

How Does Your Body Respond When You Put Poison Into Your Bloodstream?

DISEASE is the cure.

The SOURCE of my pain is
RARELY the CAUSE.

The 10 Principles of Living Health

Give Yourself the 6 Gifts! Eliminate the 4 Poisons! This will create the health, vitality, energy, fitness, and endurance you deserve! These 10 principles are easy, fast, and fun!

The 6 Gifts

Give yourself the gifts of:

- I. Vital Breathing
- II. Living Waters and Live Foods
- III. Aerobic Power
- IV. Structural Support
- V. Maximum Nourishment
- VI. A Directed Mind

The 4 Poisons

Dramatically reduce or eliminate your consumption of:

- VII. Excess Fats and Oils
- VIII. Animal Flesh
- IX. Dairy Products
- X. Acids

Q: What causes you to become ill?

*Lack of oxygen
destroys cells.*

**A: The accumulation of TOXINS
in your bloodstream causes illness.**

How do cells die?

*Cells can live
forever.*

- 1. The most common killer of cells is lack of OXYGEN.**
- 2. Any disturbance to the ELECTRICAL FIELDS of the cells can kill them.**
- 3. Any physical RUPTURE in the cells can kill them, also.**

The 6 Basic Causes of Cellular Atrophy

When cells shrink due to loss of cell substance (i.e., when they atrophy) this is an adaptive response. According to Dr. Stanley Robbins of Harvard Medical School, there are six basic causes of atrophy:

- 1. Decreased workload**
- 2. Enervation**
- 3. Diminished blood supply**
- 4. Inadequate nutrition**
- 5. Loss of endocrine stimulation**
- 6. Aging**

Q: What causes disease?

**A: "Disease is due to a DEFICIENCY
of FORCE."**
— Dr. Isaac Jennings

One of the first responses of the body to lowered nerve energy and decreased functional efficiency is the elimination of TOXINS from the system.

4 Avenues for Eliminating Toxins

1. SKIN

2. LUNGS / RESPIRATORY tract

3. BOWELS

4. URINARY tract

What causes poisons to build up in the bloodstream?

1. Taking in more than you can
ELIMINATE

2. Biochemical additives (substances your body cannot use)