

# HEALTH MODIFICATION GUIDE



# 3 MAJOR FACTORS THAT KEEP US ALIVE

The Human Body is a complex, highly organized structure.

To perform better and last longer, we need to know what it needs and how to take care of it.

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1. Oxygen is very vital for human survival.  
(Deep breathing and cardio exercises, environment, etc.)
2. Nutrition (Food, Water/Liquids, Vitamins, Minerals, etc)  
“We are What We Eat”  
My Healthy Eating Plate  
1 Hour Rule
3. Sleep and Relaxation  
Certain patterns/routine basing on its natural order of functioning should be observed.  
Correct posture and sleeping position is important to avoid muscle pain, tension and other conditions.



Our body has approximately 20-30 years of Compensation Time, once it reaches its limits, sign and symptoms start to show up in the form of “Wear and Tear” and “Deficiency Problems”.



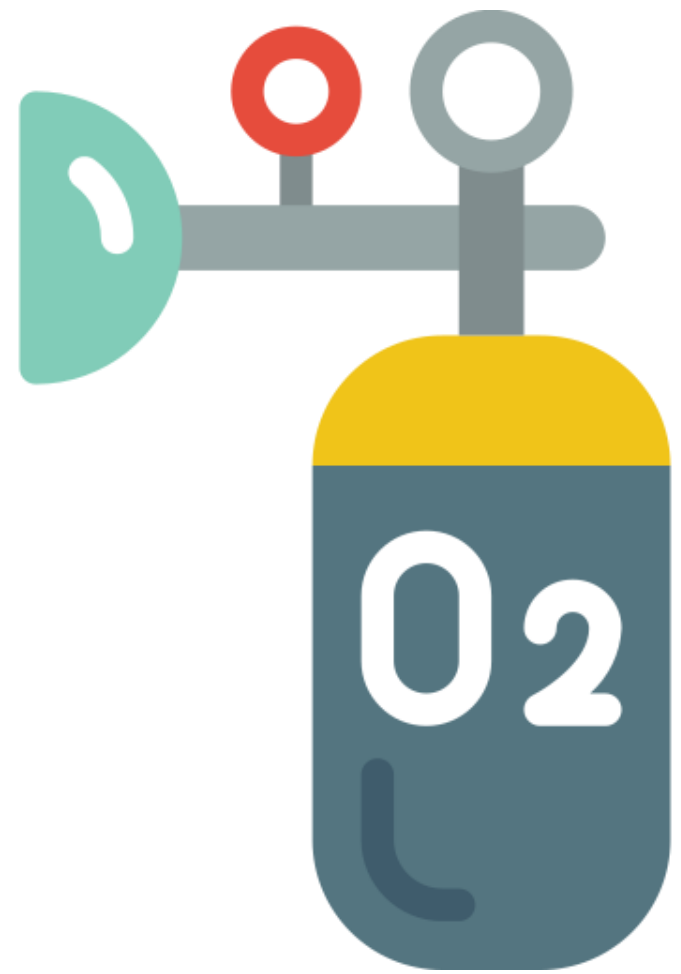
# 3 MAJOR FACTORS THAT KEEP US ALIVE

## 1. Oxygen



# THE IMPORTANCE OF OXYGEN

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**Most living things need oxygen to survive.**

**Oxygen helps organisms grow, reproduce, and turn food into energy.**

**Humans get the oxygen they need by breathing through their nose and mouth into their lungs.**

**Gives our cells the ability to break down food in order to get the energy we need to survive.**

**It is important because it gives energy for our cells to work and not only the cells but also the cell organelles.**

**By which the new systems of our brain and body gets opened our nerves which are blocked due to some reasons gets opened which helps faster blood circulation.**

**Humans are aerobic creatures, meaning we require oxygen to release energy and exist.**



# THE IMPORTANCE OF OXYGEN

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Without oxygen, our cells wouldn't be able to release the energy in the food we eat, and we would die.

We take in oxygen through respiration — we move air in and out of the lungs, and blood takes to the cells of the body.



Zones of low oxygen in the water—often called dead zones—can hurt the growth, reproduction and survival of fish and other animals.

They can alter food webs in our estuaries and coastal oceans.

Time is very important when an unconscious person is not breathing.

Permanent brain damage begins after only 4 minutes without oxygen, and death can occur as soon as 4 to 6 minutes later.

# THE IMPORTANCE OF OXYGEN

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For most people, it's safe to hold your breath for a minute or two.

Doing so for too much longer can decrease oxygen flow to the brain, causing fainting, seizures and brain damage.

Everyday functions of the body like digesting your food, moving your muscles or even just thinking, need oxygen.

When these processes happen, a gas called carbon dioxide is produced as a waste product.

The job of your lungs is to provide your body with oxygen and to get rid of the waste gas, carbon dioxide.



# DEEP BREATHING EXERCISES

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Human life relies on the process of breathing.

Breathing is the basic living process on which life depends.

It is important to understand the significance of the process of breathing.

With breathing, we inhale air and that is circulated throughout the body so it matters, what are we breathing and how are we breathing.

Yet with time and lifestyle, people have forgotten how to breathe properly.



# DEEP BREATHING EXERCISES

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If breathing is taken seriously and done with utter care and consciously, it can benefit the body and can increase the efficiency of everyday life and process.

Breathing is a workout in itself for the body.

Before even thinking about breathing exercises, we need to learn the proper way to breathe.

Breathing is not an independent process it happens with other processes and also affects them.

First, it is important to evaluate your posture.

It is necessary to have a straight sitting posture rather than slouchy which does not allow proper space for breathing.



# DEEP BREATHING EXERCISES

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Straight posture will allow the air to enter, circulate, and pass out of the system without any restriction.

Breathing is paid so much attention that hardly any notice is given to exhaling.

Most people do not exhale completely leaving carbon dioxide in the lungs.

Try to push all the air out of the system which will make your lungs more efficient in their job.

Breathing exercises are just breathing but with added conditions to enhance the breathing experience and improve your breathing organs.



# EFFECTIVE DEEP BREATHING EXERCISES:

## Alternate Nostril Breathing



Calm your mind in 2 minutes.

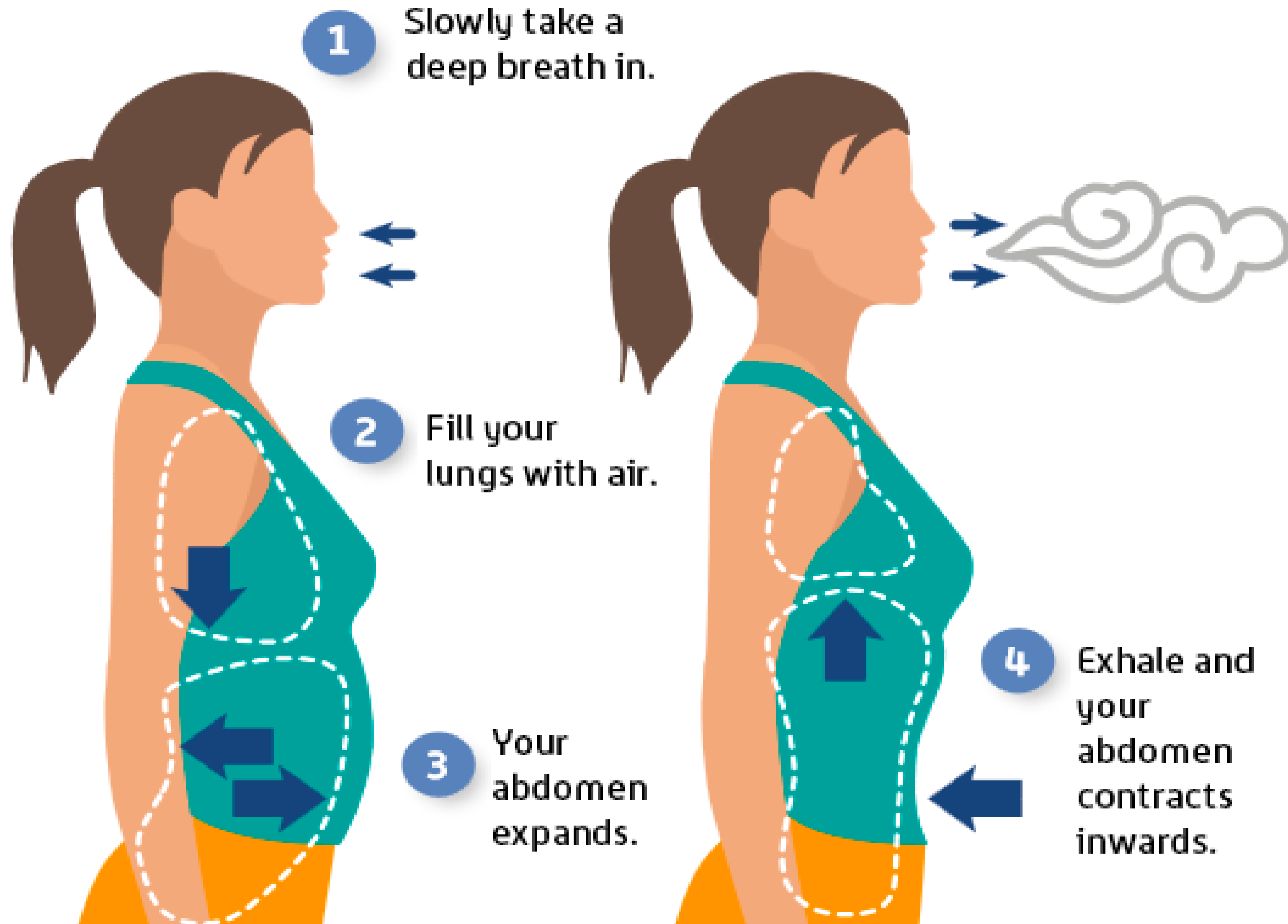
1. Close right nostril with thumb. Breathe in left nostril. – 4 count
2. Close left nostril with right finger. Close both nostrils. – Briefly
3. Open right nostril. Breathe out. – 6 count
4. Breathe in right nostril. – 4 count
5. Close right nostril with thumb. Close both nostrils. – Briefly
6. Open left nostril with thumb. Close both nostrils. – Briefly

Repeat 6 – 8 times



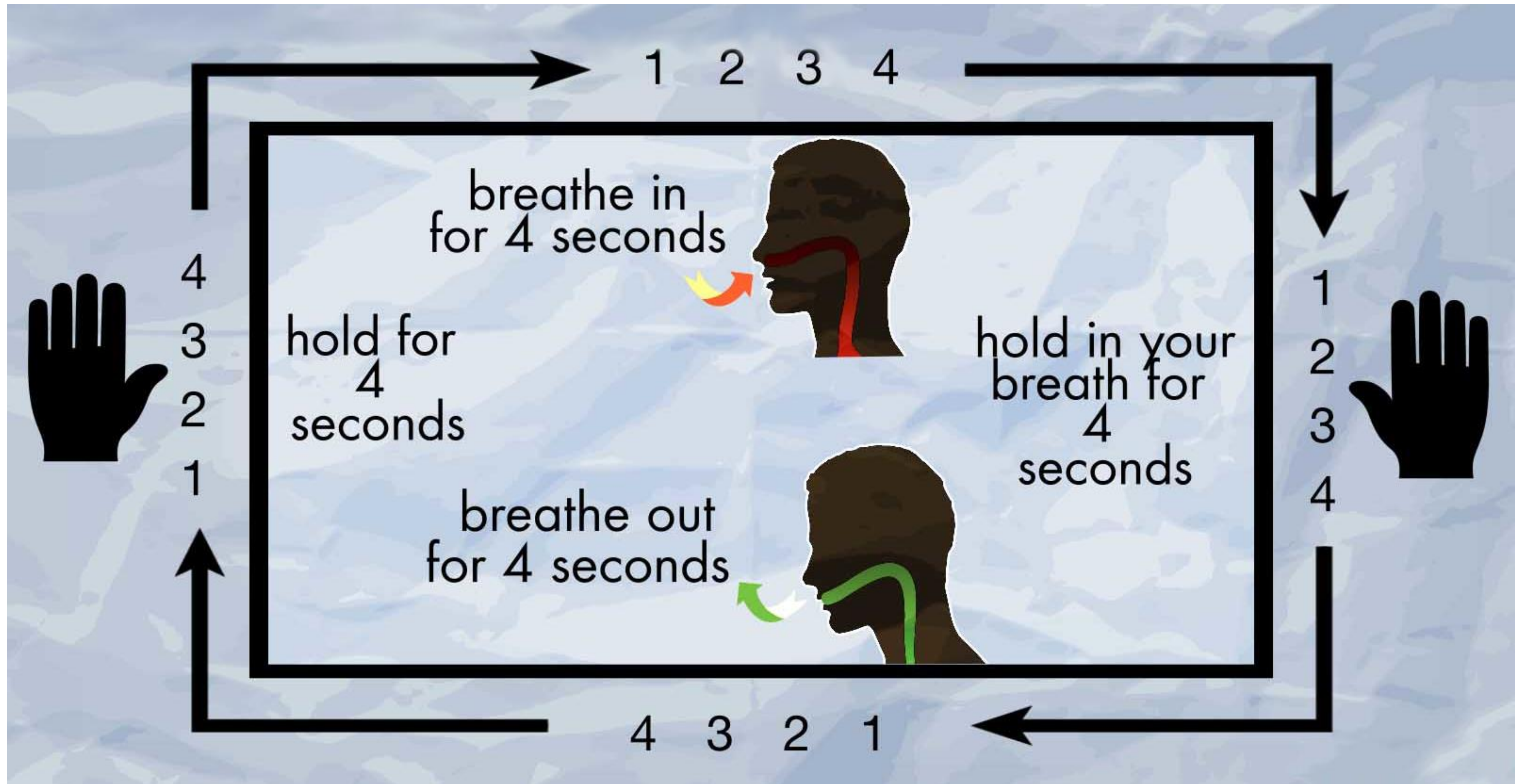
# EFFECTIVE DEEP BREATHING EXERCISES:

## Belly Breathing



# EFFECTIVE DEEP BREATHING EXERCISES:

## Box Breathing





# EFFECTIVE DEEP BREATHING EXERCISES:

## 4-7-8 Breathing

Breath in  
through your  
nose  
for  
4 seconds

Hold  
For  
7 seconds

Breath out  
through your  
mouth  
for  
8 seconds



**Repeat 4 to 8 times.**

# **EFFECTIVE DEEP BREATHING EXERCISES:**

## **Lion's Breath**

**Find a comfortable seated position.**

**Lean forward slightly, bracing your hands on your knees or the floor.**

**Spread your fingers as wide as possible.**

**Inhale through your nose.**

**Open your mouth wide, stick out your tongue, and stretch it down toward your chin.**

**Exhale forcefully, carrying the breath across the root of your tongue.**

**While exhaling, make a “ha” sound that comes from deep within your abdomen.**

**Breathe normally for a few moments.**

**Repeat lion's breath up to 7 times.**

**Finish by breathing deeply for 1 to 3 minutes.**





# EFFECTIVE DEEP BREATHING EXERCISES:

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## Mindful Breathing

This exercise can be done standing up or sitting down, and pretty much anywhere at any time. If you can sit down in the meditation (lotus) position, that's great, if not, no worries. Either way, all you have to do is be still and focus on your breath for just one minute.

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Start by breathing in and out slowly.

One breath cycle should last for approximately 6 seconds.

Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body.

Let go of your thoughts. Let go of things you have to do later today or pending projects that need your attention. Simply let thoughts rise and fall of their own accord and be at one with your breath.

Purposefully watch your breath, focusing your sense of awareness on its pathway as it enters your body and fills you with life.

Then watch with your awareness as it works its way up and out of your mouth and its energy dissipates into the world.

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If you are someone who thought they'd never be able to meditate, guess what? You are half way there already!

If you enjoyed one minute of this mind-calming exercise, why not try two or three?

# EFFECTIVE DEEP BREATHING EXERCISES:

## Pursed-Lip Breathing

Sit with your back straight or lie down.

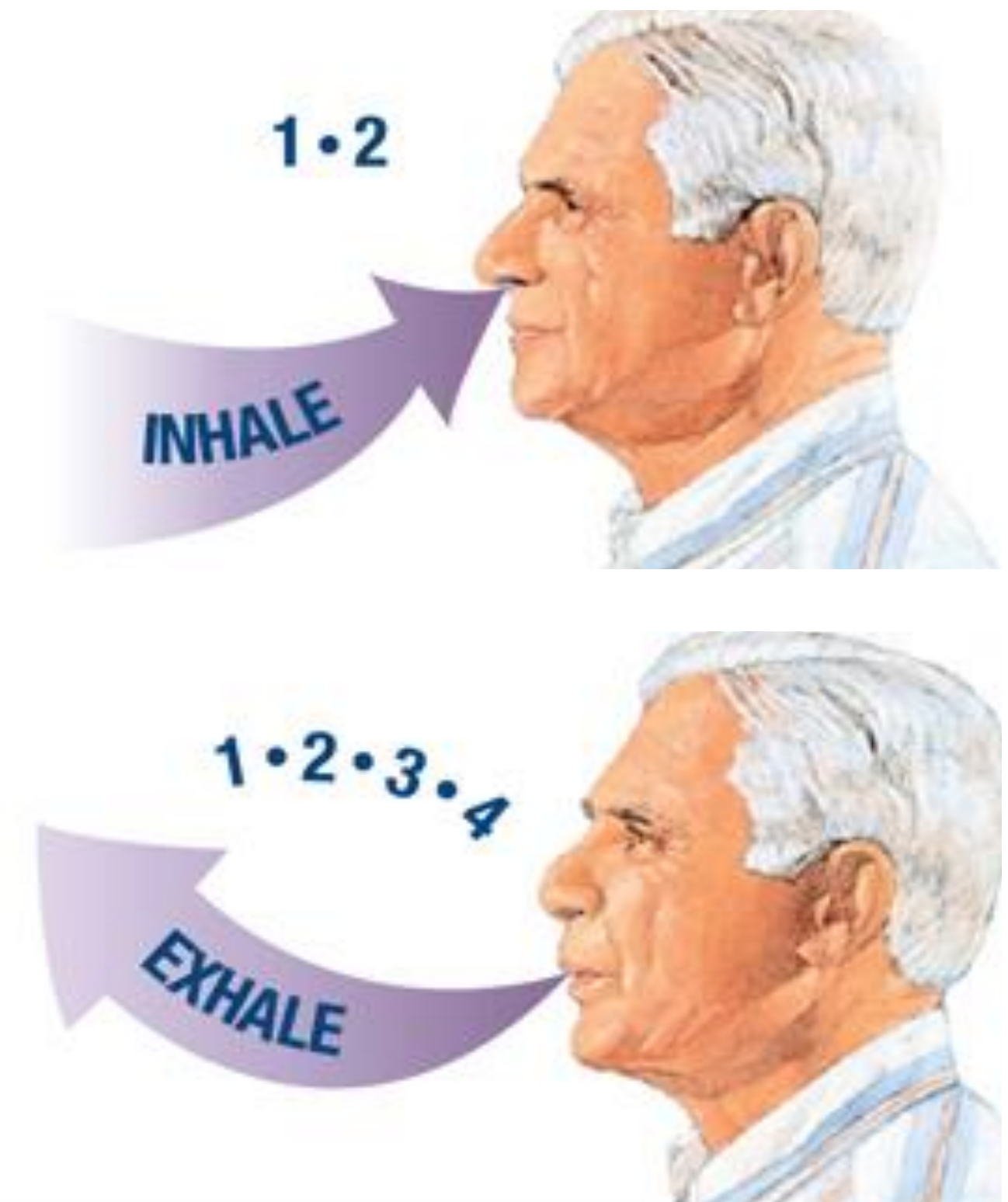
Relax your shoulders as much as possible.

Inhale through your nose for two seconds,  
feeling the air move into your abdomen.

Try to fill your abdomen with air instead of  
just your lungs.

Purse your lips like you're blowing on hot food and then  
breathe out slowly, taking twice as long to exhale as you took to  
breathe in.

Then repeat. Over time, you can increase the inhale and exhale  
counts from 2 seconds to 4 seconds, and so on.





# EFFECTIVE DEEP BREATHING EXERCISES:

## Resonance Breathing

The practice of slowing your breathing rate to approximately 6 breaths per minute.

This requires complete control over your breathing, which is an automatic bodily function that most people don't think about in daily life.

Most people naturally take between 12 and 20 breaths per minute, so resonant breathing requires you to cut your normal breathing rate at least in half.



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Slowly inhaling through the nose.

Slowly exhaling through pursed lips.

Breathing deep from within your gut, feeling your stomach expand and empty with each breath.

Focusing your mind entirely on your breathing.



# SERIOUS BENEFITS OF DEEP BREATHING

**Natural Painkiller**

**Improves Posture**

**Detoxifies the Body**

**Enhances Digestion**

**Calms Down Anxiety**

**Improves Blood Flow**

**Reduces Inflammation**

**Strengthens the Lungs**

**Increases Energy Level**

**Helps Get Quality Sleep**

**Relaxes the Mind and Body**

**Boosts the Immune System**

**For Healthier and Glowing Skin**

**Great for Cardiovascular Health**

**Strengthens the Body and Joints**

**Stimulates the Lymphatic System**

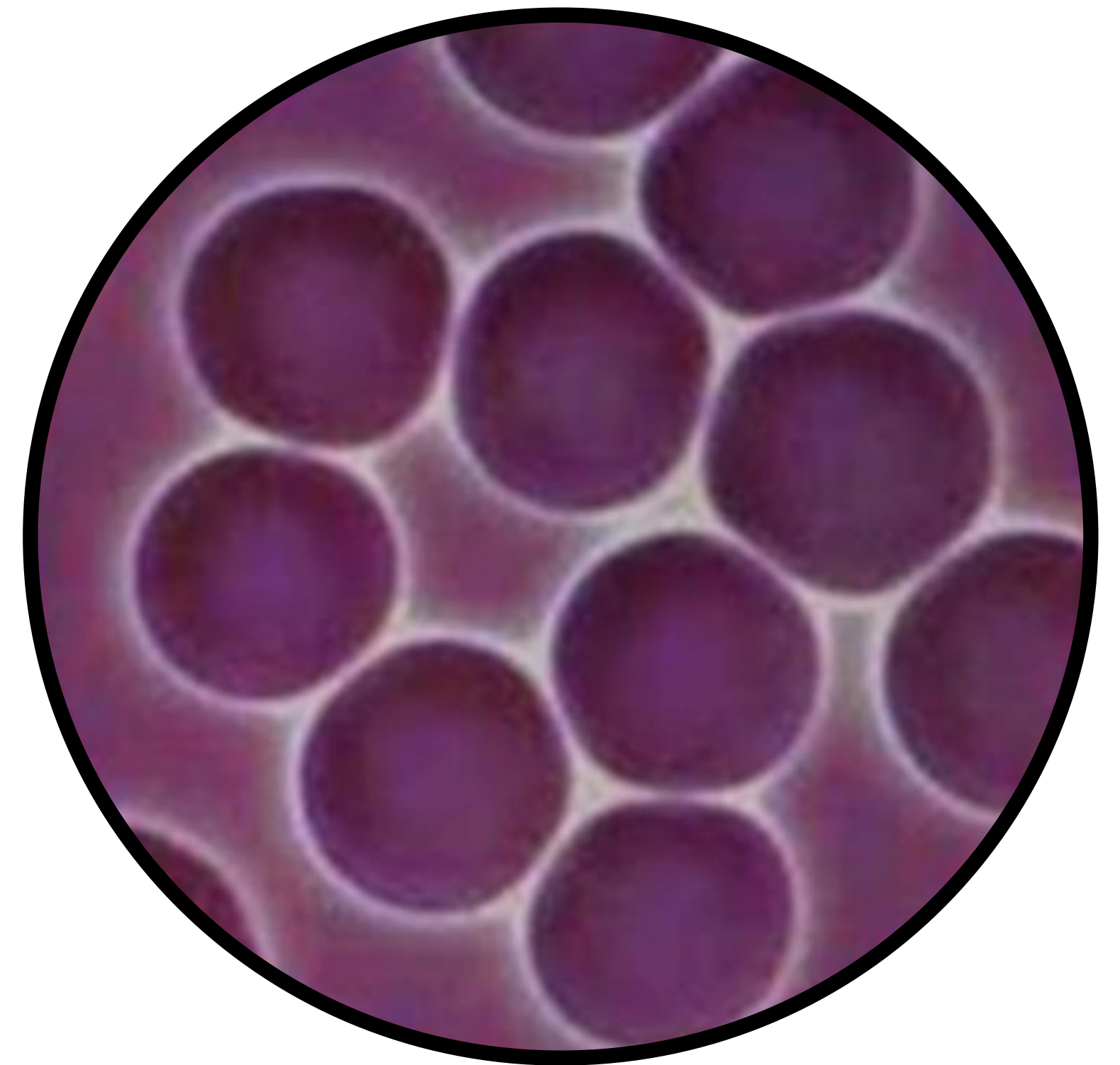
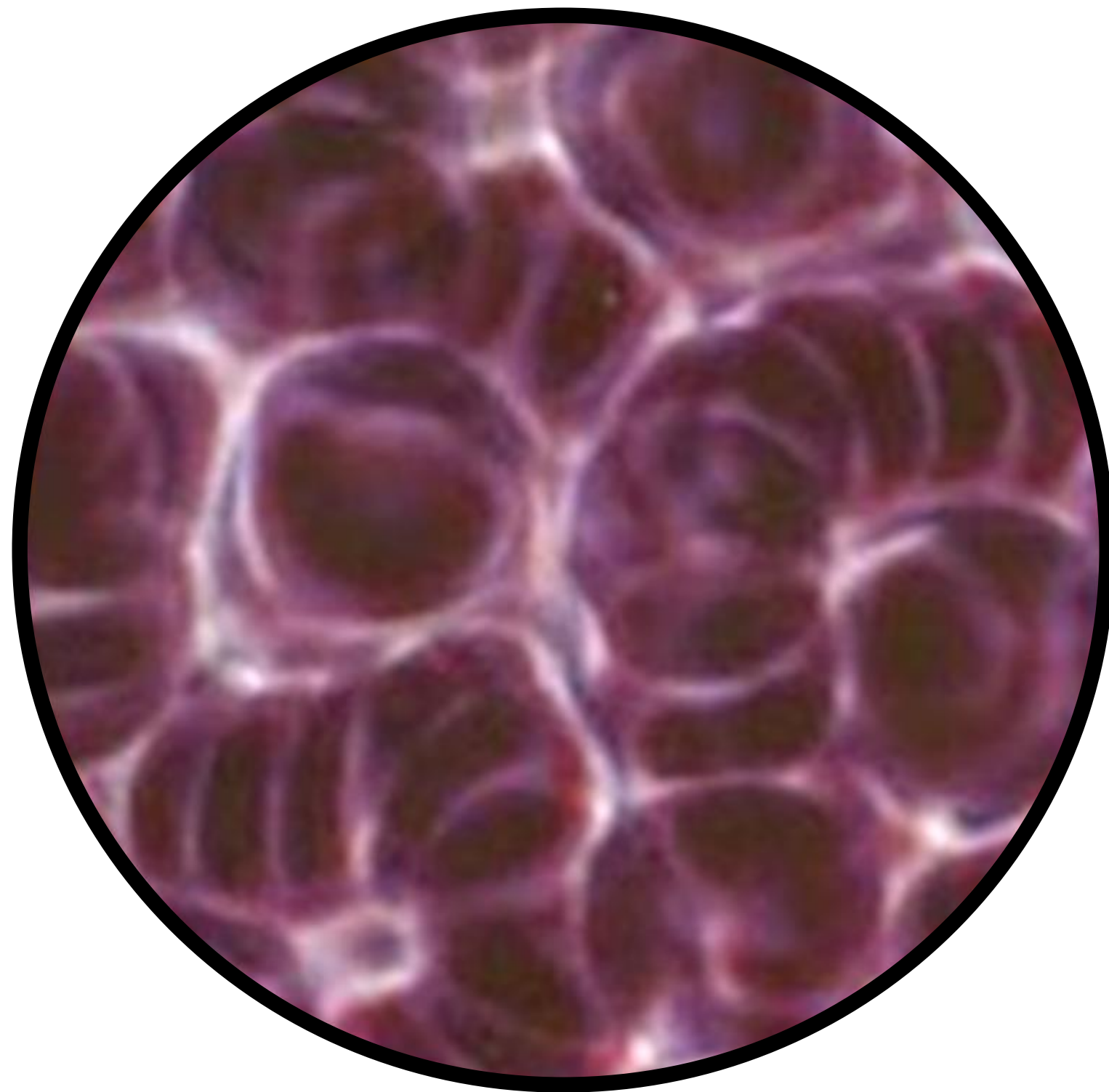
**Improves Concentration and Cognitive Properties**





# SERIOUS BENEFITS OF DEEP BREATHING

**Live blood analysis before and after one round of breathing exercise.**



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**Look closely at the first image and see blood cells “clumped”**  
**After the 45 second breathing technique was performed, the blood cells**  
**are better shaped and more fluid.**  
**This is profound evidence of the healing power of breathing techniques.**



# 3 MAJOR FACTORS THAT KEEP US ALIVE

## 2. Nutrition





# THE HUMAN DIGESTIVE SYSTEM

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**The first stage of Digestion takes place in the mouth.**

# THE HUMAN DIGESTIVE SYSTEM

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Chew your food really really really well.  
at least 30 times before swallowing.



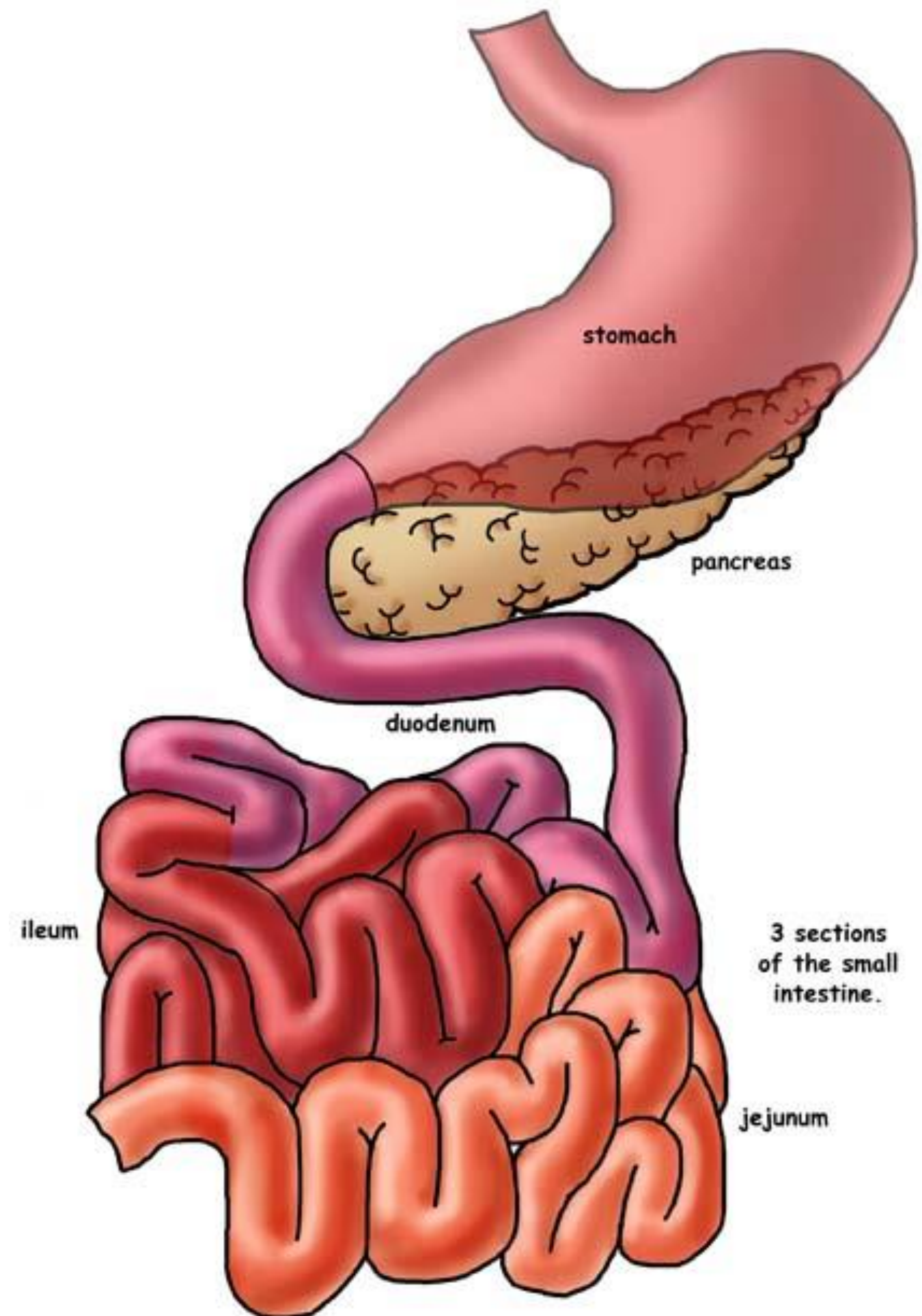
Spend at least 30 to 45 minutes on the table  
when eating your meals.



# THE HUMAN DIGESTIVE SYSTEM

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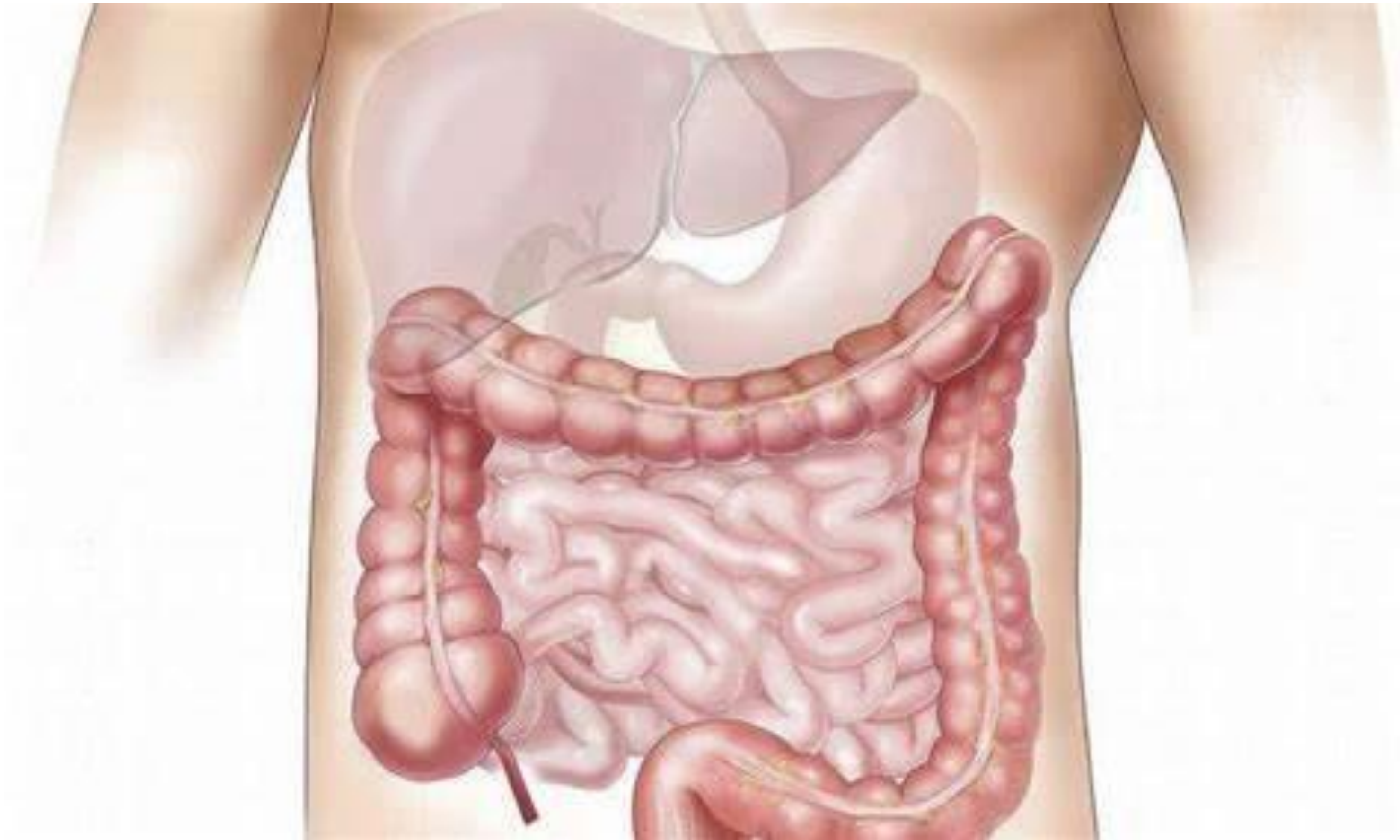
It takes  
**6 to 8 hours**  
for the food  
to pass through  
the stomach and  
the small intestine.



# THE HUMAN DIGESTIVE SYSTEM

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The food then enters **the large intestine**, which is where a majority of the digestive time period takes place.





# THE HUMAN DIGESTIVE SYSTEM

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Once the usable portions of the food have been removed, the leftovers are expelled through the anus.

A healthy digestion should result to

1 regular bowel movement per day  
(upon waking up - 6 AM)



# THE HUMAN DIGESTIVE SYSTEM

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**Skipping meals**  
**will rather result to**  
**weight gain**  
**and/or various**  
**organ deficiencies**





# MY HEALTHY EATING PLATE

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## Recommended Daily Meal Guide

Every meal  
should consist of  
Proper  
Proportions



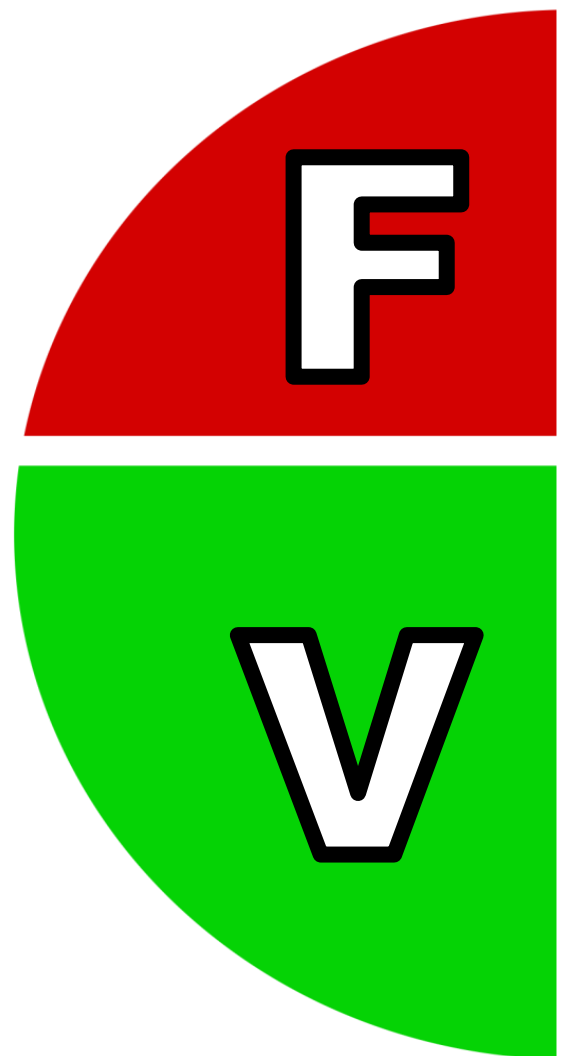
# MY HEALTHY EATING PLATE

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## Recommended Daily Meal Guide

Half of your plate should be made of:

<b>Fruits</b>	<b>10% - 20%</b>
<b>Vegetables</b>	<b>20% - 30%</b>



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The other half should be:

<b>Grains</b>	<b>20% - 30%</b>
<b>Proteins</b>	<b>10% - 20%</b>



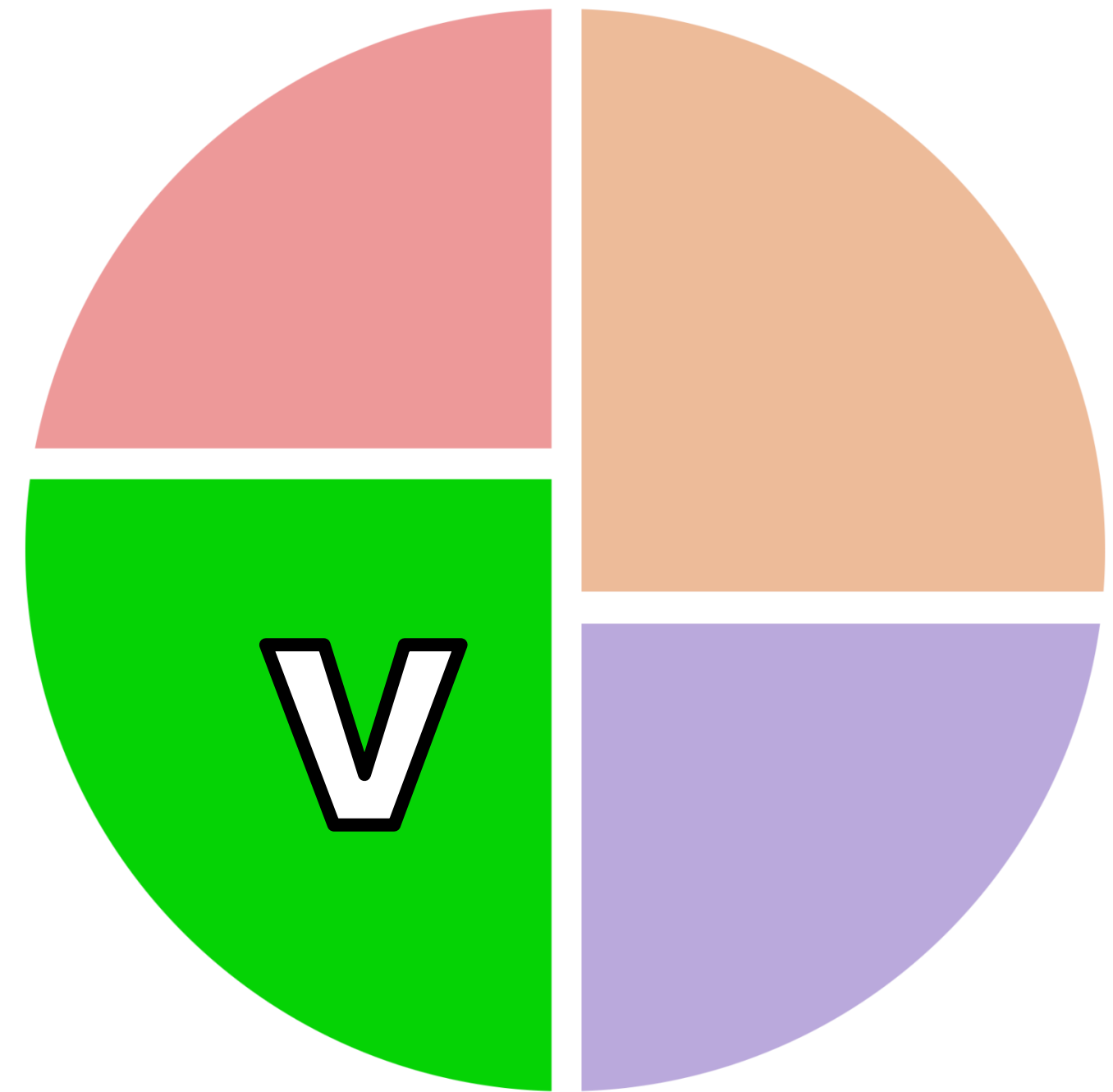


# MY HEALTHY EATING PLATE

## Recommended Daily Meal Guide

### Vary Your Vegetables

Include dark green, red, orange, beans & peas, starchy, & other varieties.





# MY HEALTHY EATING PLATE









































































































































































## VEGETABLES

### Ways to enjoy:

-  SAUTÉ
-  STEAM
-  ROAST
-  BOIL
-  MICROWAVE
-  PURÉED SOUPS
-  SALADS
-  NOODLES

### Best during:

-  WINTER
-  SPRING
-  SUMMER
-  FALL

ACORN SQUASH   	ARTICHOKES   	ARUGULA  	ASPARAGUS     	BEETS   	BELL PEPPERS    	BOK CHOY    	BROCCOLI RABE   	BROCCOLI     
BRUSSELS SPROUTS    	BUTTERNUT SQUASH     	CABBAGE   	CARROTS      	CAULIFLOWER      	CELERY   	CHARD  	COLLARDS   	CORN     
CUCUMBER   	EGGPLANT    	ENDIVE  	FENNEL     	GREEN BEANS   	KALE     	LEEKs   	LETTUCE / MIXED GREENS  	MUSHROOMS    
MUSTARD GREENS   	OKRA  	ONIONS    	PARSNIPS     	POTATOES     	NEW / BABY POTATOES    	RADICCHIO  	RADISHES   	RUTABAGAS     
SNOW PEAS   	SUGAR SNAP PEAS    	SPAGHETTI SQUASH  	SPINACH   	SWEET POTATOES     	TOMATOES     	CHERRY / GRAPE TOMATOES    	TURNIPS    	ZUCCHINI / SUMMER SQUASH     



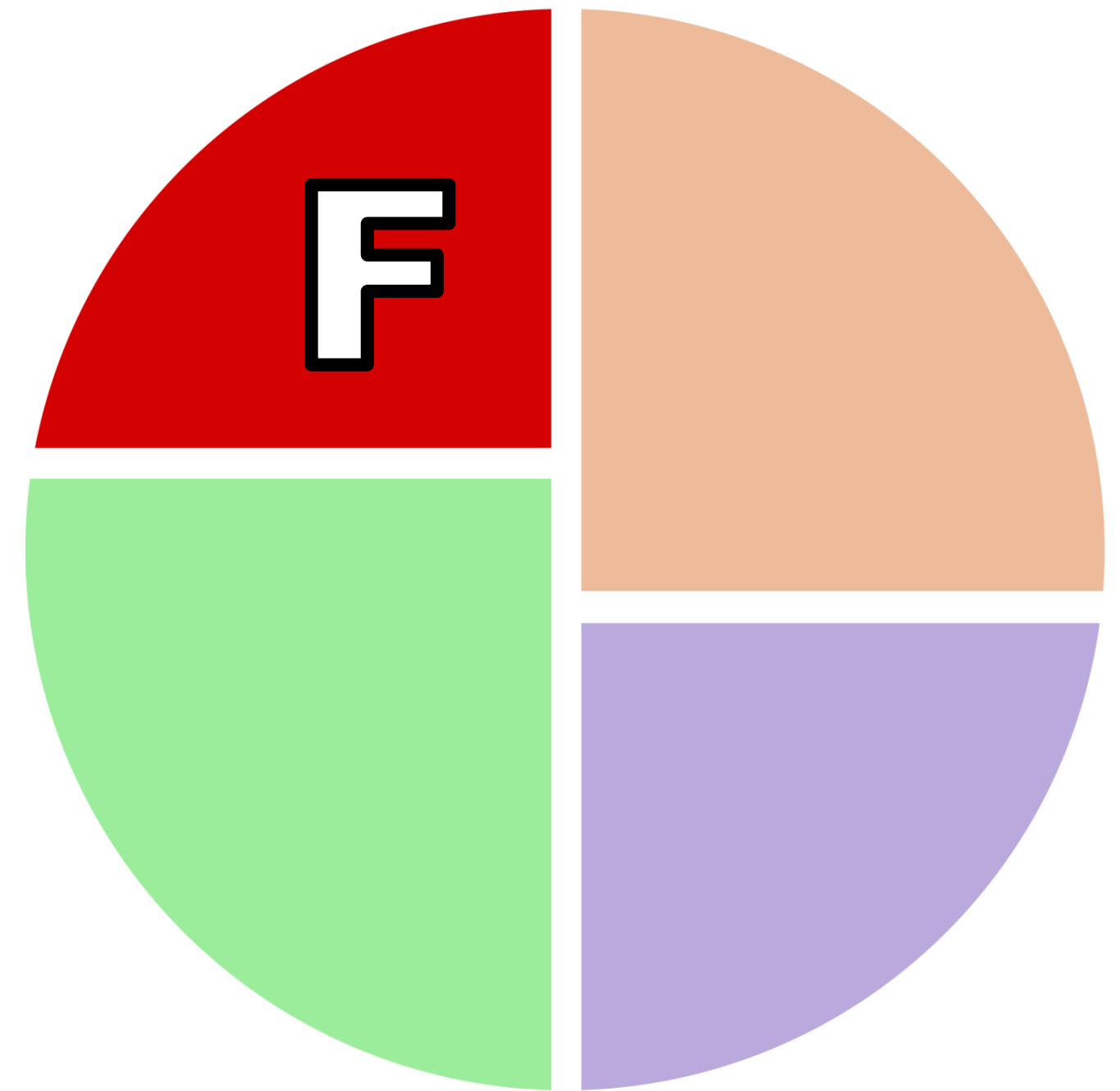
# MY HEALTHY EATING PLATE

## Recommended Daily Meal Guide

### Focus on Fruits

May be fresh, canned, frozen or dried, or 100% juice.

Make half of your plate fruits and vegetables.

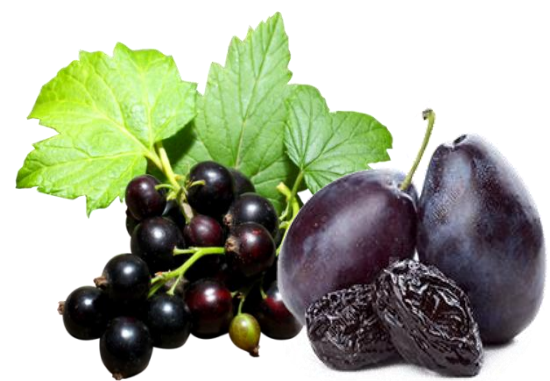




# MY HEALTHY EATING PLATE

## FRUITS

### Purple



### Green



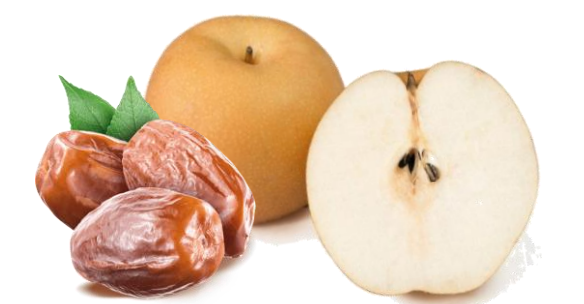
### Yellow



### Red



### White/Brown







# BANANAS

## Causing All Kinds of Problems



**Native to tropical places where the temperature is extremely hot and humid.**

**Bananas are “Extreme Yin”, creating damp energy into the body.**

**Vast majority are strongly advised to avoid them.**

**If you don't have a regular exercise program where in you sweat a lot, just avoid eating banana**

**The glycemic index is off the chart, constantly creating a rapid raise in the blood sugar making the pancreas work overtime.**

**Anyone with a weight problem is totally forbidden to eat banana.**

**Its sticky and thick consistency creates phlegm and mucus that will later develop to any respiratory, digestive and circulatory problems.**

**Many asthmatics have been cured simply by taking banana out of their diet.**



# TOP SIX (6) SOURCES OF POTASSIUM



**1. Coconut Water**

**2. Avocado**

**3. Kiwi**

**4. Brussels Sprouts**

**5. Tomatoes**

**6. Figs**



**(Banana does not even belong on the Top 10 list)**

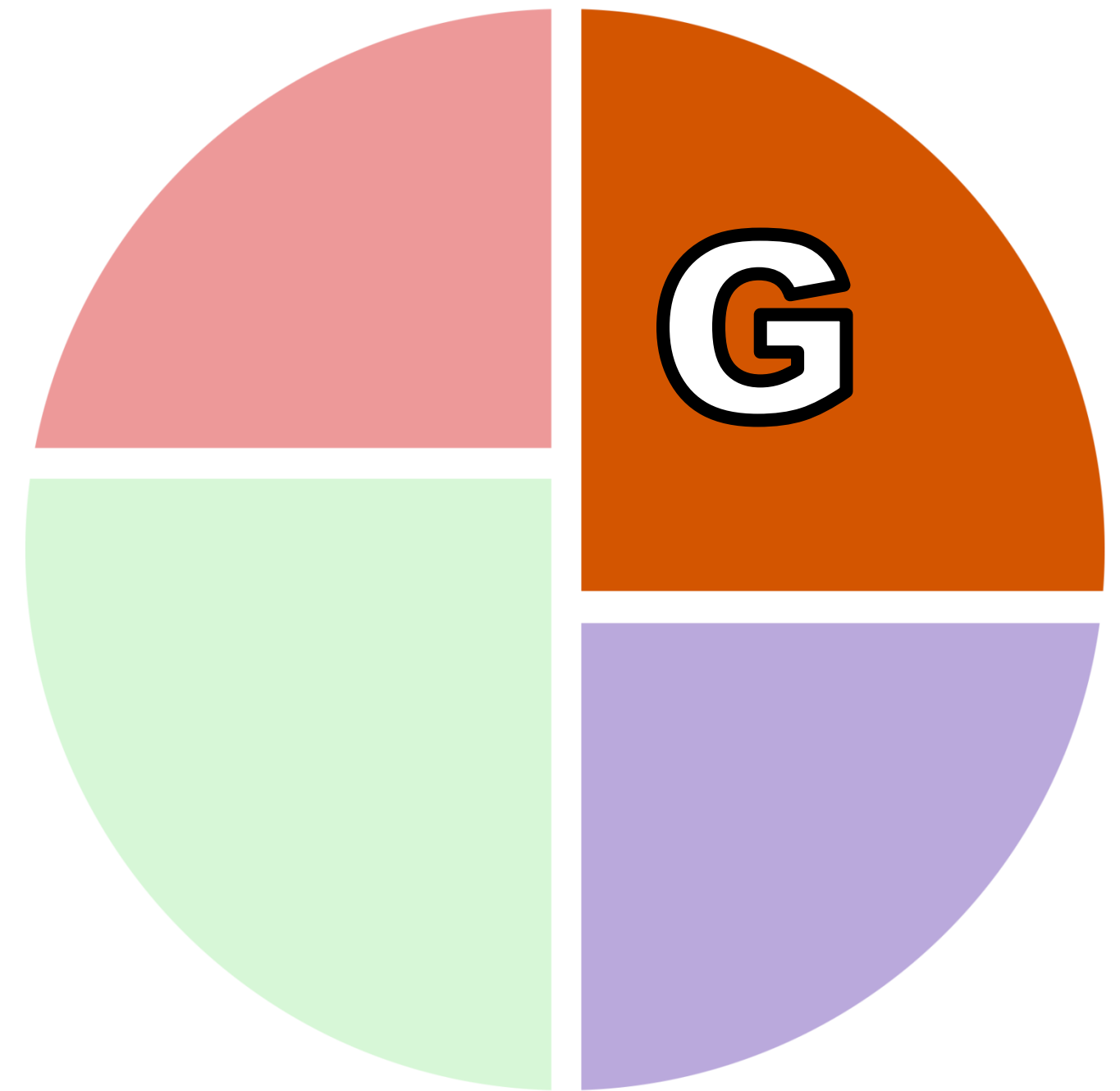


# MY HEALTHY EATING PLATE

## Recommended Daily Meal Guide

### Hearty Whole Grains

Eat more grains such as whole wheat, bulgur, oatmeal, whole cornmeal, and brown rice. The darker the grains, the better.





# MY HEALTHY EATING PLATE

## GRAINS



**AMARANTH**



**BARLEY**



**BUCKWHEAT**



**BULGUR**



**CORN**



**FARRO**



**FONIO**



**FREEKEH**



**MILLET**



**OATS**



**QUINOA**



**RICE**



**RYE**



**SORGHUM**



**TEFF**



**TRITICALE**



**WHEAT**



**WILD RICE**



# MY HEALTHY EATING PLATE

## BENEFITS OF WHOLE GRAINS

Grains are naturally high in fiber, helping you feel full and satisfied — which makes it easier to maintain a healthy body weight. Whole grains are also linked to a lower risk of heart disease, diabetes, certain cancers and other health problems.



**Stabilize blood sugar levels**



**Reduce blood cholesterol and blood pressure levels**



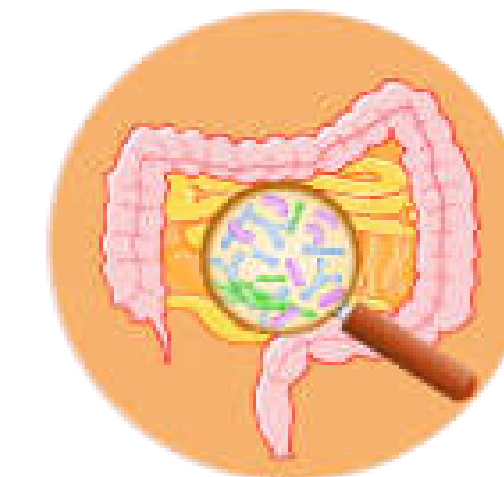
**Lower the risk of heart disease or cancer**



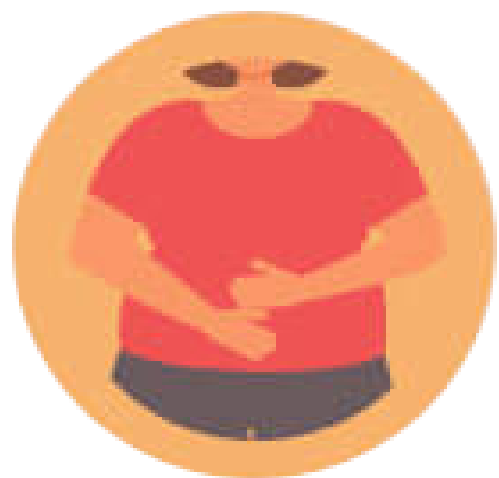
**Improve overall health**



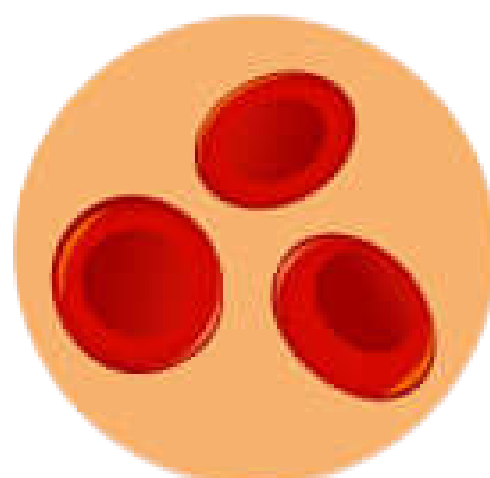
**Help reach your daily recommended fiber intake**



**Promote healthy balance of good gut bacteria**



**Help you feel fuller for a longer time**



**Improve digestion and red blood cell formation**



**Provide essential minerals**

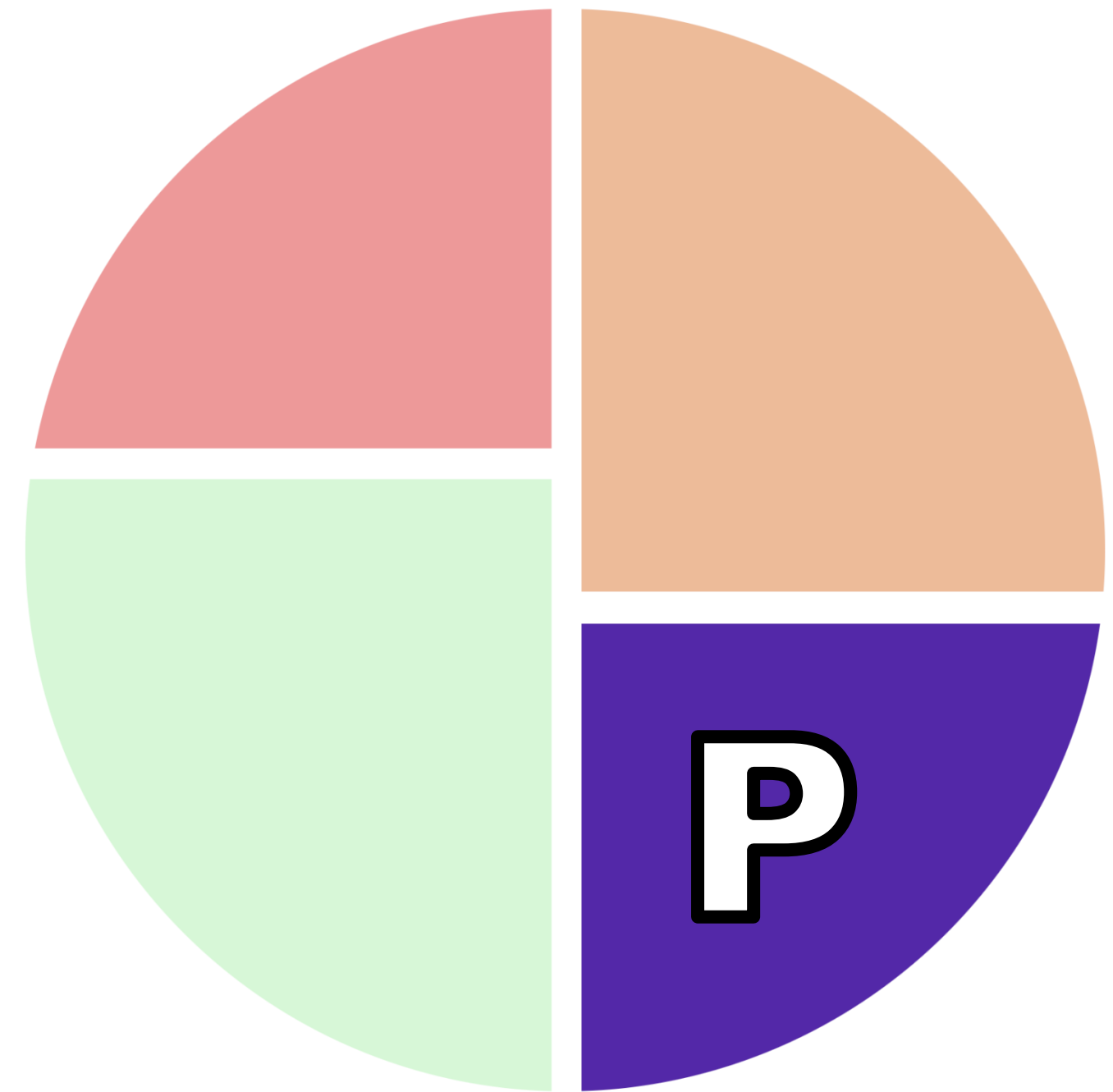


# MY HEALTHY EATING PLATE

## Recommended Daily Meal Guide

### Go Lean with Protein

Choose from a variety of meat, poultry, seafood, beans and peas, eggs, nuts, seeds and other vegetables rich in protein.

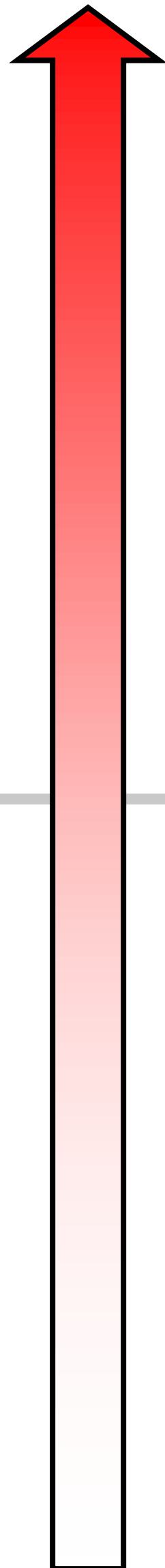




# MY HEALTHY EATING PLATE

## PROTEINS

High

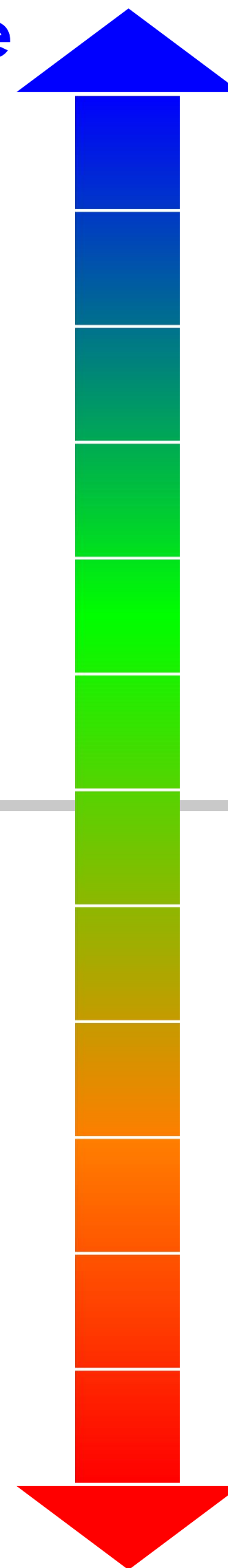


Whey Protein Isolate  
Tuba Sashimi  
Wild Salmon  
Halibut  
Poached Eggs  
Turkey Breast  
Venison  
Buffalo  
Cottage Cheese  
Sardines  
Ostrich Meat  
Chicken Breast  
Lamb Leg  
Soy Protein  
Pork Rib  
Friend Eggs  
Ground Beef  
Hot Dogs  
Sausage Meats  
Canned Tuna  
Luncheon Meats

Medium

Low

Alkaline



Non-Denatured

Medium

Acidic

Denatured (Damaged)



# MY HEALTHY EATING PLATE

## PROTEINS (Raw) per 100 grams



**Green Peas**  
5.4g | 81cal



**Kale**  
4.3g | 49cal



**Alfalfa Sprouts**  
4g | 23cal



**Brussel Sprout**  
3.4g | 43cal



**Artichokes**  
3.3g | 47cal



**Mushrooms**  
3.1g | 22cal



**Spinach**  
2.9g | 77cal



**Corn**  
2.9g | 77cal



**Broccoli**  
2.8g | 34cal



**Arugula**  
2.6g | 25cal



**Asparagus**  
2.2g | 20cal



**Cauliflower**  
1.9g | 25cal



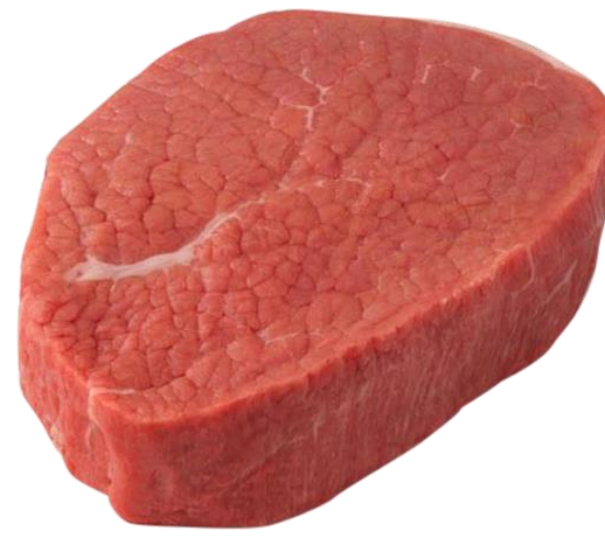
# MY HEALTHY EATING PLATE

## LEAN PROTEINS

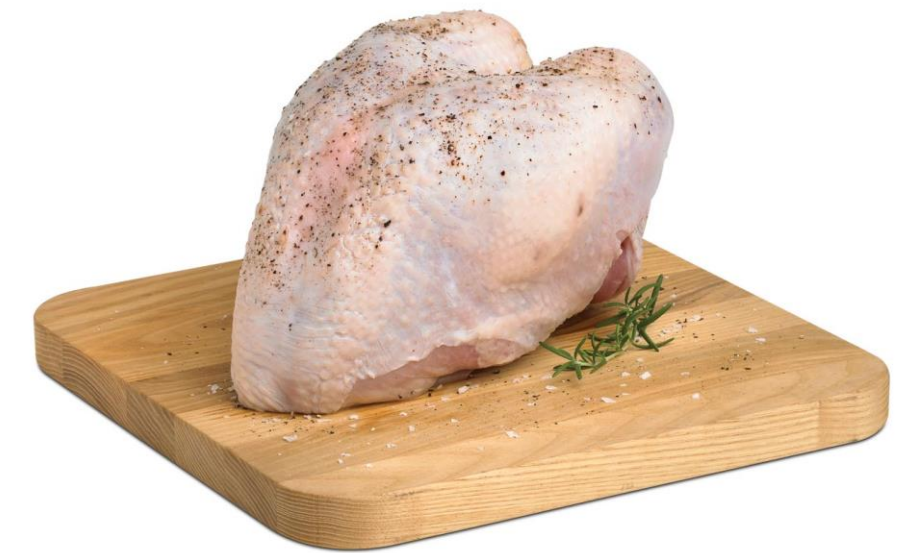
They are easier to digest because of their lower fat content.



**Rabbit Meat**



**Eye Round Roast**



**Turkey Breast**



**Cod**



**Tuna**



**Chicken Breast**



**Shrimp**



**Lean Ground Beef**



**Tilapia**



**Egg Whites**



# MY HEALTHY EATING PLATE

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## RED MEATS

**It takes 1 to 3 days to complete the digestion cycle for red meat.**

**From start to finish, the digestion cycle takes approximately 30 to 50 hours.**

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### All Mammalian Muscle Meat





# MY HEALTHY EATING PLATE

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## RED MEATS

Due to its high protein and fat density, the digestion of red meat requires more chewing in the mouth, more acid from the stomach and additional enzymes from the pancreas.





# MY HEALTHY EATING PLATE

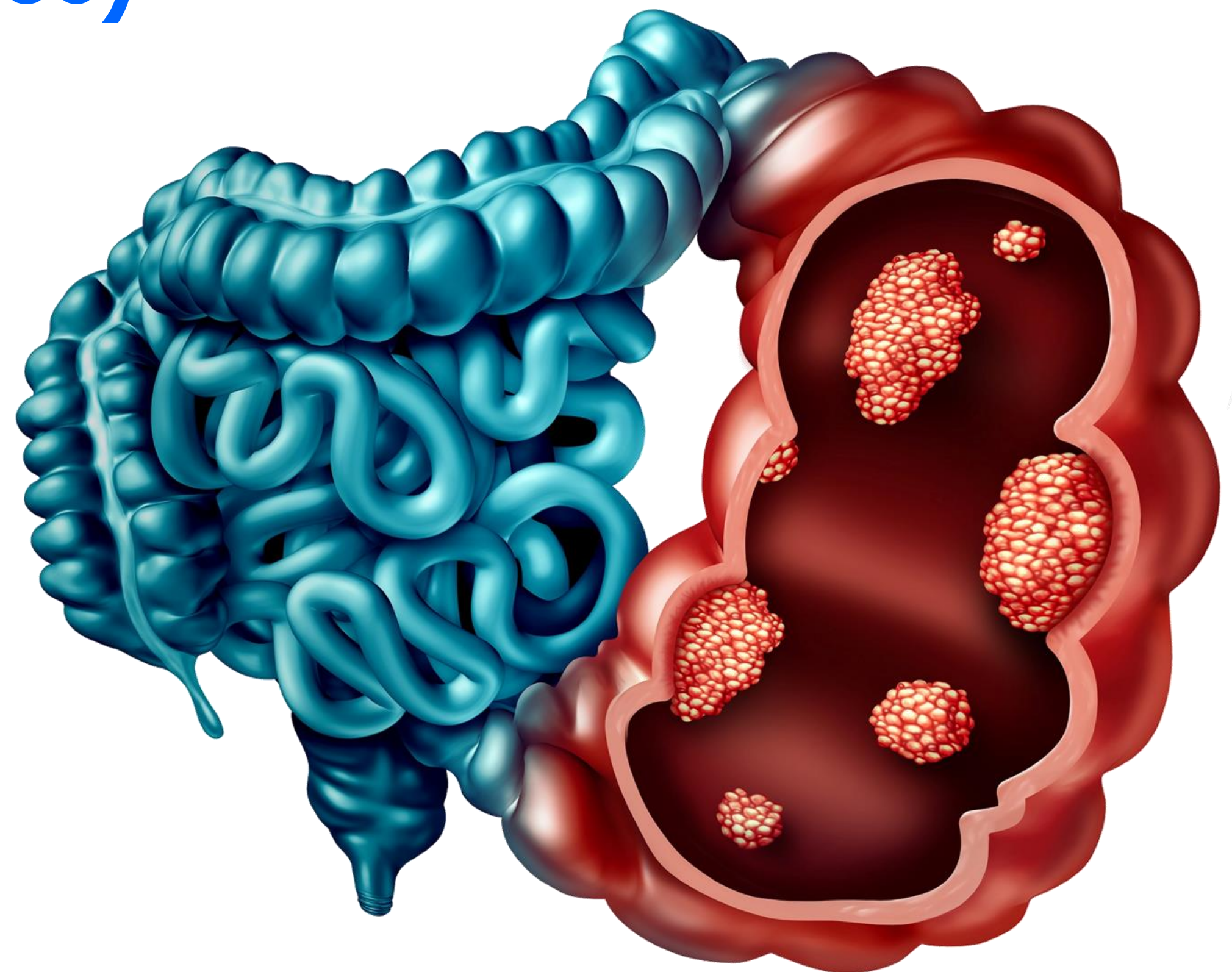
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## RED MEATS

Some health consequences have been shown to occur with the over consumption of red meat:

Upset stomach

Colon Cancer (more serious)





# MY HEALTHY EATING PLATE

## PROCESSED MEATS

Meat has been transformed through:

Salting

Curling

Fermentation

Smoking

Other processes:

Enhancing the flavor

Improving preservation



Hot dogs



Sausages



Processed Meat



Hot dogs



Corned Beef



Beef Jerky



# MY HEALTHY EATING PLATE

## DISEASES ASSOCIATED WITH EATING:

### PROCESSED MEAT

**Causes Colorectal Cancer**

**Association seen with  
Stomach Ulcer**



### RED MEAT

**Association seen with  
Colorectal Cancer**

**Evidences link with  
Pancreatic and Prostate Cancer**





# MY HEALTHY EATING PLATE

## RISKS - DAILY CONSUMPTION OF:

### PROCESSED MEAT

Every .11 pounds (50 grams)  
Increases Colorectal Cancer  
Risk by about 18%

Example:

2 slices of Bacon  
1 piece Hot Dog



### RED MEAT

Some data suggests that for  
every .22 pounds (100 grams)  
Increases Colorectal Cancer  
Risk by about 17%

Example:

1/2 cup of Cooked Ground Beef  
1/4 pound T-Bone Steak





# THE ONE HOUR RULE

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**Drinking liquids during meals  
dilutes digestive enzymes  
making it weak and less potent  
and causes digestion problems.**

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**Observe a 1 hour interval between liquids & meals.**





# THE ONE HOUR RULE

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By following the “One Hour Rule”, these digestion-related problems may be avoided and corrected:

Belching

Bleeding

Bloating

Constipation

Diarrhea

Heartburn

Pain

Reflux

Nausea

Vomiting

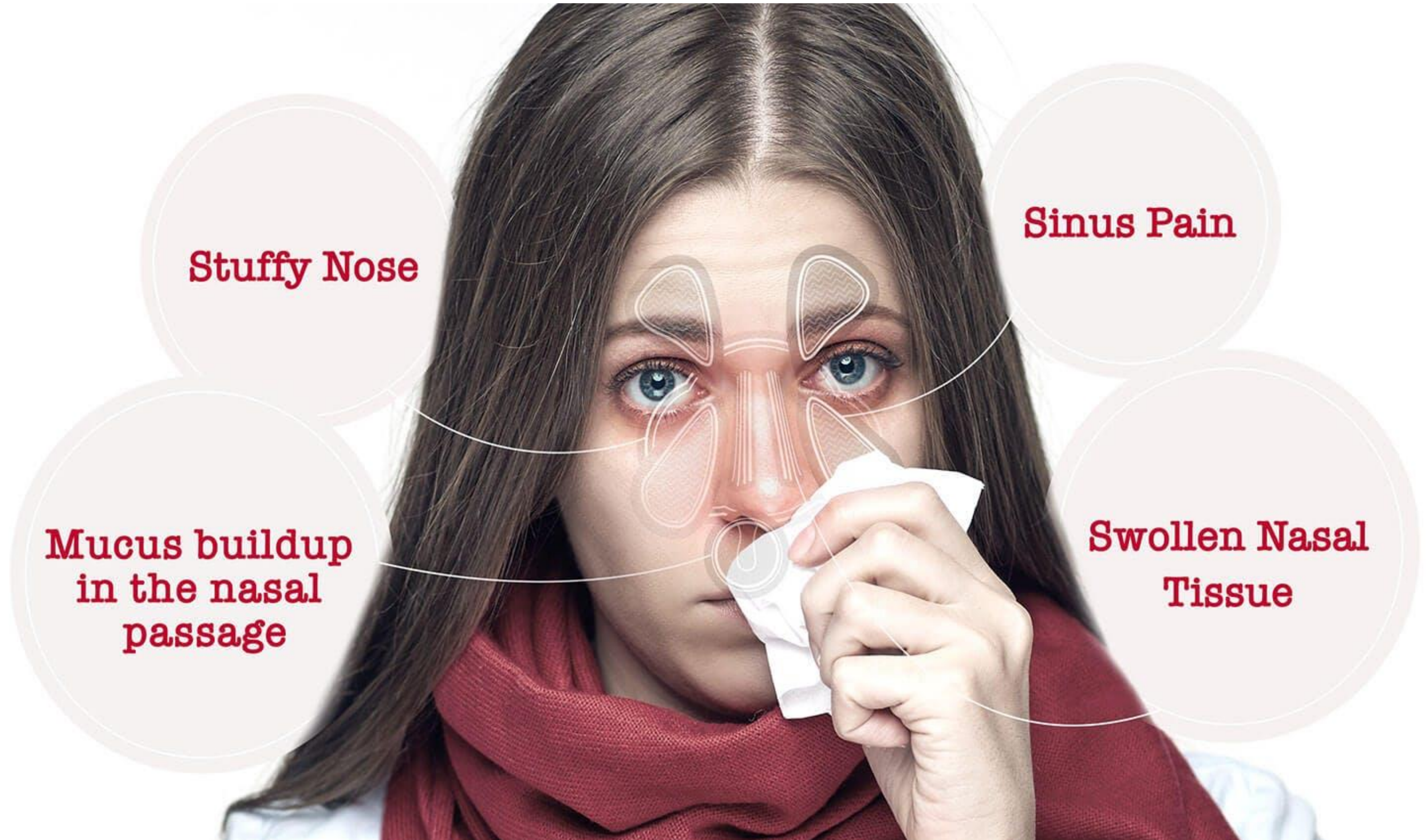




# THE ONE HOUR RULE

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**Helps avoid production and retention of phlegm and**





# COLD CAUSES VASO-CONSTRICTION

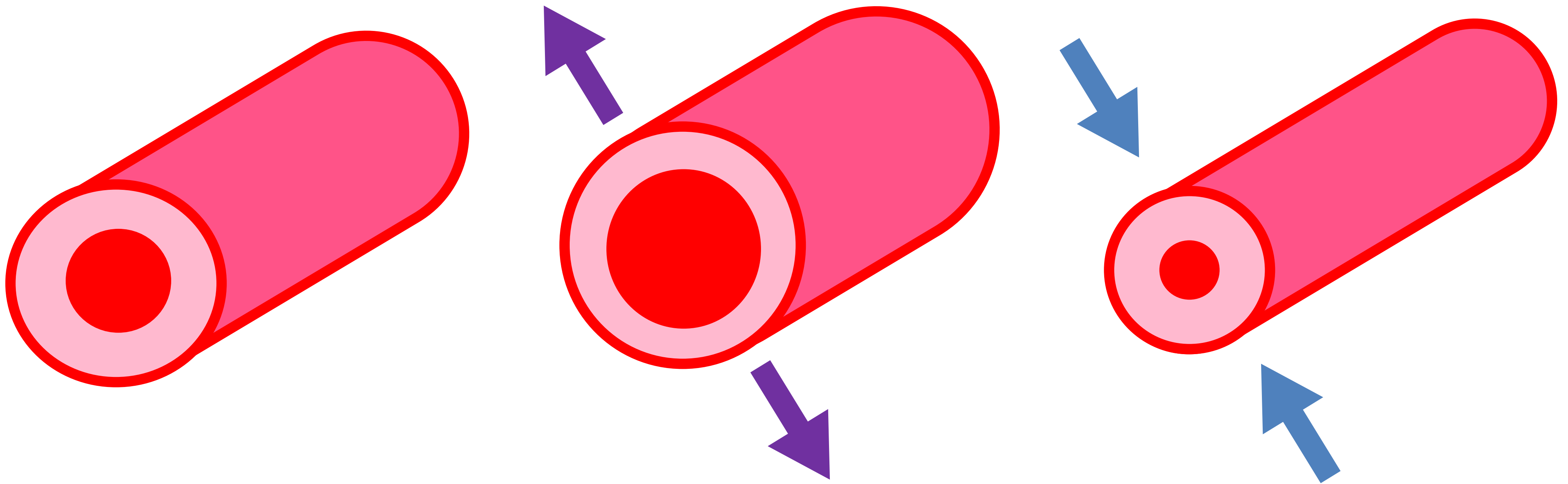
**Cold or Iced Beverages constrict blood vessels.**





# COLD CAUSES VASO-CONSTRICTION

**Cold or Iced Beverages constrict blood vessels.**



**Normal Temperature**

**Normal Artery**

**Normal Blood Pressure**

**Hot Temperature**

**Vasodilatation**

**Low Blood Pressure**

**Cold Temperature**

**Vasoconstriction**

**High Blood Pressure**



# TIMETABLE FOR LIQUIDS AND MEALS

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A proper meal routine should be established.  
(4-6 hours gap every meal)

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**Breakfast**

**7-8am**



**Lunch**

**12-2pm**



**Dinner**

**6-8pm**





# TIMETABLE FOR LIQUIDS AND MEALS



**5- 6am**

1 cup warm water  
+ Apple Cider  
+ Raw Honey  
1 cup Hot Tea

On an empty stomach  
1 hour before breakfast  
Take one after another

## Breakfast



**7-8am**

**My Healthy Eating Plate Guide**

Must be in solid form

Avoid drinking any liquid

Chew the food  
really really really well  
before swallowing.

Eat slow (30-45 minutes)



**9am**

1 cup Hot Coffee  
or  
Healthy Smoothie

1 glass of:  
Water/Juice/Tea  
or any  
beverage



**10am**

1 glass of:  
Water/Juice/Tea  
or any  
beverage



# TIMETABLE FOR LIQUIDS AND MEALS



11pm

1 cup warm water  
+ Apple Cider  
+ Raw Honey  
(optional)

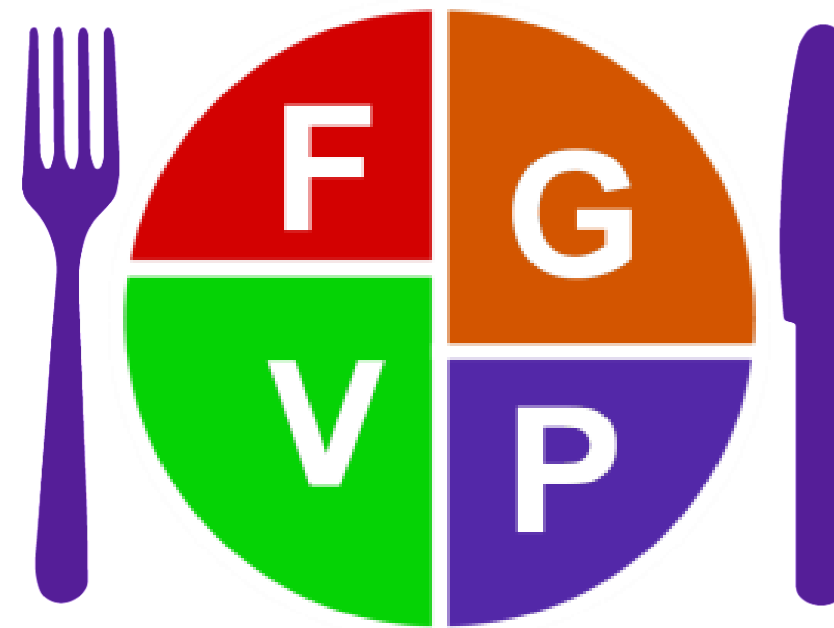
1 cup Hot Tea

On an empty stomach

1 hour before breakfast

Take one after another

Lunch



12noon to 2pm

My Healthy Eating Plate Guide

Must be in solid form

Heaviest Meal of the Day

Avoid drinking any liquid

Chew the food  
really really really well  
before swallowing.

Eat slow (30-45 minutes)



3pm

1 glass of:  
Water/Juice/Tea  
or any  
beverage



4pm

1 glass of:  
Water/Juice/Tea  
or any  
beverage



# TIMETABLE FOR LIQUIDS AND MEALS



5pm

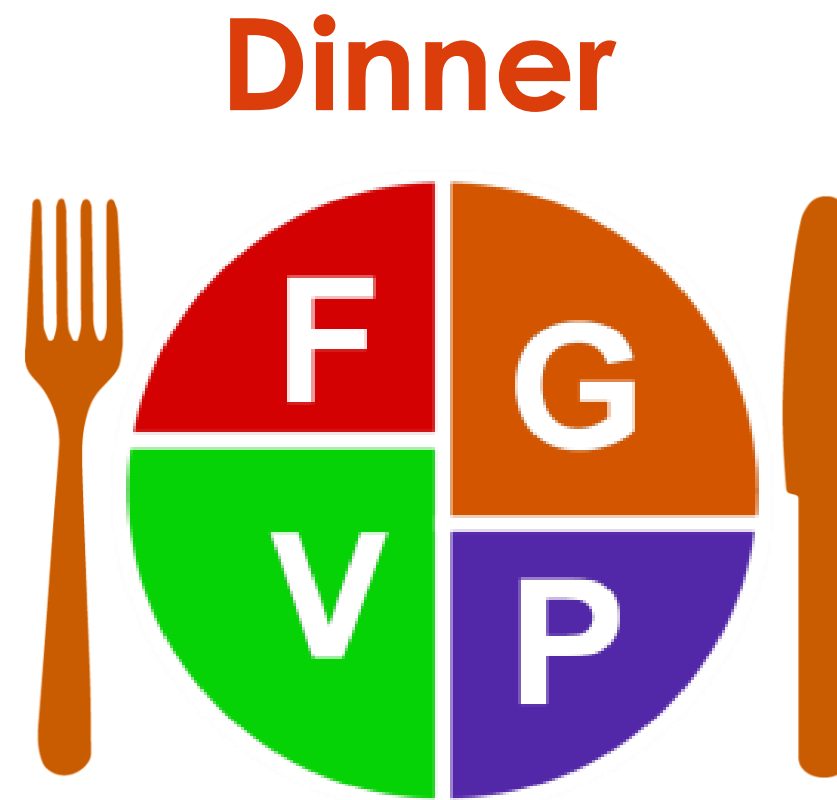
1 cup warm water  
+ Apple Cider  
+ Raw Honey  
(optional)

1 cup Hot Tea

On an empty stomach

1 hour before breakfast

Take one after another



6-8pm

My Healthy Eating Plate Guide

Must be in solid form

Avoid Red Meat

Avoid drinking any liquid

Chew the food  
really really really well  
before swallowing.

No more food after 8pm

2 hours before sleeping

Eat slow (30-45 minutes)



9pm

1 glass of:  
Water/Tea  
or any  
beverage

Last drink  
of the day



10pm

Recommended  
Bed Time



# TIMETABLE FOR LIQUIDS AND MEALS

## Breakfast



5-6am

7-8am

9am

10am

11am

## Lunch



12-2pm

3pm

4pm

## Dinner



5pm

6-8pm

9pm

10pm



1



2



3



4



5



6



7



8

**Daily Requirement: 6-8 glasses of liquids/water.**



# BREAKFAST - THE MOST IMPORTANT MEAL OF THE DAY



## Break (Stop) and Fast (Skipping a Meal)

The food we ate from dinner, was partially used and absorbed during "The Cellular Repair Time".

Upon waking up, our body needs a good source of energy to perform and sustain until the next meal.

Our cells and organs need fuel to produce their specific enzymes, hormones, chemicals and by-product for proper body functioning

If not properly provided with the right materials, deficiencies will be developed.



1 cup (6-8 oz)  
**WARM WATER**

---

2 tablespoons  
**APPLE CIDER VINEGAR**  
with the “Mother”

---

1 tablespoon  
**RAW & ORGANIC HONEY**



**Best taken on empty stomach (1 hour before meals), once to thrice a day.**

---

**Acid Reflux**

**Acidic pH**

**Acne**

**Allergies**

**Arthritis**

**Asthma**

**Athlete's Foot**

**Cancer**

**Candidiasis**

**Cholesterol Problems**

**Chronic Fatigue**

**Constipation**

**Dermatitis**

**Diabetes**

**Food Poisoning**

**Fungal & Bacterial Rash**

**Gout**

**Heart Burn**

**Hypertension**

**Influenza**

**Kidney Stones**

**Low Immune System**

**Migraines**

**Nail Fungus**

**Nausea**

**Sinus Infection**

**Skin Problems**

**Sore Throat**

**Stomach Flu and Illness**

**Weight Problems**



# NO COFFEE ON EMPTY STOMACH

---



## Increases Cortisol Level (Stress Hormones)

Negatively impacts ovulation, weight and hormonal balance (Women)

Helps regulate energy and makes you feel alert.

Fluctuates throughout the day, generally high in the morning.

Blunts the hormone's production and shifts the timing of the cycle  
causes to produce cortisol at times when it would normally drop.

Affects our Gut Microbiome by stimulating Acid Production in the stomach.

Exacerbates Acid Reflux or other GI Issues.

The best time to have a cup of coffee is 1 hour after breakfast, between 9:30am and noon,  
the window when your Cortisol levels are typically low.

Your Coffee Habits: If you're accustomed to drinking coffee first thing in the morning, your body  
may have come to use the caffeine as a crutch and thrown off its natural wake-up  
mechanisms.

Dehydration: You lose water while you sleep, so you might be waking up dehydrated,  
particularly if you didn't drink enough water during the day.

Poor Sleeping Habits: Most people need seven to eight hours of quality sleep, If you're falling  
significantly short, you're going to feel it no matter what.

Sleep quality is as important as quantity, and recommends promoting restful sleep by powering  
off electronics 60 minutes before bed, drinking herbal tea, taking an Epsom salt bath or  
writing in a gratitude journal before turning in.





# WHITE and RED POTATOES

## Belong in the Ground

---

Not high in Phytochemicals  
Boosts the risk of heart attack

Spikes blood sugar and has high-glycemic index

White potatoes are like white sugar and white bread

Raises bad triglycerides and depresses good HDL cholesterol

High consumption raises odds in developing Type II Diabetes

---

## SWEET POTATOES

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Has low-glycemic index

Rich in Anthocyanins

Highly recommended

Tremendously healing food

High in Beta-Carotene (Orange Sweet Potato)

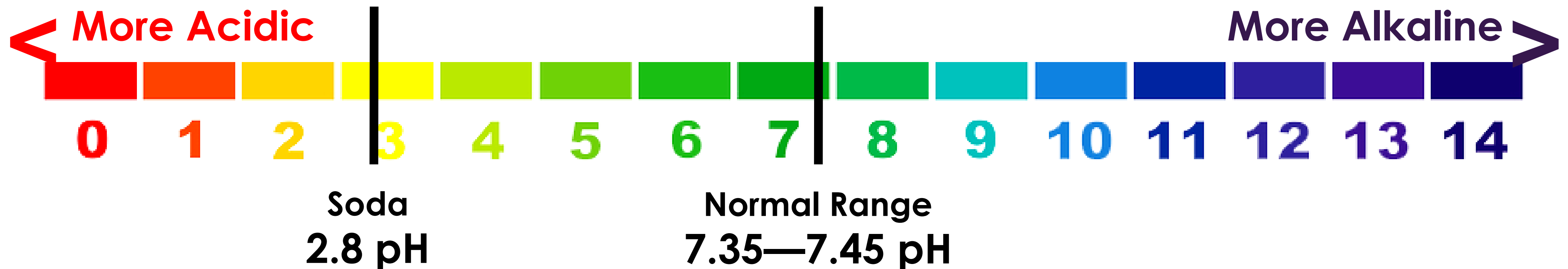
Similar to Squash Family, the fiber is very healing  
for all digestive problems





# Regular or Die+ SODA

## The Great Poison of the Day



Soda is over **10,000 times ACIDIC** than Distilled Water (7.0 pH).

PHOSPHORIC ACID Used to cheat the brain from identifying sugar. Without it, your brain will make you vomit every time you drink soda. Also used to remove rusts, clean the toilet and remove hard calcium deposits.

CARBONIC ACID (Carbonated Drinks)  
Also known as Carbon Dioxide. (Waste product of our respiration)

ASPARTAME Made from waste product of genetically modified E. coli bacteria. Causes over 92 different health side effects, the worst is Brain Tumor.

It takes **32 glasses of water at 7.0pH** to neutralize 1 glass of Diet Soda.



# HAAS AVOCADO WITH THE SEED

---

Top pick for healing power.

Great for lowering Cholesterol.

Great for anyone who wants to lose weight.

One of the highest source of Glutathione,  
our liver's most potent detoxifier.

Haas Avocados are 20% fat,  
but they don't make you fat.

The flesh of the Haas Avocado has 3 grams of soluble fiber, which is a lot.

The seed has the greatest "Artery-Scrubbing Power" and contains the most soluble fiber of any food on Earth.

Contains an abundance of Omega-9 Fatty Acids called "Oleic Acid", also known as "Monosaturated Fat"

Contains Beta-Sitosterol, a plant sterol widely believed to have a cholesterol lowering effect.





# HAAS AVOCADO WITH THE SEED

---

## How to prepare:



Cut half 1 or 2 pieces of Haas Avocado.



Remove and throw the skin and the outer shell of the seed.



Chop the seeds with knife or pulverize with the blender.



Mix the chopped or pulverized seeds with the slices of the Avocado flesh.

Add some raw honey and garnish with healthy nuts and seeds.

Serve fresh and Enjoy!



# PINEAPPLE – MIRACLE HEALING FRUIT

**Fresh pineapple is rich in Bromelain.**

Bromelain belongs to a group of sulfur containing protein-digesting enzymes.

Has demonstrated significant anti-inflammatory effects reducing swelling in inflammatory conditions such as acute sinusitis, sore throat arthritis, gout and speeding recovery from injuries and surgery.

Still used experimentally as an anti-cancer agent.

The majority of the enzyme Bromelain is NOT in the fruit, it's in the STEM.

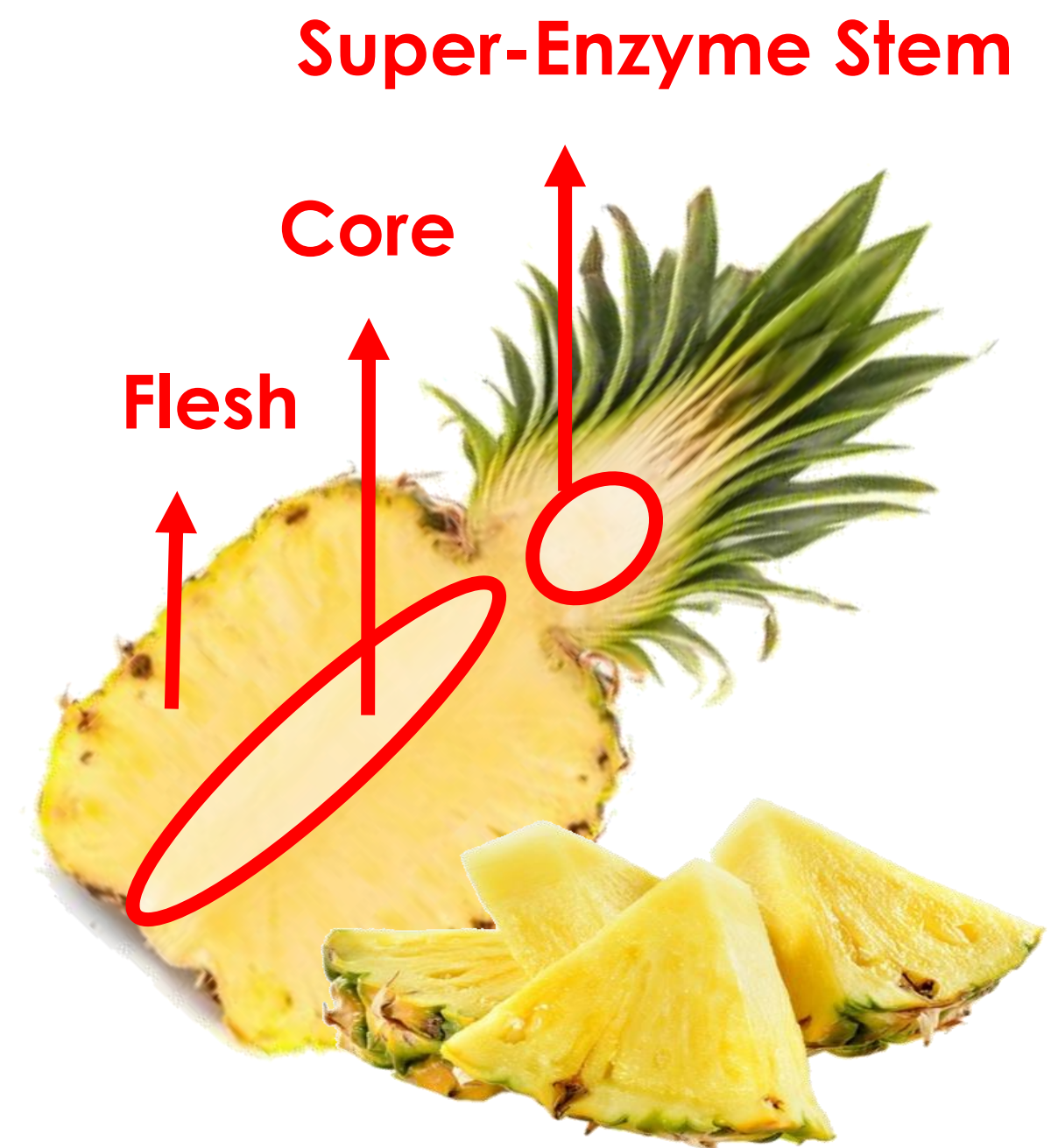
To maximize bromelain's anti-inflammatory effects, pineapple is eaten between meals or its enzymes will be used up digesting food.

Pineapple is not as potent as papaya's high enzyme content, unless the stem is consumed.

If the stem is consumed, it becomes the most rich source of enzymes on the planet.

Enzymes reduce inflammation and dissolve poisons we don't want in our body.

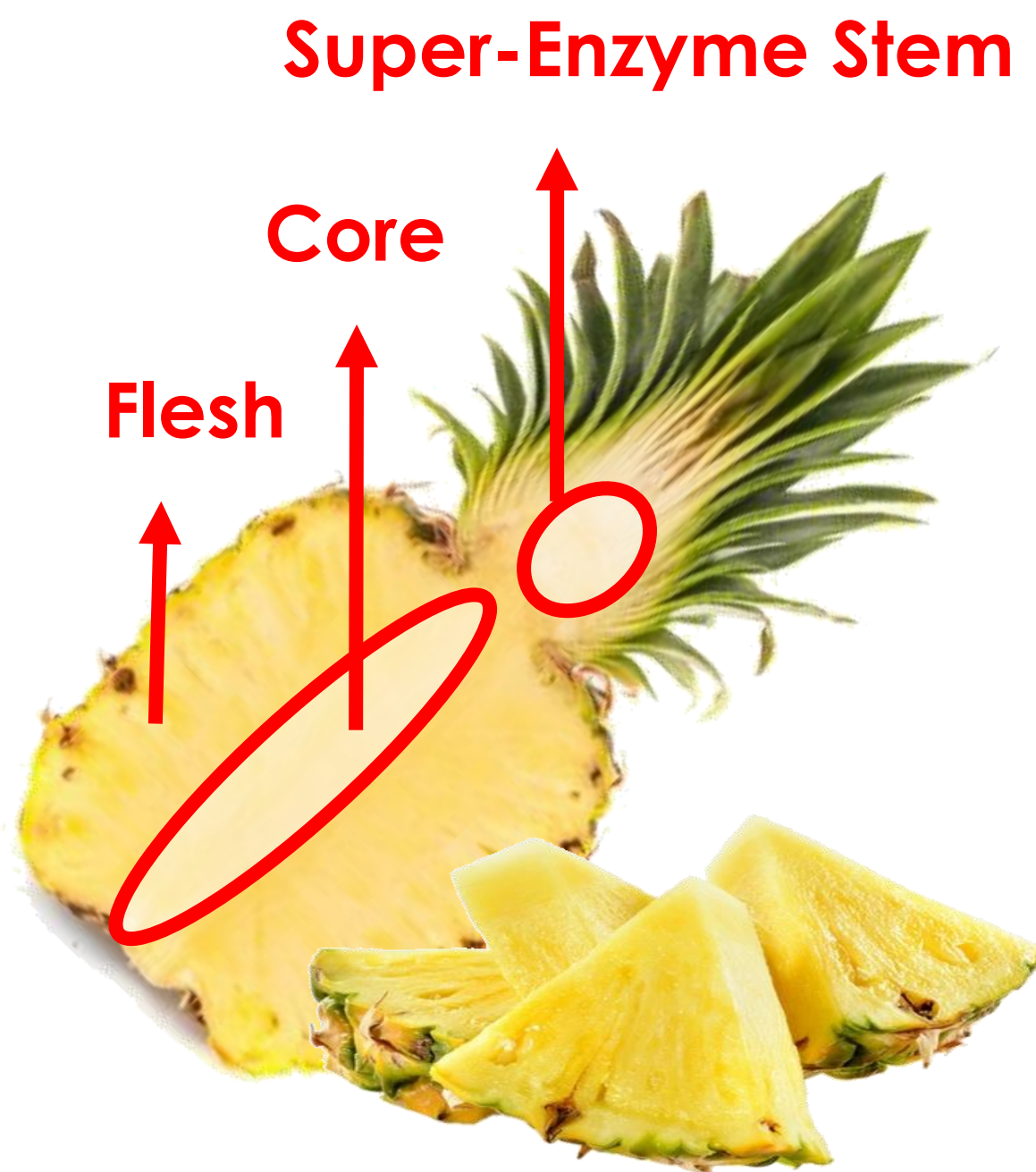
We blend the core where the most of the phytochemicals are found.





# PINEAPPLE – MIRACLE HEALING FRUIT

---



Find a pineapple that is not overly ripe.

Pull out the leaves out from the “super-enzyme stem”.

Cut and remove white stem to be mixed in the blender.

Straight pineapple may foam up in the blending process.

Let it sit for a few minutes before drinking.

Stir with a spoon in your glass, but don't take the foam out, because that's where the good stuff is.

---

**3 Ways to Eat:** Use the stem with 4 ounces of water and 5 juicy slices of pineapple.

Use the stem with water and fibrous inner core (phytochemical rich and sweet).

Take the stem top with another smoothie that doesn't have pineapple.

Make sure to cut the woody part of the stem away to avoid the “splintery” taste.



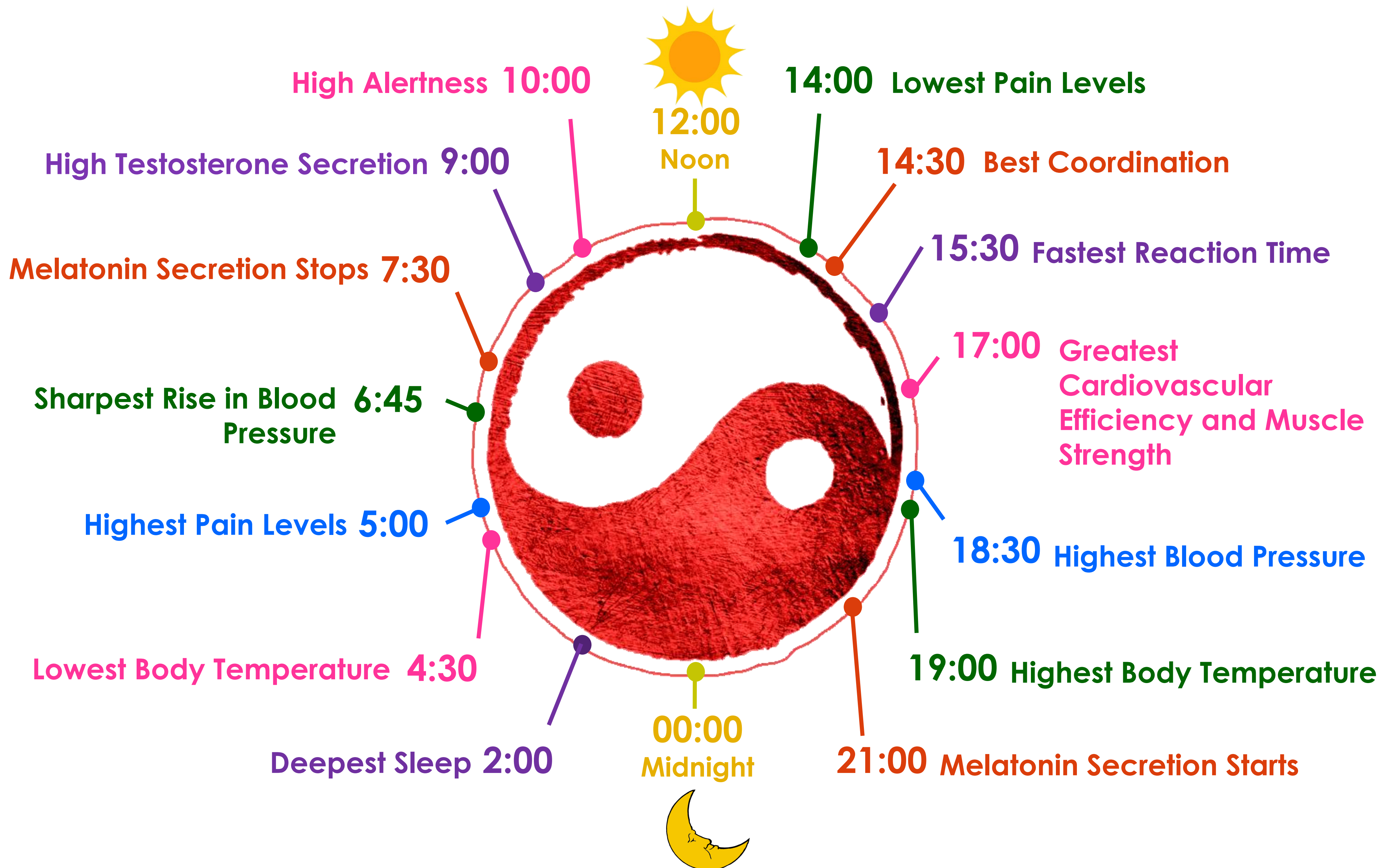
# 3 MAJOR FACTORS THAT KEEP US ALIVE

## 3. Sleep & Relaxation





# THE CIRCARIAN RHYTHM





# HOW MUCH SLEEP DO WE REALLY NEED?



Contrary to what most people think,  
you can sleep too much just as easily  
as you can sleep too little.

**Your body knows when it needs more sleep.**

**If you are not healthy, then naturally,  
you'll need more.**

**However, some people with illness feel  
the need to sleep too much, and it's a trap.**

**Same for people suffering from depression.**

**Some people need 6-8 hours of quality sleep.**

**For general, it is better to slowly adapt your body  
to wake up before or at 6am.**

**The sun rises at this time, which is when the nature wakes up.**



# THE EARLY BIRD GETS THE WORM

---

30 minutes before the sun rises, a burst of energy and ozone rises up from the ground. (5:10-5:20am)

This burst of ozone stimulates the birds to chirp.

If you are not healthy then naturally, you'll need more.

Simply being awake at this earlier hour is good for your health.



The energy is at its best and you will find that waking up earlier each morning affords you ample time to take care of yourself, including practicing Qigong and consuming water and tea.

Over time, “sleeping-in” does not improve health and goes against the flow of nature.

If you are sleeping past 7am, your body is out of balance.

Try walking earlier to receive the “Early Bird Qi”.

Earthing / Grounding: Walk barefoot on the natural ground / grass.



# SLEEP TIME FOR HEALING RESULTS

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## The Pineal Gland

The Master of the Entire Body  
Regulates the entire Immune System  
Produces Melatonin (10pm – 2am)  
Sensitive to Light (Lights Off)

Ancient man lived in harmony with the rising and setting of the sun.

Nowadays, people stay up later than before because of artificial lighting.

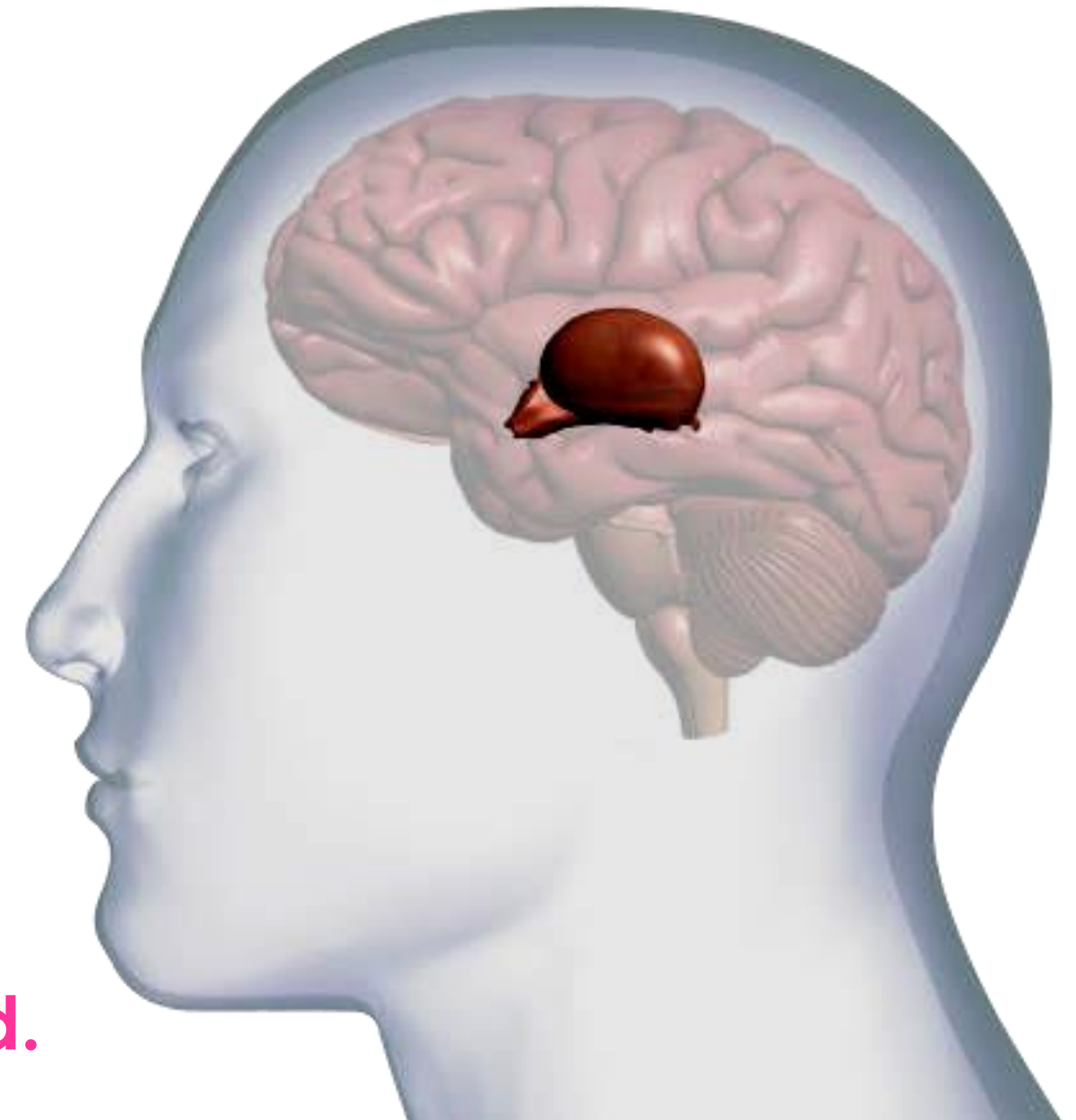
10pm – 11pm : Recommended time to go to bed.

10pm – 4am : “Cellular Repair Time”

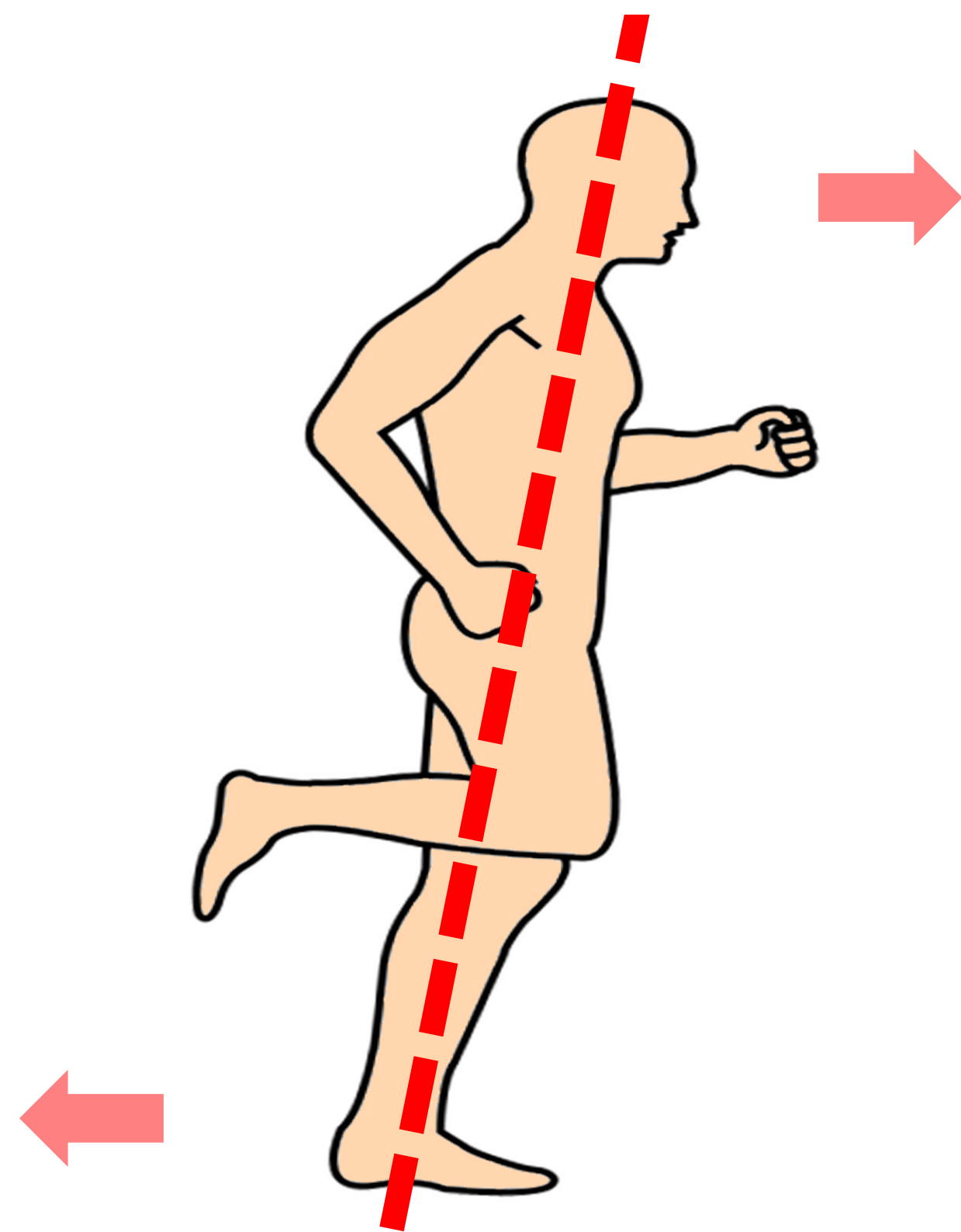
Only happens when you are asleep around this time window and you had a well-balanced dinner.

By staying up way past 10pm, we miss the Cellular Repair Window Time.

If you have any disease to overcome, it is double stressed, that you should be in bed, asleep by 10pm.







# WALKING IS SLOW MOTION OF RUNNING

---

Babies started crawling before mastering how to stand and walk.  
They put their weight on the balls of their feet and not on their heels to maintain balance.

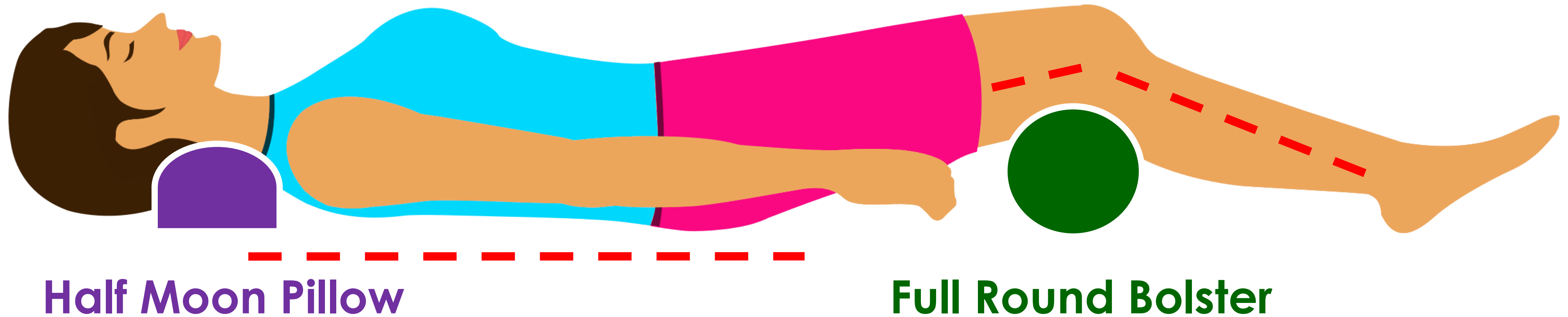
Walk like as if you are skating, skiing or running.

If you walk with your heels touching the ground first, your weight is absorbed by our back causing muscles to tighten and pinch our spinal nerves.

By doing the proper way of walking, we conserve more energy, relax our muscles, and avoid various musculo-skeletal problems.



# RECOMMENDED SLEEPING POSITION



Lying on the back evenly distributes the body's weight, helping to minimize pressure and ensure a good alignment of the head, neck, and spine.

Placing a small pillow under the knees may provide additional support and help maintain the natural curve of the spine.

**To get comfortable in this position:**

Lie flat on the back facing the ceiling.

Avoid tilting the head sideways.

Position a pillow under the neck.

Place a full round bolster under the knees.

Once the knees are bent, the back relaxes and prevents the pull of the neck muscles.

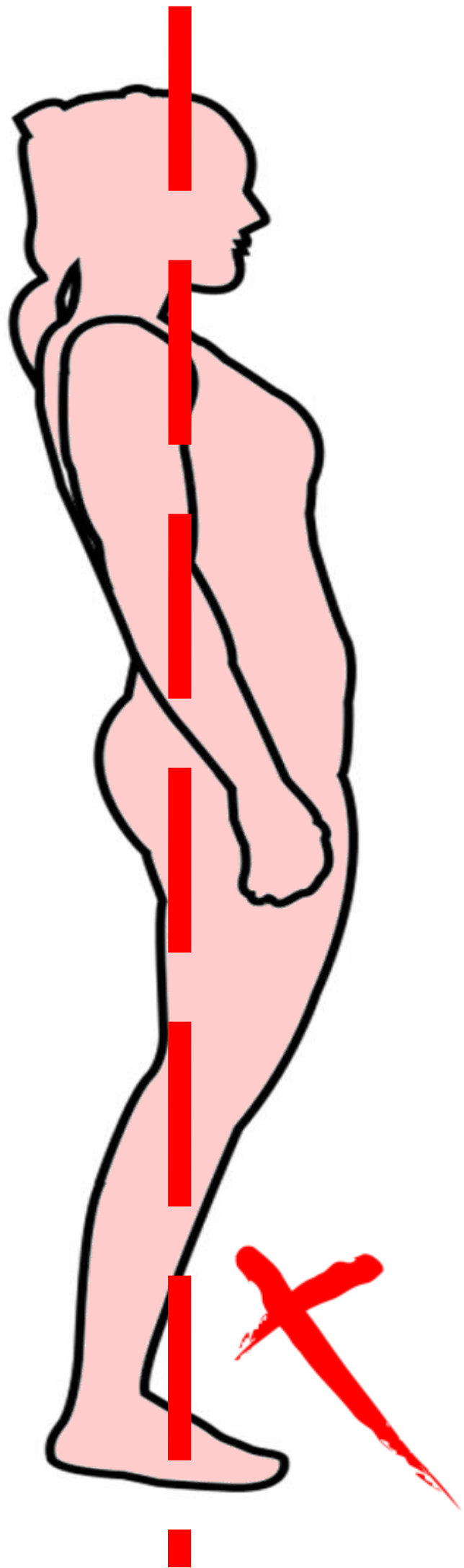
Both lungs expand on this position.

The pillow under the knee will help you prevent from tossing side to side.

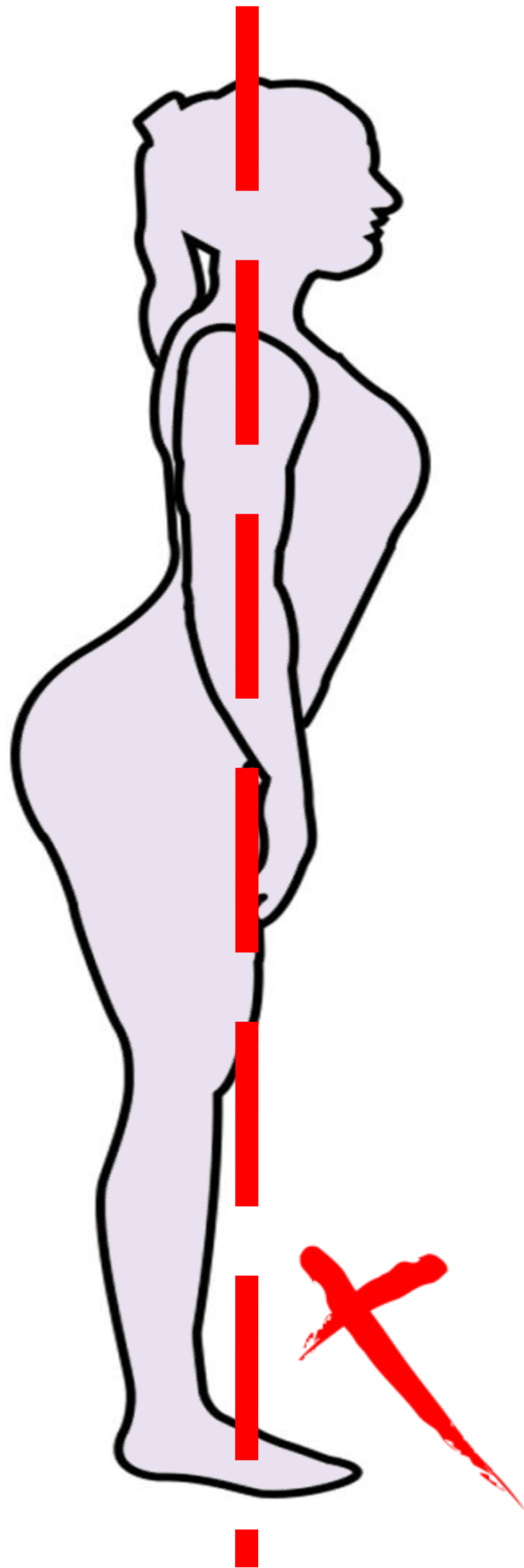


# DIFFERENT STANDING POSTURES

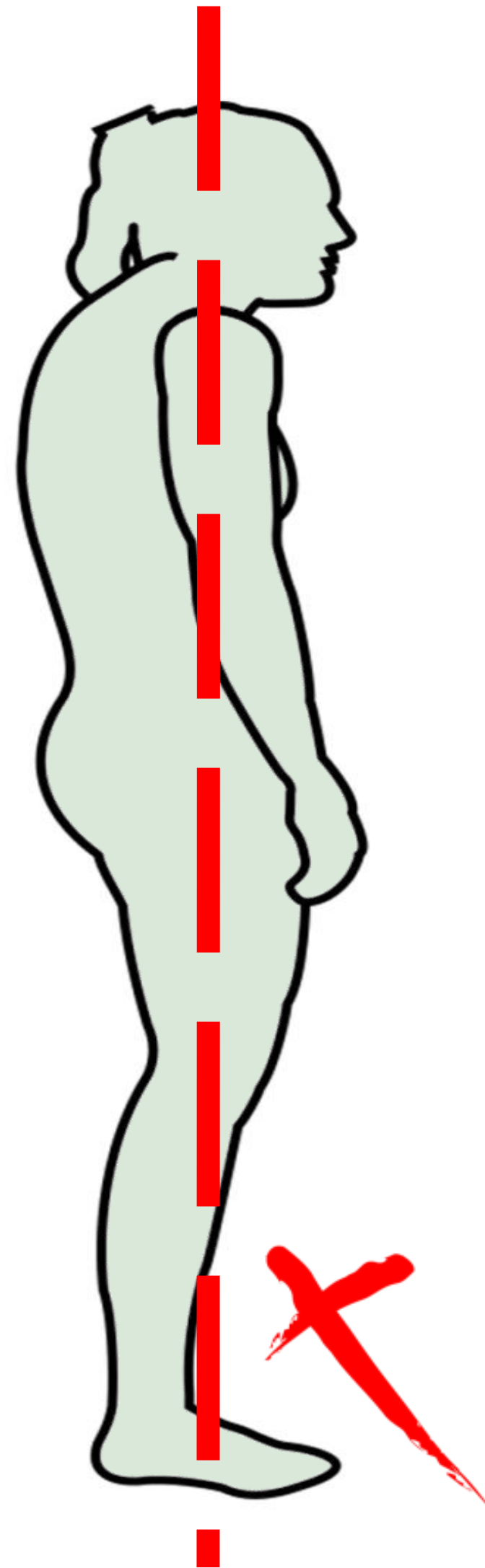
**Sway  
Back**



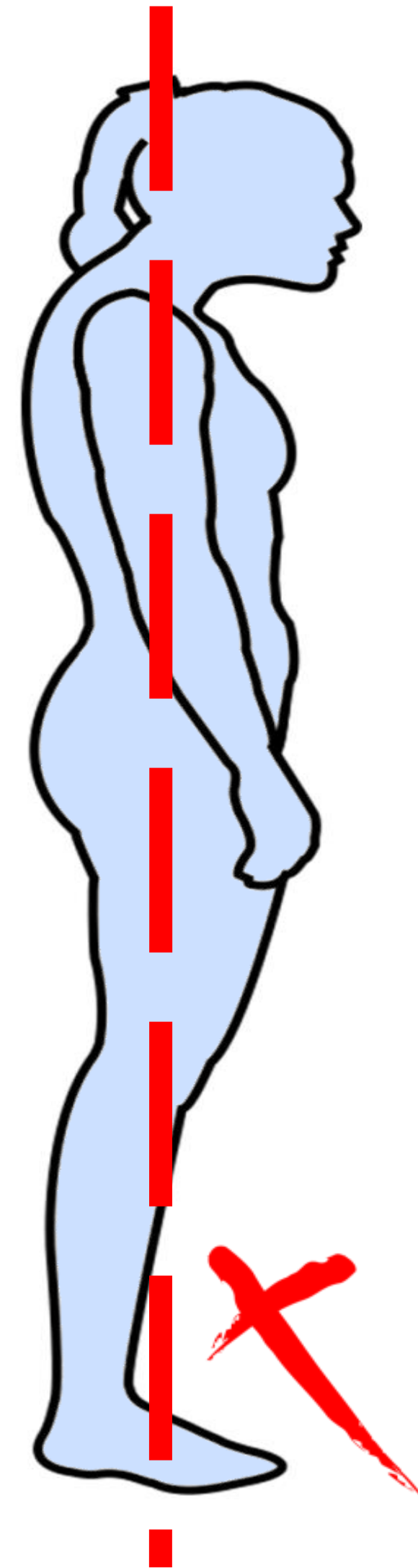
**Lumbar  
Lordosis**



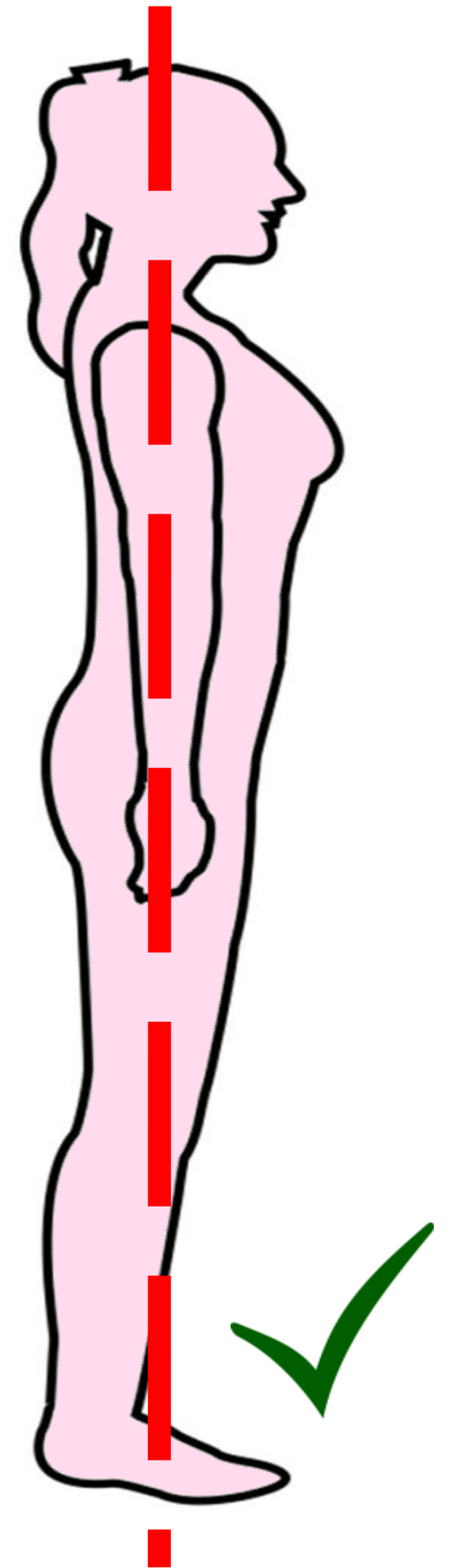
**Thoracic  
Kyphosis**



**Forward  
Head**



**Correct  
Posture**





# DIFFERENT STANDING POSTURES

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Your weight should be absorbed by the ground.

Stand on the balls of your feet and not on your heels.

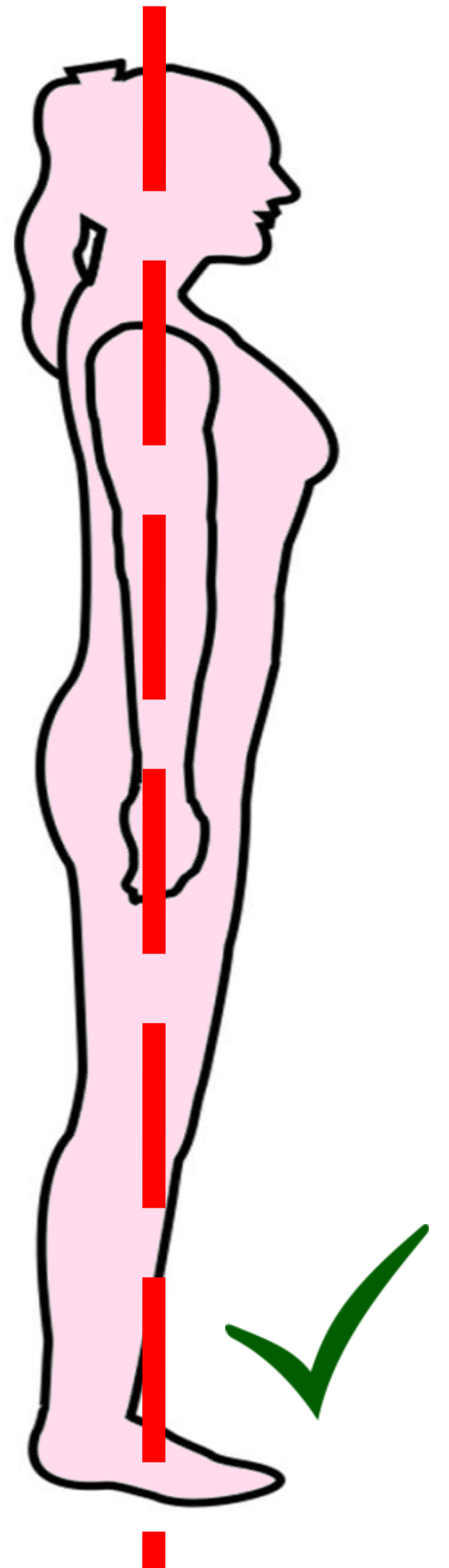
Avoid standing on one foot or favoring on one side.

---

To ensure that you are standing correctly:

1. Your thumb should be in-line with the side seam line of your pants.
2. You can also stand with your hands behind your back.
3. Avoid hyper flexing your knees by alternately wiggling them from time to time.
4. Raise your heels alternately once in a while.
5. When you look down, you can see your toes and not your chest or tummy.

Correct  
Posture

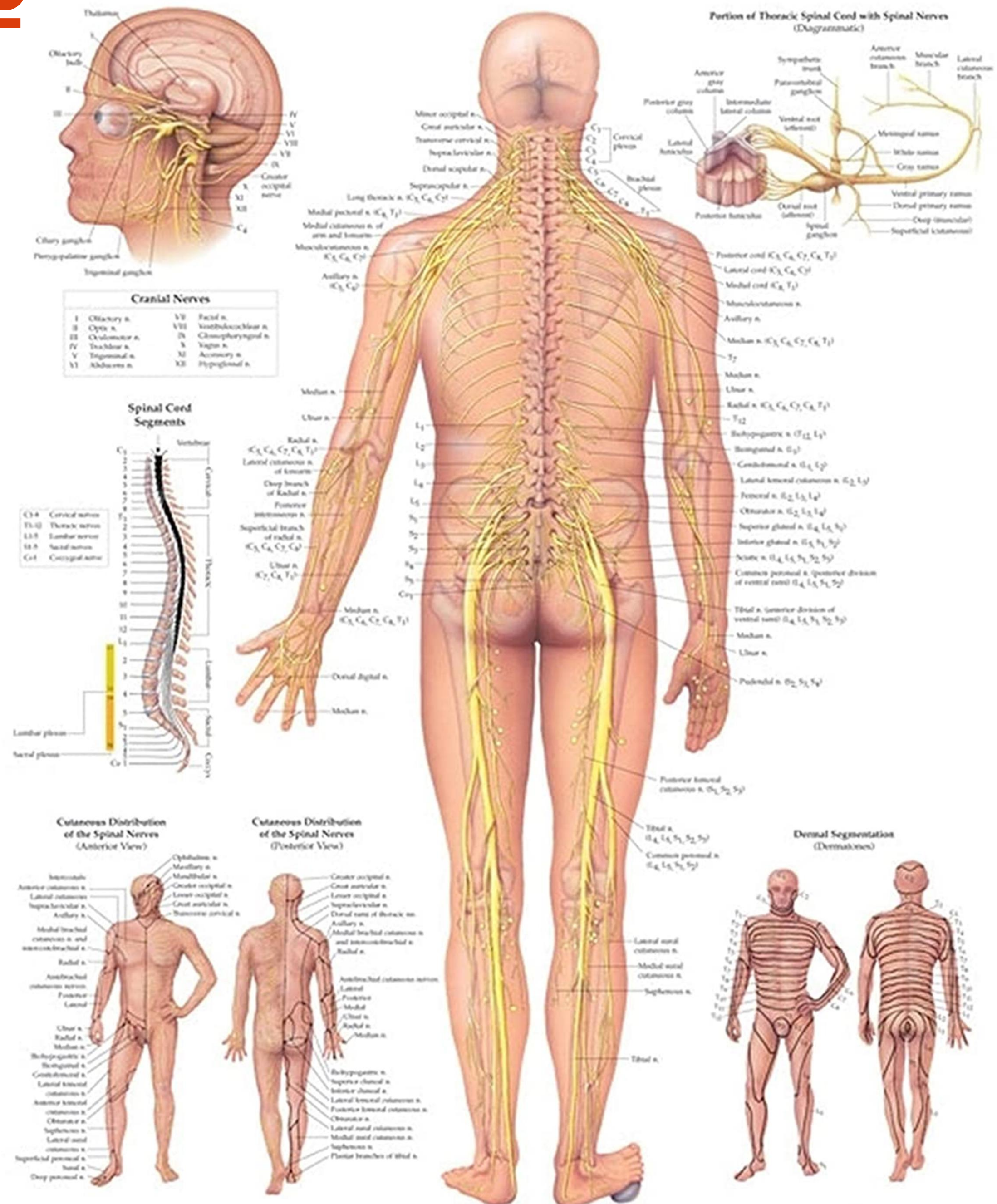




# THE SPINAL NERVES

The spinal nerves are the major nerves of the body within the Peripheral Nervous System (PNS).

These nerves are an integral part of the PNS in that they control motor, sensory, and autonomic functions between the spinal cord and the body.





# THE SPINAL NERVES

31 pairs of spinal nerves:

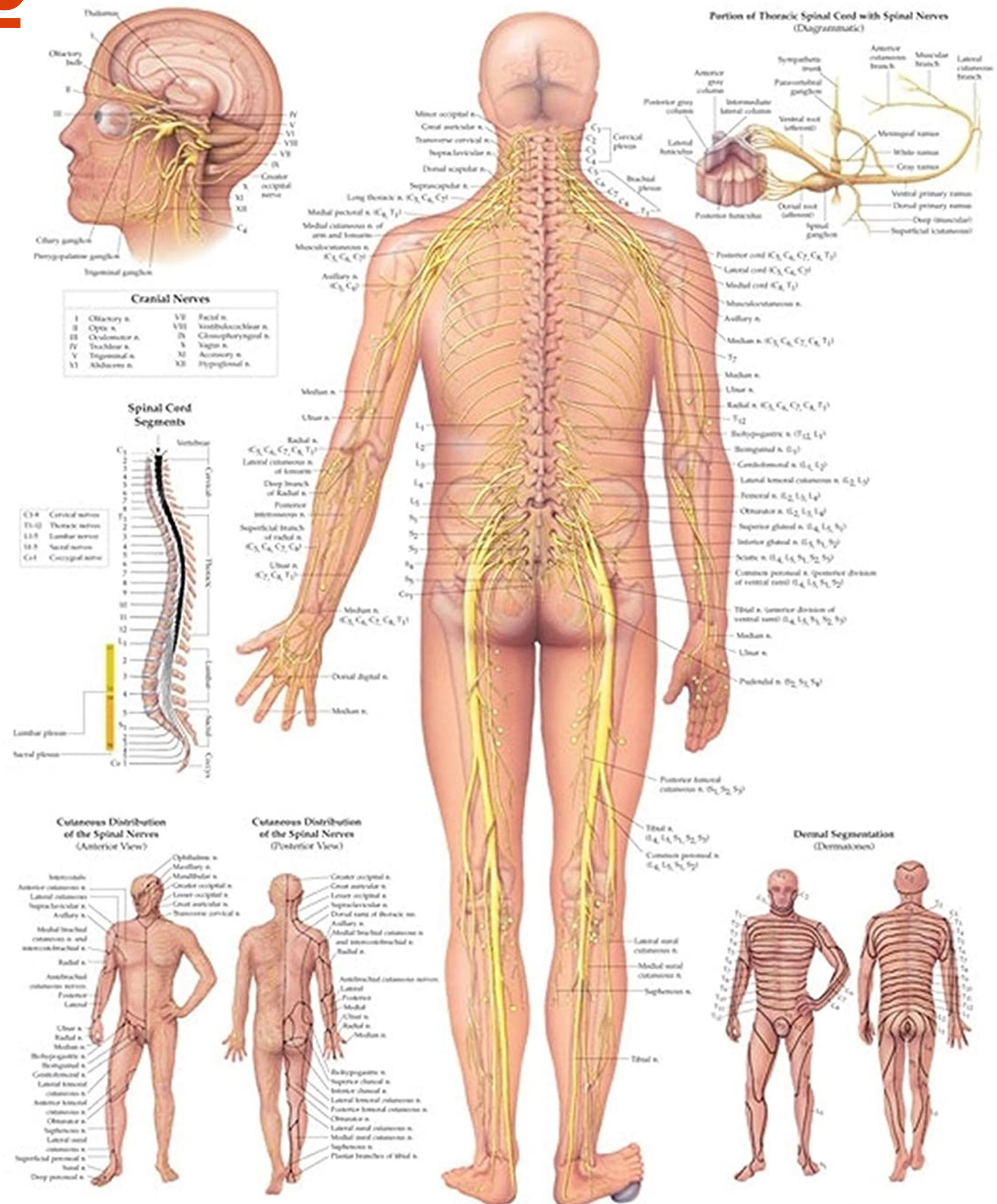
Cervical nerves (C1-C8)

Thoracic nerves (T1-T12)

Lumbar nerves (L1-L5)

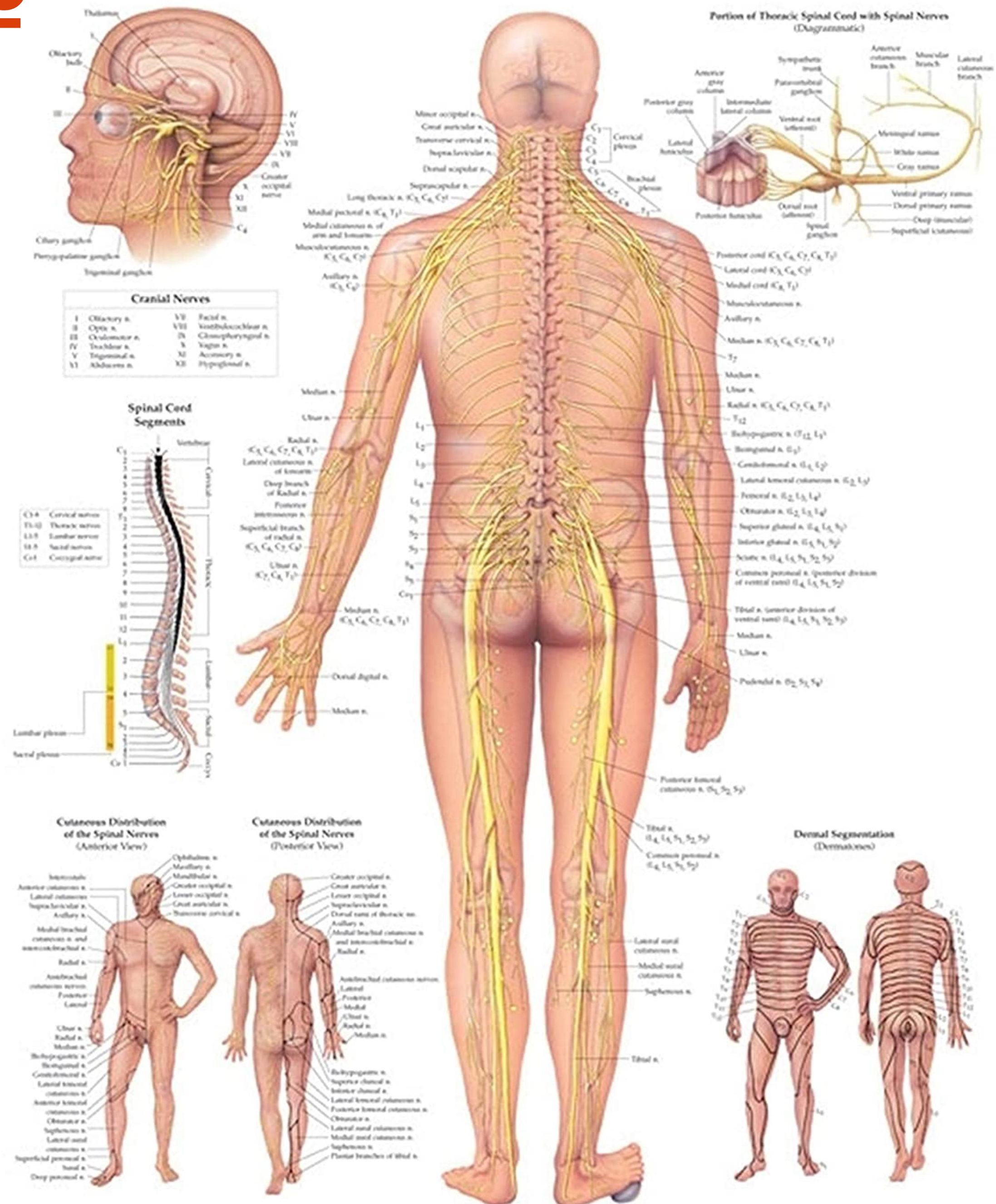
Sacral nerves (S1-S5)

Coccygeal nerves (CO1)



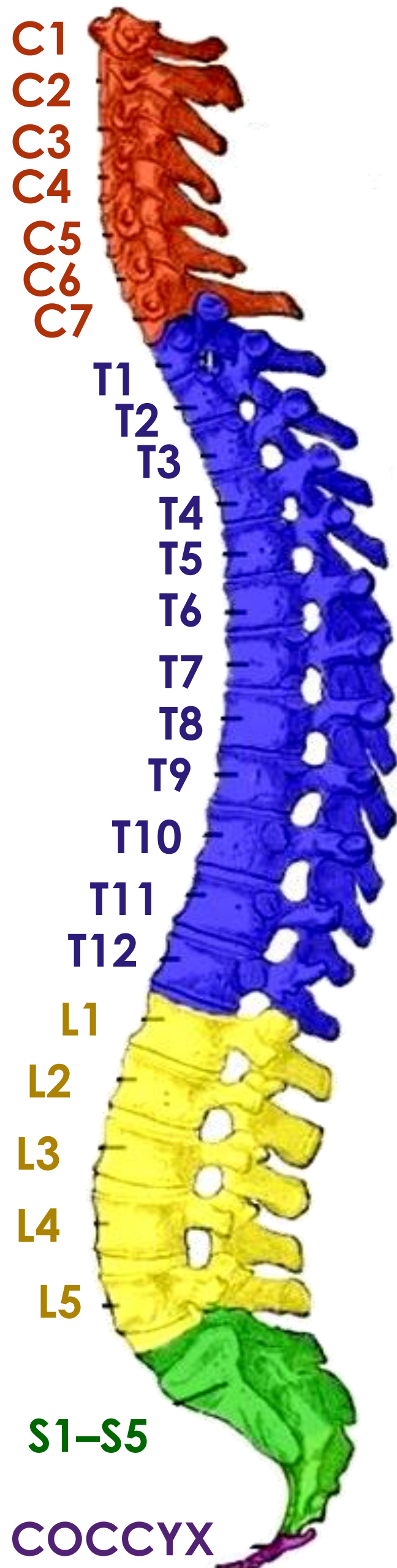


Each of these nerves branch out from the spinal cord, dividing and subdividing to form a network connecting the spinal cord to every part of the body.





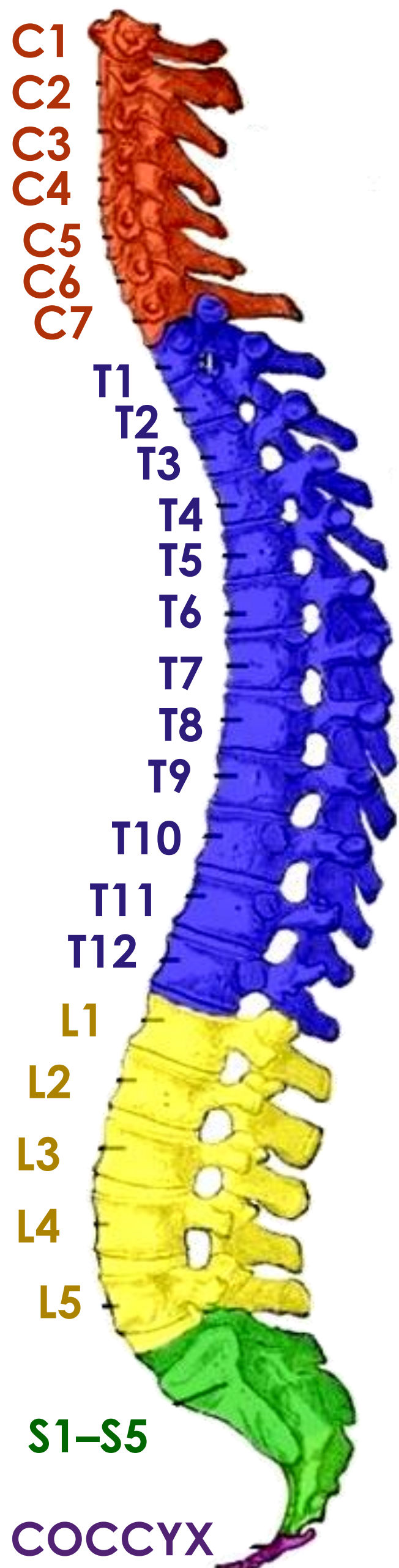
# SPINAL NERVES RELATIONSHIPS



Cervical 1	Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, Eyes, sympathetic nervous system
Cervical 2	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead, heart
Cervical 3	Cheeks, outer ear, face bones, teeth, facial nerve, lungs
Cervical 4	Nose, lips, mouth, Eustachian tube, mucous membranes, lungs
Cervical 5	Vocal cords, neck, glands, pharynx
Cervical 6	Neck muscles, shoulders, tonsils, arms
Cervical 7	Thyroid gland, shoulder bursa, elbows
Thoracic 1	Forearms, hands, wrists, fingers, esophagus, trachea, heart
Thoracic 2	Heart, pleura, coronary arteries, heart valves, lungs, bronchial tubes
Thoracic 3	Lungs, bronchial tubes, pleura, chest, breast, heart
Thoracic 4	Gallbladder, common duct, heart, lungs, bronchial tubes
Thoracic 5	Liver, solar plexus, circulation, heart, esophagus, stomach
Thoracic 6	Stomach, pancreas, duodenum, liver, spleen, gallbladder, peritoneum
Thoracic 7	Pancreas, duodenum
Thoracic 8	Spleen, stomach, liver, pancreas, bladder, adrenal cortex, small intestine, pyloric valve
Thoracic 9	Adrenal cortex, pancreas, spleen, gallbladder, ovaries, uterus, small intestine
Thoracic 10	Kidneys, appendix, testes, uterus, adrenal cortex, spleen, pancreas, large intestine
Thoracic 11	Kidney, ureters
Thoracic 12	Small intestines, lymph circulation, large intestine, urinary bladder, uterus, kidneys, ileocecal valve
Lumbar 1	Large intestines, inguinal rings, uterus
Lumbar 2	Appendix, abdomen, thigh, upper leg, bladder
Lumbar 3	Sex organs. Uterus, bladder, knees, prostate, large intestine
Lumbar 4	Prostate gland, lower back, sciatic nerve
Lumbar 5	Lower back, buttocks, thighs, lower leg, ankles, feet, sciatic nerve, large intestine, prostate
Sacrum	Hip bones, buttocks, rectum, sex organs, genitalia, urinary bladder, ureter, prostate
Coccyx	Rectum, anus



# SPINAL NERVES POSSIBLE PROBLEMS



Cervical 1	Headaches, insomnia, high blood pressure, migraines, chronic fatigue, dizziness, nervousness, head colds, amnesia, nervous breakdowns
Cervical 2	Sinusitis, ear aches, pain around eyes, vision problems, hearing problems, allergies, cross eyed, deafness, fainting spells, some blindness cases
Cervical 3	Neuralgia, acne, eczema, neuritis
Cervical 4	Hay fever, runny nose, hearing loss, adenoids
Cervical 5	Sore throat, laryngitis, hoarseness, throat conditions
Cervical 6	Stiff neck, upper arm pain, tonsillitis, persistent cough, croup cough, whooping cough
Cervical 7	Bursitis, colds, thyroid conditions
Thoracic 1	Lower arm and hand pain, difficulty breathing, shortness of breath, asthma, cough
Thoracic 2	Heart conditions, chest conditions
Thoracic 3	Bronchitis, pleurisy, pneumonia, congestion, influenza
Thoracic 4	Gallbladder conditions, jaundice, shingles
Thoracic 5	Liver conditions, low blood pressure, poor circulation, fever, anemia, arthritis
Thoracic 6	Stomach problems, indigestion, heartburn, dyspepsia, nervous stomach
Thoracic 7	Ulcers, gastritis
Thoracic 8	Lower resistance
Thoracic 9	Allergies, chronic fatigue, hives
Thoracic 10	Kidney problems, hardening of the arteries, fatigue, nephritis, pyelitis
Thoracic 11	Skin conditions, acne, eczema, boils
Thoracic 12	Rheumatism, gas pains, some type of sterility
Lumbar 1	Colitis, diarrhea, hernia, constipation, ruptures, dysentery
Lumbar 2	Cramps, varicose veins, leg pain, acidosis
Lumbar 3	Menstrual pains, irregular periods, miscarriages, impotency, knee pain, bladder issues, menopause
Lumbar 4	Back pain, lumbago, difficult, painful or frequent urination, sciatica
Lumbar 5	Back pain, leg pain, constipation, poor circulation in legs, swollen ankles, weak ankles and arches, cold feet, weakness in legs, leg cramps
Sacrum	Sacro-iliac conditions, back pain, hip pain, spinal curvatures
Coccyx	Hemorrhoids, tail bone pain, pruritus (itching)



# 12 BENEFITS OF GOOD POSTURE

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1. Reduced Low Back Pain
2. Fewer Headaches
3. Increased Energy Levels
4. Less Tension in Your Shoulders and Neck
5. Decreased Risk of Abnormal Wearing of the Joint Surfaces
6. Increased Lung Capacity
7. Improved Circulation and Digestion
8. Reduced TMJ (Temporomandibular Joint) Pain
9. Improved Core and Scapular Strength
10. Better forms During Workouts
11. Appear Taller
12. Increased Self Confidence