back for a few days on the Body Balance.)

A body has its own inherent wisdom. It will also, clean house when you change your diet to a more nutritional one, and add good 'whole food supplements'. Please read "What to Expect When You Change Your Diet".

Body Balance is a 'whole food supplement' and is in no way harmful to the body. Remember, western medicine masks symptoms either by removing the 'related' problem or by administering regulatory drugs that override and ultimately atrophy the body's own natural healing abilities. Alternative therapies set the body up to heal itself by dealing with the body as a 'whole system' and therefore relying on the inherent wisdom of the body to know what it needs to do first in its healing and rebuilding process. We have seen wonderful results with people who had real health challenges and went through the 4-step program (outlined below). It didn't happen overnight, it took time. Some of them went through major detoxes along the way.

When you experience *any one* of the three body signs above, simply cut back to your previous serving and remain there for a few days. When you are ready, begin again increasing your servings by 1 or 2 ounces every four days. Continue until your body gives you the next indication, which is either more detox signs or starting to experience some of the positive "reports" below. Even if you go through another detox, you need to cut back and wait until you are able to continue to increase your ounce servings of Body Balance. Your goal is to reach *cellular saturation*. You will know that you have arrived when you experience feeling wired like a coffee jag or having difficulty falling asleep. Remember these signs (wired and difficulty sleeping) are totally different body signs than the detox signs.

When you reach *cellular saturation* your mineral reserve is now up to level. You must now continue taking Body Balance at the previous serving (one serving under feeling wired or trouble sleeping) and now *wait* again for the minerals (building blocks) to do their tasks.

And that's the good news. As your body continues to replenish and repair itself it will begin to show positive healthy signs. What you are ultimately looking for is a sense of well-being and energy all day that allows you to sleep deeply at night waking up refreshed.

Reports from taking Body Balance:

Consistent energy and more of it throughout the day.
Emotional well-being and even temperament. Highs and lows less volatile.
Sleeping less and waking up more refreshed.
Eating less because the body is getting fed the essential nutrients and rare earth minerals.
Food cravings diminished if not gone. Weight loss, (if needed).
Ability to focus and concentrate for longer periods.
Immune system improved. Better resistance to colds and flu's.
Common symptoms often alleviated such as; headaches, allergies, and asthma etc., etc.
etc.

It is also important to remember that there are people who are incredibly healthy that take Body Balance just for added energy. They understand the importance of absorbing a complete complement of health supporting factors, (the full spectrum of *rare earth minerals*), on a regular basis.

It is not only important to reach *cellular saturation* with Body Balance but then to back down slowly as your body indicates. Again, the indicating factors are: too much energy and difficulty sleeping. The ideal daily serving is one less than feeling wired or trouble falling asleep.

Please remember, that the choice is yours to take these products. They are not intended to diagnose, treat, cure or prevent any disease."

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When you experience any one of the "Reports" above your body is approaching another level of *cellular saturation* and you are now ready to do step 2.

Step 2 Colon Cleanse

You are now ready to do the Colon Cleanse. This is perhaps the most important part of a wellness program. Your food is only as good as the soil it's grown in and your body is only as good as the nutrition it can absorb. Please listen to "The Untold Truth" tape. (See above as to where to order.)

The poor colon is a much-ignored internal organ. And yet, keeping your colon healthy may just be the most important thing you ever do. Colon cancer is currently the #3 killer of Americans!

Are you more worried about changing your oil than maintaining your colon? Which is worse: A. The engine on your car seizes up at 160,000. B. You start bleeding during bowel movements. You go to the doctor and get poked, X-rayed, biopsied, etc. Three days later you get a call for a consultation. The doctor informs you that you have colon cancer. He tells you it's time to get your house in order. Chemotherapy starts today.

Can we guarantee that if you do the Colon Cleanse, you will be impervious to colon cancer? Of course not. But isn't success in life, about putting the statistics in your favor?

It's why we brush our teeth. Our teeth aren't falling out right now. We just don't want to need false teeth later and want to be able to eat apples when we are 90.

Do you know someone who was forced to endure a colonectomy, someone who now will be spending the rest of his/her life carrying a bag around?

If you are not cleansing your colon on a regular basis, again, please listen to the Untold Truth tape to understand how critical it is and how much illness is related to an improperly functioning colon. You might have heard, "Death begins in the Colon". It is truer than most people know.

And, the good news is, people report amazing things improving if not alleviated such as headaches, allergies, asthma and fatigue after doing a full round of cleansing.

Bottom line, YOU NEED TO TAKE CARE OF YOUR COLON!

Here's what to do! If you follow these directions, cleansing your colon can be fun.

Use fruit juice. My favorite is diluted unfiltered organic apple juice with lots of pulp. Start with the fiber and the charcoal in a small-lidded jar and then add to it 6 oz. of juice. Mix it well by shaking it **QUICKLY** and **VIGOROUSLY** and then drink it down **QUICKLY** followed by 2 large glasses of water. The charcoal comes in little chips so it is the most effective in absorbing toxins in your intestine. Keep adding water as you drink it if it starts to thicken up while you are drinking it.

Next, simply take the herbal tabs with water. As far as the tabs go, start with one tab twice a day. Some people need two tabs twice a day to get the job done. If you find things aren't moving along, then increase your tabs even up to two tabs - three times a day. If things get too "loose" and too fast, then back down. Every 'body' is different, so be ready to adjust up or down as needed.

Do the Colon Cleanse two times a day. You don't need to be near a john. Because it is a powerful detoxifier and absorbs everything it comes in contact with, take it two hours

after a meal (so that you can absorb the nutrition from your meal) and/or two hours before a meal (so that it can pass through before you eat). Example: if you have breakfast at 8:00 am, do the Colon Cleanse at 10:00 am or visa versa. Also, if you are on medication do the Colon Cleanse either two hours before or two hours after you take your medication. If you do it right, you should be able to cleanse your colon in 1 to 2 weeks. Do it until you get the desired results as stated below.

Drinking enough water is probably the single most important thing to do when doing the Colon Cleanse. You will notice that the psyllium fiber gets very thick very quickly. You must follow it with two glasses of water or the effects will reverse and you will become constipated. No fun! If this happens, drink more water and up the Herbal Tabs until things are moving again.

As a side note, if you even think you have been food poisoned, take the Activated Charcoal,

1 rounded Tablespoon, immediately in some kind of liquid. Activated Charcoal is in every emergency hospital in the world for overdose or poison of any kind. It is inert and in no way will hurt you and should be in every medicine cabinet. You may still need to go to the hospital to get your stomach pumped, but at least you will have gotten a jump start on getting the toxins and poisons absorbed into the charcoal.

Talking about stools is not generally anyone's favorite topic. However, if you don't understand how your colon works and what is normal it could dramatically affect the outcome of your life.

Stools tell you a lot about your colon health and therefore your overall health today and/or lack of health to be. If it's dark brown in color and it sinks and it stinks, that's not good. Don't feel badly, that's the way most people are. What you want to see is a stool that is a light brown color, (which means it's full of fresh bile from the liver, very mild odor), and a stool that floats and breaks up when you flush the john. The more compaction you have the darker the color, the faster it sinks.

These are the indicators to tell you if you need to cleanse your colon. Compaction is not good.

Also, stools should be the consistency of toothpaste and easy to pass. What you are looking for is eliminating at least 2-4 times per day, preferably after each meal. Once a day is considered constipated! Less often than that is serious!

When you do the cleanse, it might take a few days to get things moving and then you might notice some very dark and unusual material coming out that's probably been there for a long time. This is VERY good! People can store 10 even 20 lbs. of waste in their gut, which often accounts for people's distended abdomen. People have even been known to pass buttons and safety pins that they swallowed as children!!!!

For the most thorough cleansing, especially if you've never done one before, you might want to do the colon cleanse for a full 30 days. After that, we recommend 4 times per year or once every 3 months for

4-7 days each until you reach the desired results (above). So the normal cycle of 4-7 days would mean that one Life Force Colon Cleanse would last for a year.

The important thing to note is, once you complete your cleanse, your diet should allow you to achieve the same healthy colon function. If not, then you need to adjust your diet and rule out other possible concerns like parasites, lack of enzymes, probiotics, and some of the things mentioned at the beginning of this report.

When you have done the colon cleanse, you have completed the first 2 steps. Rebuild and Cleanse. Now you are ready to Nourish and let the magic happen.

Step 3 Nourish

Nourishing with essential nutrients (listen to company tape - Tombstones or Cornerstones).

Get on the Cornerstones. See order form.

Step 4 Protect and balance

Protect and balance so you can stabilize your internal systems and optimal body weight (listen to company tape - Feed Yourself Thin). Order the Trimwise program for weight loss.

See order form.

Recommended Use of Body Balance, OsteoProCare, Taheebo and Colloidal Silver

Body Balance

Body Balance is a 'whole food supplement' and every "body" is different. Some bodies will need 8 oz. (and more) per day if they are chronically depleted and/or stressed, and some only 1 oz. and even that will vary with life. There may even be days or times when you need to take extra Body Balance for added energy or protection. For example, if you slept poorly, were exposed to someone who was ill, were stressed physically or emotionally in any way or just needed extra energy.

You need to learn how to read your body and develop a relationship with it by learning how to tune in and observe what it's telling you. Ultimately, what you are looking for is to feel consistent energy throughout the day, sleep deeply at night and waking up feeling refreshed.

OsteoProCare

The same is true for OsteoProCare. All bodies are different. Begin with 1 Tablespoon with food. Four days later add another Tablespoon with another meal. Four days later add yet another Tablespoon always with food. Continue until you reach bowel tolerance (which is when you get a touch of diarrhea). Simply back down to the previous dosage and maintain at that level. You may need to take an extra ounce if you are doing any

heavy labor, engaged in an unusual amount of exercise such as; skiing, dancing, etc., having discomfort with your period-cramps, PMS, etc.

Taheebo and Colloidal Silver

The same is also true for Taheebo and Colloidal Silver. You may need to take extra of both if you have been exposed to someone who's ill or are personally run down and therefore; more susceptible to becoming ill yourself.

I have a magic remedy for any kind of cold, flu or infection like sinus or lung. Begin by alternating Taheebo and Colloidal Silver every minute for the first 10 minutes. Then alternate every 5 minutes (see quantity and directions below) for the next half-hour. Then continue alternating them every ½ hour for 48 hours except when sleeping.

Take 2 droppers full of Taheebo strength in your mouth. It has an alcohol base so if you are sensitive you may want to put it in hot water so that the alcohol will evaporate off.

Take 2 droppers full of Colloidal Silver, one down the nose by tipping your head back and letting the Colloidal Silver drip down your nasal passage, therefore being at a point of contact for any sinus or head cold. To really address sinus infections, stand up and bend over at the waist with your head down and put a dropper full divided down each passage of your nose. If it feels like your head is on fire, it's working and attacking the infection. When the Colloidal Silver feels like water and your nose doesn't burn any more, you have licked the infection. Put another dropper full down your throat standing back up. Continue taking both Taheebo and Colloidal Silver for another day.

I have miracle testimonials of people who thought they were going down for the count and were not only better, but over it, Entirely! Done! Fini! Ready to resume life. Try it and don't miss a half hour or you will need to start over again on the 1 minute alternating routine and then going to the 5 minute and ½ hour regimen. The trick is consistency!

Today is the first day of choosing a healthier life. It's fun to see how your body changes. It has its own intelligence. Trust it and be patient. Health is around the corner.

Have courage and God Bless

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