

WHAT IS SIMPLE HEALTH AND HOW CAN I HAVE IT

Change is the hardest task for almost all God's creatures. For humans it is doubly so, because we THINK too much. Even as his coughs in the morning get worse the smoker amongst us knowingly continues to inject that poison into his/her blood. why do you suppose that is? Is the thought behind the reason justifiable?

I am not a doomsday type, in fact quite the opposite, I am forever an optimist, believing in our ability to change for the better. I went back to school at age 51 just to demonstrate exactly this claim of mine and prove to myself above all, that it is never too late to learn and adapt to new things. I am not making light of the difficulties which lie ahead, NOTHING WORTH WHILE IS EVER EASY!!

But, is it any easier to be sickly and fatigued? Are headaches, allergies, and heart failures any simpler to live with? and where the heck did cancer come from? how can we change our habitual ways and still have a life! and our cake too!

Would you not make a serious effort if you knew that you could be free from pain and disease by altering some of your habits and life styles? Of course you would!

I wish to leave with you the gift of vibrant health through these pages, would you humer me and practice the methods I will give you just to see if they work? Time and a bit of effort is all it takes.

If you are still reading this, then there is much hope we'll do just fine. *So let's stop the jibber jabber and get right to it. o.k.?*

BACK TO THE TOP

BASICS OF BODY

When considering all the parts and pieces that have to work together in our bodies in order for the humanity to go on, it is amazing we are still going on!

Our mind which is the part that is supposed to be in control of our body, has had a rough time doing its job for the most part because it does not get its proper food in order to maintain optimum neuron activity. What is the food for the mind you say? well, lets look at it, it is mostly water, it thrives on electro-chemical activities and it is stimulated by all kinds of Opiates and hormonal inputs both from the glands in the body and from the stuff we take in such as drugs and alcohol, sugar, coffee, etc..

But the one thing that seems to keep it most alive is laughter and learning new things. Our brain actually gets better and bigger (in a sense) just as any other muscle by being used to extremes for learning and facing new problem solving situations. Viola! we have figured how to have a better brain which in turn will give us better decision making tools which will lead to not making stupid choices like smoking! yes? ok !

Is optimum health really possible for everyone? If I may I'd like to boldy say yes and

then tack on a BIG IF to it! At younger ages of childhood our health really is in the hands of others, we learn what is good food and what is not just as the children of the animal kingdom do. The difference in humans' case is that we have come to think of food not as nutrition or sustenance but rather as what pleases the palate! I remember reading an article on how the one panda bear in a zoo finally died of liver complications and after some consideration it was discovered that the Twinkies (his favorite snack!!) was too rich for him after 7 years!!! Pandas! the bamboo eating picture of health, died of being treated as a human baby, given junk his system could not handle even though his tongue liked the taste.

I am not advocating tasteless foods or discarding the palate, but rather food with ingredients our "natural nonsynthetic system" can deal with and recognize. In their natural habitats eating what is organically available, no animal or man should ever suffer diseases such as liver cancer or constant indigestion or any of the thousands of ailments we have come to accept as "normal". How can we not see that headaches and stomach ulcers, HDDS and Aids are but daily reminders of actions we take which are wrong for the body's health and well being of the self? When did synthetic dyes become food?

I call most foods we eat today as " Stomach stuffers " , most lack the very minimum nutritional value and for the most part are mass produced with chemicals I cannot pronounce! How else do we expect the body to say "hey, I cannot deal with this crap"; except through manifestations in PAIN and DIS-EASE?

continue reading

simple health

NOW THAT YOU KNOW EVERYTHING IS CONNECTED TO EVERYTHING ELSE, MAY BE YOU CAN APPRECIATE WHY I HAVE TALKED ABOUT THE EARTH AND THE MOON AND ALL IN BETWEEN SO MUCH. WE MUST RECOGNIZE THE BUILDING BLOCK AND KNOW IT FOR THE ELEMENTS THAT IT CONTAINS. YOU WOULD NOT PUT DIESEL FUEL IN A REGULAR GASOLINE BURNING ENGINE, WHY WOULD YOU PUT FOREIGN MATTER IN YOUR BODY?

PERHAPS THE MOST OVERLOOKED FACTOR IN MAINTAINING VIBRANT HEALTH IS THAT FOR THE MOST PART WE HAVE LOST THE CONNECTION TO OUR NATURE THROUGH THE INTRODUCTION OF SO MANY "SYNTHETIC" FOODS AND ADDITIVES.

LIKE ANY OTHER MACHINE, OUR BODIES MUST HAVE SOME VERY BASIC STUFF TO RUN EFFICIENTLY. THE FUEL IS MADE FROM THIS MATERIAL DEEP INSIDE OUR CELLS AND IT IS CALLED ATF, WHICH IS EQUIVALENT TO WHAT THE GASOLINE IS IN THE AUTOMOBILE AFTER GOING THROUGH THE CARBORATOR. TO MAKE THIS OUR CELLS NEED HYDROGEN AND OXYGEN MORE THAN ANY OTHER MATERIAL.

THAT IS WHY THE NEW UNDERSTANDING OF *STAYING HYDRATED* IS SO CRUCIAL. GOOD OLD PURE WATER CONTAINS BOTH IN ABUNDANCE AND YET IT IS THE LAST ON OUR LIST OF FUEL INTAKES.

EVER SEEN A PLANT SHRIVELED UP FROM LACK OF WATER? THIS IS EXACTLY WHAT HAPPENS TO OUR BODIES WHEN WE DO NOT DRINK ENOUGH WATER OR LIQUID RICH IN HYDROGEN AND OXYGEN. SO DON'T TELL ME ABOUT SODA AND TEA BECAUSE THE TWO ELEMENTS I JUST MENTIONED ARE NOT THERE. NOW FRESH FRUIT AND VEGETABLE JUICES ARE EVEN RICHER IN A BETTER KIND OF HYDROGEN. ESPECIALLY FRESH CARROT JUICE, ORANGE JUICE, AND SO ON. THESE NOT ONLY HAVE THE H AND THE O BUT ALSO SOME OTHER GOODIES FOR FIGHTING TOXIC STUFF WHICH WE NOW HAVE EVERY WHERE.

AS YOU CAN SEE MORE AND MORE, I AM NOT A "*HEALTH NUT*" BUT I DO LIKE BEING HEALTHY AND CANNOT STAND BEING SICK. SO HAVING ACHIEVED AN OPTIMUM STATE OF HEALTH THROUGH SIMPLE WAYS, I AM SHARING THE WAYS AND MEANS OF IT AS BEST AS I CAN. SOMETIMES I FORGET TO SAY THE RIGHT THING JUST AT THE RIGHT PLACE, BUT IF YOU ARE REALLY INTERESTED IN OBTAINING WHAT I HAVE; KEEP READING AND COMING BACK FOR THE LATEST. BUT DO *KEEP HYDRATED* BY ALL MEANS, AS IT IS THE FIRST AND MOST IMPORTANT OF ALL I HAVE TO OFFER. IF I WERE TO PUT ONE OTHER FACTOR IN THE SECOND PLACE IT WOULD BE MODERATION , GIVE YOUR POOR SYSTEM SOME ROOM TO DO ITS WORK, DON'T STUFF IT WITH EVERYTHING YOUR TASTE BUDS "DESIRE" . LEAVE THE TABLE WHEN YOU CAN STILL EASILY EAT ANOTHER 1/3 PLATE. AND A BIG THIRD IS NOT MAKING *EMOTIONAL MOUNTAINS* OUT OF EVERY MOLE EVENT ! SIMPLE ENOUGH?

BEFORE I FORGET LET ME LIST HERE A FEW GOOD STUFF TO HAVE IN YOUR FUEL TANK EVERY DAY. GARLIC IS A NATURAL DEFENSE ELEMENT AGAINST SO MANY BUGS AND SUCH THAT I JUST AS SOON NOT MENTION THEM. JUST KNOW THAT IT WORKS ALWAYS. TAKE AT LEAST A WEDGE OR TWO OR THREE A DAY, IN ANY FORM YOU WISH. CAYENNE IS ANOTHER GOOD ONE. IT MAY BE A BIT DIFFICULT TO GET USE TO, BUT BY GOLLY IF YOU HAVE ANY PROBLEM WITH YOUR BLOOD; IT, ALONG WITH ITS COUSIN GARLIC ARE THE CURE. CAYENNE IS BEST IN ITS PURE POWDER FORM MIXED WITH SOME LIQUID AND TAKEN RAW. THE ONES SOLD AS FOOD SEASONING HAVE STUFF ADDED TO THEM UNFORTUNATELY, SO GO TO A HEALTH FOOD STORE AND GET THE PURE KIND ABOUT 180.000 HU STRONG.

THE OTHER IS OUR LOSS OF GENERAL BALANCE IN EVERY THING. EXCESS AND ITS OPPOSITE HAVE BECOME THE NORM. ALL YOU CAN EAT IS REALLY THE EPITOME OF HOW WE NO LONGER KNOW WHERE THE HAPPY MEDIUM IS.

MY SECRETS TO OPTIMUM HEALTH

Some friends and clients continue to ask me the question "what is your secret?" year after year. "Hey let me have some of whatever you're having man!" and I obligingly say a few things about how simple it would be if they would remember what I told them last time we had met or better yet if they had taken just two or three of the actions I recommended then.

Now I am going to write the best of them down here for anyone who is interested and for memory's sake. God knows no one seems to be listening just yet or if they are, only barely.

Let no day be gone without having done some action to bring your body into an aerobic state with the heart rate up and sweat glands working. This generates heat of the best kind, Burns fatty tissues and aids digestion, circulation and lymphatic activities. Vacuuming one room won't do it but vacuuming two or three houses will! Taking a 19 minute walk with a steady speed of about any favorite 4/4 timed rock music will do even better. The idea is not to get short winded and breathe heavily, but to feel the heart beating faster and heat generated with sweat at times. It is going to be a long list to say something about all the aerobic activities but you get the idea I hope.

Wake up every day with hope and faith in the order of the universal energies. Do a stretch, like you see our cats and dogs do before they get up. (arching the back, stretching forward, extending the legs behind) stay in the prostrating position at the end of this cat routine and consciously bond with the MASTER DESIGNER of the universe (surely we all know that every design has a designer, designs do not accrue by accident, stem cells do not just become brain cells). So I am saying that even if you do not want to call upon any "God" accept this fact, there is a designer (a field of enenergy) and much energy can be obtained from this connection. JUST DO IT AND SEE! OK?

There are very few "Processed foods" packaged in can or box forms which will do your body any good. A soup out of a can or fruit from a can is just stomach filler void of any real nutritional value. A cake mix in a box is not food, it is PURE JUNK; simple as that (In recent years we have advanced the art of packaging foods and energy bars tend to be made of some good grains, or granola bars can be found with no chemicals added. Some frozen packaged foods are indeed good food and there are healthy dried fruits in packages as well, just read the label and be sure. What you don't want is a simple food recipe that has a 50 word list of ingredients! And definitely stay away from any line that suggests food coloring, preserving, color freshness, hydrogenated oils, and additives for taste enhancement. Dehydrated potato should be just potato and nothing else, powder of flake is the same here.

Food must be as close to its original natural state as possible with no colors, preservatives, flavors or enhancers added to it. Boiling a potato for example is one step away from the natural state of the potato, that's cooking simple food simply! Yet the amount of good energy we get from a simple potato is unmatched by any other

quick fix. I very strongly recommend that at least 50% of our food intake be in RAW form; Fruits, vegetables (salads), greens and nuts. Also Omega3 oils from salmon, Flax seeds, Olive oils, etc.

ALL the enzymes we need in order to process the cooked foods, proteins and starches or fats are in these RAW FOODS and no where else. I eat my daily greens and such in form of a veggie burrito! Yeah baby, a big fat bunch of greens and sprouts rolled up in one big fat burrito and I put whatever else on it that I can (olive oil, salt, lemon juice, peppers, feta cheese.).

Eating must be a joyful function of nourishment for the whole body not a taste and texture trip for the mouth. Even though I would never say deny yourself the pleasure of eating a tasteful meal, I am saying that our main goal must be nutrition not taste (I myself have learned to have both in perfectly tasteful meals). Never eat to the point of fullness of an all you can eat mentality. Leave the table when you know you can easily have two or three more bites. Eat when you are hungry and not because it is the "normal" mealtime. Food is nourishment anytime we can get it as we need it, the notion of breakfast and supper stuff is both inapplicable in the twentieth century and not supportive of healthy living for the corporate or average working person. Never fill up before bedtime. Give the body at least 3 hours of no food before bed time. And fast at least two days a month(no food, just pure water).

Perhaps the most important of all the stuff we put in our bodies daily is water. By all agreed counts of science and medicine, our entire world is made up of mostly water. We are 95% water ourselves, every function of our body relies on the oxygen and hydrogen provided by such liquids as water and fresh fruit/vegetable juices. They contain the very molecule we need in order to fight our modern polluted environment. I am referring to the "Free Radicals" or "blood toxins" which are now present in our air, city chlorinated waters, and processed foods; all of which add to the toxicity of our blood which in turn create cancers and dis-eases in our bodies.

I say if you want to be sure you are eating as well and healthy as you can these days, try to buy organics anytime you can afford it or know a local grower, stay the heck away from fast foods and processed foods which say right on the package "contains artificial coloring, flavoring, etc" read the labels if you must consume packaged foods, look for words you cannot pronounce as a bad sign, hydrogenated oils are chemically altered natural oils which no longer serve as good food, regardless of the source (hydrogenated soybean oil is just as harmful as Auto grease). This brings me to the saddest of all our eating habits FRIED FOOD, when we fry a food at 360 degrees, vitamins and enzymes in it cannot help but become void of life. We are indeed more than cooking the food we are killing the very nature of it. The fat used in all the restaurants that do this kind of cooking is chemically engineered to withstand high temperatures and not break down. Have you tried to heat olive oil? It breaks down and smokes right when the pan gets hot, which is why no good chef would use this oil for cooking. The Omega fatty acids in the olive oil are materials which are meant to work when taken raw and whole, altered they become toxic materials in the body.

Enzymes all have the tendency to become null and void of their activities when overheated. Almost all vegetable enzymes are designed by the MASTER DESIGNER to work in our bodies when the vegetables are consumed raw or just lightly heated (steamed, sauteed in butter), so when you see a batter dipped fried piece of Cauliflower, remember that the oil in which it was fried and the batter filled with additives and chemicals, will not be stuff your body can process and will most likely end up in the list of "what is making me sick?".

To this list add the ever poisoning effects of worry, anxiety, envy, or any of the negatively charged emotions as the kind viral infections to avoid. Learn to accept more and expect less of all things, people and places around you and the sufferings are cut in half or even more. Take refuge in solitude of a meditative time any where and anytime you can facilitate such action for at least 30 minutes a day (two fifteen minute sessions first and last thing you do each day). Learn how to do deep breathing, a most neglected part of our daily DO's, Walk and breathe deeply! Do not run from life's forces which are seeking to awaken a passion in you, but face them with a willing and openheart. There! I have said enough and once and for all, done my duty. Do read on through the rest of my pages and learn how to maintain this precious gift of health.

YOUR INTENTIONS CREATE YOUR REALITY. IF YOU THINK

"oh I can't, I can't, I feel bad, I feel sad" DON'T BE SURPRIZED IF MORE OF THE SAME STUFF KEEP SHOWING UP IN YOUR LIFE.

water vs coke

WATER

1. 75% of Americans are chronically dehydrated. (Likely applies to half world population.)
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can

slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should every day?

COKE

1. In many states (in the USA) the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of coke and it will be gone in two days.
3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a rumped-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
7. To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for sumptuous brown gravy.
8. To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The

Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.

FOR YOUR INFORMATION:

1. The active ingredient in Coke is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about four days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
2. To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous Material placards reserved for highly corrosive materials.
3. The distributors of coke have been using it to clean the engines of their trucks for about 20 years!

Now the question is, would YOU like a glass of water or coke?

Interesting Fact: Coke outsells bottled water by 20 times in the USA