

THE ANTHONY ROBBINS  
C O M P A N I E S  
RESOURCES FOR CREATING AN EXTRAORDINARY QUALITY OF LIFE

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ANTHONY ROBBINS' QUALITY OF LIFE SERIES®

# SUMMARY CARDS

LIVING HEALTH®

10 STEPS TO CREATE THE HEALTH, ENERGY, AND VITALITY YOU DESERVE



TO LOSE ONE'S HEALTH RENDERS SCIENCE  
NULL, ART INGLORIOUS, STRENGTH  
UNAVAILING, WEALTH USELESS, AND  
ELOQUENCE POWERLESS.

—HEROPHILUS C. 300 B.C.

## LIVING HEALTH

### *Welcome to Living Health*

**C**ongratulations on making the commitment to take your life to the next level! Remember, no matter what it is you want in your life—to improve the quality of your relationships, your finances, your emotions, or your career—the first thing you must do is take care of your physical health, or nothing else matters. Thus, the focus of this program is how to make sure you consistently attain the energy, vitality, and physical passion you truly desire, giving you the necessary drive to make all of your other dreams in life a reality.

I've designed this audio program in three parts to make it simple for you to use:

1. The first three cassettes or CDs, are designed to lay the foundation and give you the core distinctions behind creating

optimum health and vitality.

2. The next three cassettes, or two CDs, will walk you through the 10 Fundamentals of Living Health—these ten steps are the foundation of this program.
3. Finally, as a bonus, I have enclosed my comprehensive *PowerTalk!*<sup>®</sup> interview with Dr. Robert Young, to give you what I consider to be extraordinary breakthrough research on the true sources of health and disease.

In addition to the audio, I have designed a customized workbook and this set of summary cards to give you quick and easy access to the basic fundamentals as well as the 10 steps that will enable you to monitor yourself and stay on track.

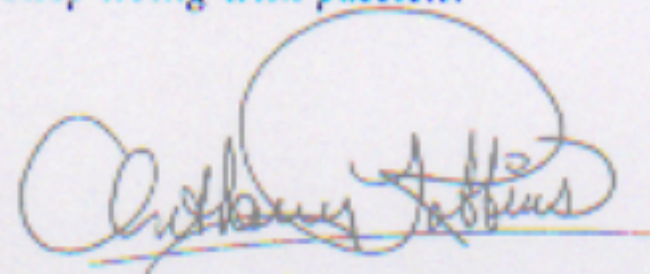


Remember, with the right distinctions, you can literally transform your daily experiences of life from average to amazing, accessing a wealth of resources you may never have known you had.

So whether you are just starting out, or already have amazing health and energy and just want a few distinctions to take your life to the next level, or even if you're experiencing major challenges, I am confident that the principles and strategies in this program, if consistently applied, will improve the quality of your life

forever. Judge for yourself! Take the 10-Day Challenge offered at the end of this program, and experience the magic and simplicity first-hand! I look forward to hearing about your results.

*Keep living with passion!*



Anthony J. Robbins  
Chairman of the Board

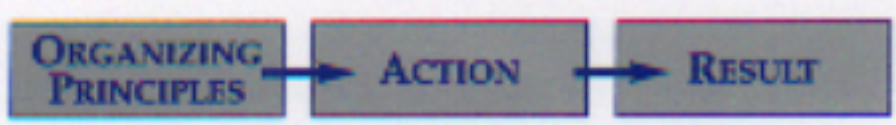
*One moment of a man's life is a fact so stupendous as to take the lustre out of all fiction.*  
—Ralph Waldo Emerson



## *Your Foundation of Health*

**O**ur physical health is primarily determined by our decisions, but our decisions are shaped by our beliefs and our philosophy of health. Thus, if we want to maximize our energy, our vitality, and our health, we must start by examining our current beliefs.

*How to produce what you really want:*



Ultimately, the factors that influence your health and vitality most are your decisions.

These decisions are shaped by your philosophy toward health, i.e., your organizing principles, beliefs, rules, etc. The challenge is that the organizing principles and beliefs that the majority of the people in our society hold to be true, consistently produce ill health, low energy, and disease. Following these principles is a recipe for disaster.

If you have a false organizing principle, it will cause you to take actions that consistently produce a result other than the one you desire.



*Your Foundation of Health*

Remember, success leaves clues. What would be the ideal source to study if you wanted to become healthy? *We must study health*—people who have consistently attained the level of health, vitality, and energy we desire.

## ORGANIZING PRINCIPLES FOR LASTING HEALTH

- SAVE YOURSELF TIME AND PAIN BY MODELING YOUR ACTIONS AFTER A MASTER OF HEALTHFUL LIVING, NOT A MASTER OF DISEASE STUDIES.
- USE YOUR ROLE MODEL AS A COACH.
- BECOME A CRITICAL THINKER.
- REEVALUATE YOUR ACTIONS SO YOUR DECISIONS ARE BASED ON THE *SOURCE* OF AN ILLNESS, NOT MERELY THE CAUSE.

*Your Foundation of Health*

What is health? *Health is energy.* With energy, everything in life becomes real and possible.

DEFINITION

HEALTH IS A METABOLIC STATE WHERE THE MIND AND BODY FUNCTION AT PEAK EFFICIENCY

*Where does energy come from?* The basic building blocks of all living things are *cells*.

*The quality of your life is the quality of the life of your cells.*

The health of your body depends on the health of your cells. There are over 75

trillion cells in your body (*The Oxygen Breakthrough*, 1990 Sheldon Saul Hendler). Cytology, the study of cells, reveals that the seemingly infinite number of tiny powerhouses is what keeps us energized and alive. Cells are the miniature factories that process the nourishment we need and void the waste.

With proper amounts of oxygen, each cell not only performs its own specialized function, but also produces *adenosine triphosphate* (ATP) that fuels the body. It only makes sense that maximizing your overall health requires that your body receive the optimum ingredients for ensuring health on a cellular level.



## Your Foundation of Health

### WHAT DO CELLS NEED TO SURVIVE AND, MORE IMPORTANTLY, TO THRIVE?

1. *Oxygen* is the source of all energy in the body. Cells use oxygen to convert glucose into ATP.
2. *Nutrients*
3. The ability to *Eliminate*

### THERE ARE THREE WAYS CELLS CAN DIE:

1. The most common killer of cells is a lack of *oxygen*.
2. Any disturbance to the *electrical fields* of cells can kill them.
3. Any *physical rupture* in cells can also cause a cell to die.

*Take good care of your body. It's the only place you have to live.*

—Jim Rohn

## Your Foundation of Health

### WHAT CAUSES DISEASE?

According to Dr. Isaac Jennings (the founding father of the Philosophy of Natural Hygiene), while the *cause* of an individual disease may be isolated to a given circumstance (i.e. bacteria), the *source* of the problem begins with activities that drain the body of its life force.

*"Disease is due to a deficiency of force."*

—Dr. Isaac Jennings

One of the body's first responses to lowered nerve energy and decreased functional efficiency is the elimination of *waste* from the system.

There are four avenues for eliminating toxins from the body:

1. Skin
2. Lungs/Respiratory Tract
3. Bowels
4. Urinary Tract

*There is no healing force outside the body.*

—Dr. Isaac Jennings



DISEASE, IN MY OPINION, HOW  
PREJUDICIAL WHATSOEVER ITS CAUSES  
MAY BE TO THE BODY, IS NO MORE  
THAN A VIGOROUS EFFORT OF NATURE  
TO THROW OFF MORBIDIC MATTER  
AND THUS RECOVER THE PATIENT.

—THOMAS SYDENHAM, M.D.

LIVING  HEALTH

*Your Foundation of Health*

What causes poisons to build up in the bloodstream?

1. Taking in more than you can *eliminate*
2. *Bio-chemical additives* (substances your body cannot use)
3. An overly *acidic diet*

ORGANIZING PRINCIPLE FOR LASTING HEALTH

ANYTHING I INGEST, MY BODY MUST  
ASSIMILATE OR ELIMINATE.



ALL TRUTH GOES THROUGH THREE  
STEPS: FIRST IT IS RIDICULED; SECOND,  
IT IS VIOLENTLY OPPOSED; FINALLY, IT IS  
ACCEPTED AS SELF-EVIDENT.

—ARTHUR SCHOPENHAUER  
GERMAN PHILOSOPHER

LIVING  HEALTH

*Your Foundation of Health*

*DISEASE IS THE CURE*

**H**ow does your body respond when you put poison into your bloodstream? Your body will do anything it can to get rid of the poison—fever, cough, rash, vomit, perspire, increase/decrease heart rate, faint, etc.

The true source of disease is poisoning of the system, which comes from many different

places. **Disease appears when more tearing down than building up is occurring in your system.** This process appears when the body is put into a weakened state—when there is a deficiency of force. This deficiency is a result of internal poisoning from many different sources.

ORGANIZING PRINCIPLE FOR LASTING HEALTH

THE CAUSE OF MY PAIN IS RARELY THE REAL SOURCE.



KNOWLEDGE OR DISCOVERY OF THE PRIMARY CAUSE [OF DISEASE] REMAINS THE BACKBONE ON WHICH A DIAGNOSIS CAN BE MADE, A DISEASE UNDERSTOOD, OR A TREATMENT DEVELOPED. BUT THE CONCEPT OF ONE CAUSE LEADING TO ONE DISEASE—DEVELOPED LARGELY FROM THE DISCOVERY OF SPECIFIC INFECTIOUS AGENTS AS THE CAUSE OF SPECIFIC DISEASES—IS NO LONGER SUFFICIENT.

—STANLEY L. ROBBINS, M.D., PROFESSOR OF PATHOLOGY,  
HARVARD MEDICAL SCHOOL,  
*ROBBINS PATHOLOGIC BASIS OF DISEASE*



L I V I N G  H E A L T H

*Your Foundation of Health*

Traditionally, the medical profession has looked for a specific germ or microbe as the cause of a disease. The following two facts, however, have resulted in the medical profession reevaluating the concept of a single cause leading to a specific disease:

- The presence of a germ or virus does not indicate it's the cause of the disease, because it's present when you are healthy.
- Germs, viruses, and the terrain—the level of toxicity found in the body—are all co-factors in the manifestation of disease.

*The microbe is nothing, the terrain is everything.*  
—Louis Pasteur



A FOUR-LETTER WORD SYNONYMOUS WITH PAIN IS ACID. DISEASE IS CAUSED BY OVER-ACIDIFICATION OF THE BLOOD AND TISSUE DUE TO AN INVERTED WAY OF LIVING AND EATING.

—DR. ROBERT YOUNG, PH.D., D.Sc.

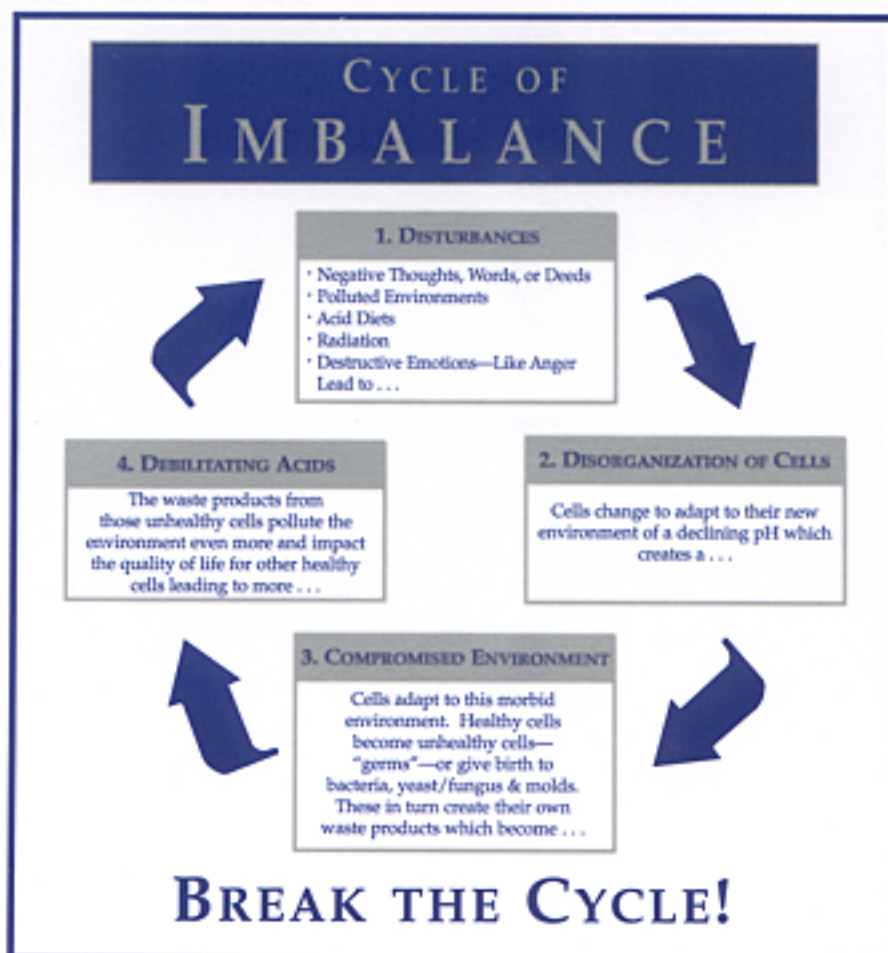
LIVING  HEALTH

*Pure Energy: The Power of Alkalinity*

Our bodies are in a natural state of balance. However, when something disturbs our natural health it takes us out of that balance, causing cells to begin to disorganize—change form and function to adapt to their new environment.

This disorganization causes the environment to become even more compromised and acidic—healthy cells become unhealthy and give birth to bacteria, yeast, and molds. These unhealthy cells then produce their own waste, polluting the environment and creating further acidity.

In this **Cycle of Imbalance**, the signs of disease are reflected by low energy, poor digestion, excess weight, aches and pains, etc.

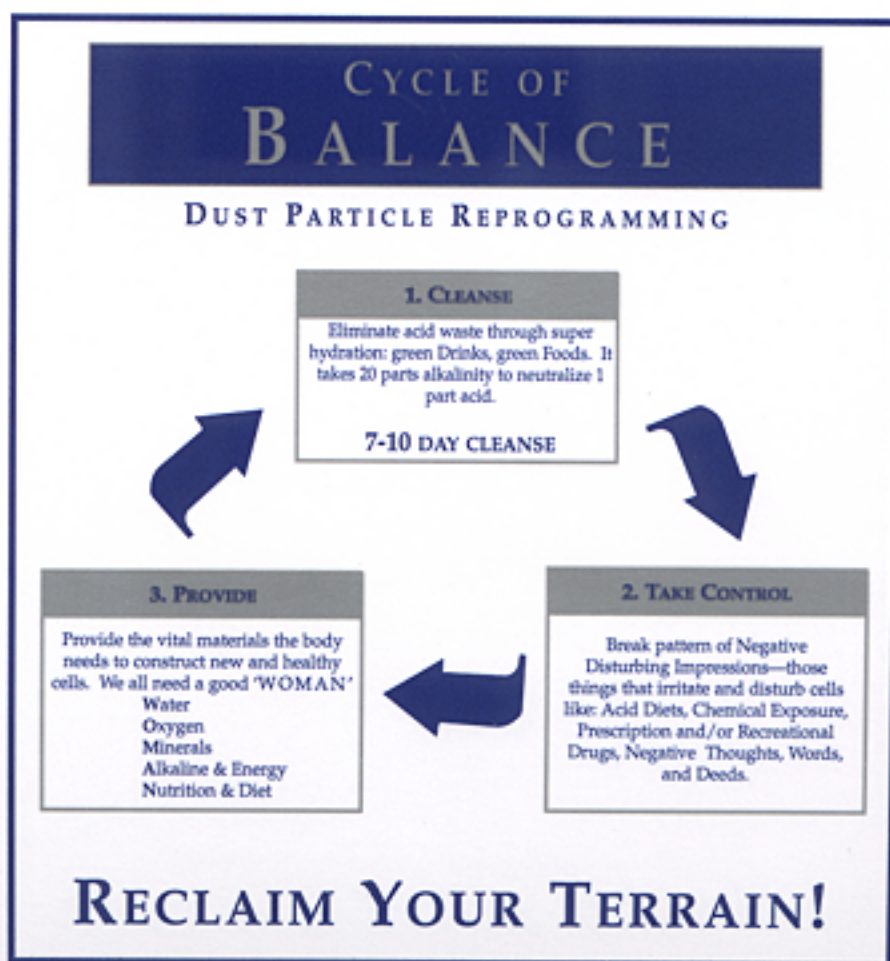




## Pure Energy: The Power of Alkalinity

To break the Cycle of Imbalance and restore balance to your body, you must alkalize your system to get rid of the acid state you have created. To do this, you must first cleanse your body and neutralize your acid condition by drinking large amounts of water (preferably with SuperFoods or Green Foods). Second, you must take control and avoid eating, drinking, or any other activities that create acid conditions in the body. Third, you must provide the body with its vital needs and nutrients.

In this **Cycle of Balance**, the signs of health are reflected by energy and vitality; clear, bright eyes, mental clarity and concentration; and a lean, trim body.



Source: Dr. Robert O. Young, Ph.D., D.Sc.



## Pure Energy: The Power of Alkalinity

*You must take in foods that provide more energy than they take away.*

Your body operates on a subtle electromagnetic current. Nerve signals are in fact electrical charges—your brain, heart, and all organs emit a field of electrical current. Your cells communicate with each other with pulses of electricity. When we eat food, our bodies break down the food particles into their smallest size, called 'colloids.' A colloid is the smallest possible form of a nutrient particle. These nutrient particles are then carried to our cells via an electrical charge. If we eat something lifeless (like processed foods), or with a low energy frequency, we are not providing the body

with the electrical energy it needs. Thus, we are requiring the body to expend electric nerve energy to run the digestive system to break this food down. This means the food is actually taking more energy than it is giving. The energy in food is measured in megahertz (MHz), a fancy name for the frequency of the electrical charge around the food. This charge ranges from 0 to 250+. The foods we eat must be living—energetically-alive—foods that carry the nutrients to our cells or we become sick and tired.

The following page contains examples of the electrical charges surrounding some common food items.





## Pure Energy: The Power of Alkalinity

Below are examples of the electrical charges surrounding some foods and body parts:

ITEM	MHz	ITEM	MHz
CANNED FOOD	0	A TUMOR	30
CHOCOLATE CAKE	1-3	YOUR LIVER	55-60
KENTUCKY FRIED CHICKEN	3	YOUR COLON	58-63
A BIG MAC	5	YOUR STOMACH	58-65
VITAMIN/MINERAL SUPP.	10-30	THE TOP OF YOUR HEAD	60-70
RAW ALMONDS	40-50	YOUR FEET	65
FRUITS	63-75	YOUR HEART	65-70
GREEN VEGETABLES	70-90	YOUR BRAIN	72-78
LIVE, FRESH WHEAT GRASS	70-90	A RUNNING COMPUTER	90-400
A ROSE	320		
SUPER GREENS	250-350		

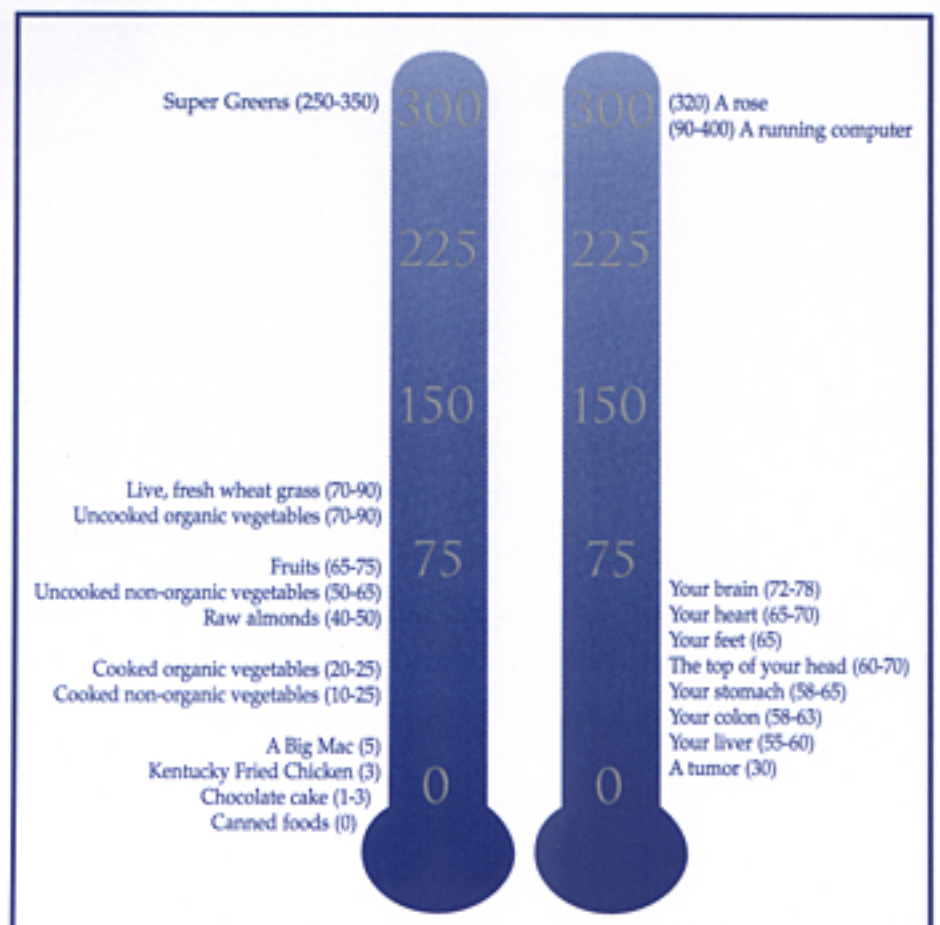
Source: Dr. Robert O. Young, Ph.D., Sc., *Sick and Tired: Reclaim Your Inner Terrain!* (1997)



## Pure Energy: The Power of Alkalinity

### 70 IS THE MAGIC NUMBER

According to studies completed by Dr. Robert Young, Ph.D., D.Sc., the foods you include in your diet should ideally have a frequency of at least 70 MHz. When you eat something that carries less than 70 MHz, your food actually *takes* more than it *gives* to your body. In fact, when you don't eat foods that carry 70 MHz or above, your body will immediately trigger you to crave more energy. And you will likely fulfill this craving with 'artificial' energy, i.e., high calorie foods, caffeine, sugar, etc.





THERE IS NO PASSION TO BE FOUND  
IN PLAYING SMALL—IN SETTLING FOR  
A LIFE THAT IS LESS THAN WHAT YOU  
ARE CAPABLE OF LIVING.

—NELSON MANDELA

LIVING  HEALTH

*The 10 Fundamentals of Living Health*

**G**ive yourself the Six Gifts! Eliminate the Four Poisons! Adhering to the 10 Fundamentals of Living Health will create the health, vitality, energy, fitness, and endurance you deserve! These ten principles are easy, fast, and fun!

**THE SIX GIFTS**

*Give Yourself the Gifts of:*

1. Vital Breathing
2. Living Waters and Live Foods
3. Aerobic Power and Maximum Strength
4. Maximum Nourishment
5. Structural Support
6. A Directed Mind

**THE FOUR POISONS**

*Dramatically Reduce or Eliminate Your Intake of:*

7. Processed Fats
8. Animal Flesh
9. Dairy Products
10. Acid Addictions



WE CREATE OUR OWN DESTINY  
BY THE WAY WE DO THINGS.  
WE HAVE TO TAKE ADVANTAGE  
OF OPPORTUNITIES AND BE  
RESPONSIBLE FOR OUR CHOICES.

—BENJAMIN CARSON

LIVING  HEALTH

*The 10 Fundamentals of Living Health*

**STEP 1: VITAL BREATHING**

According to Sheldon Saul Hendler in *The Oxygen Breakthrough*, without ATP our bodies would immediately shut down—and without oxygen, there would be no ATP. It's clear, then, that optimal oxygenation of your cells through proper nutrition, fluid intake, exercise, and stress management is absolutely necessary in order to maintain your health.

Remember, the richest blood flow is in the lower lungs. When this area fails to be adequately ventilated with air, we end up under-oxygenated. Proper breathing requires the use of the diaphragm, the layer

of muscle that separates the chest cavity from the abdominal cavity. When you breathe properly, the diaphragm contracts and the abdomen protrudes, allowing the lungs to expand and fill with air. To get the maximum benefit from the roughly 2,500 gallons of air you take in daily, learn to breathe from the bottom up!

The first step you can take to immediately condition your body for maximum nutrition is to learn to breathe properly.

**EXERCISE**

TAKE TEN POWER BREATHS THREE TIMES A DAY IN THE FOLLOWING RATIO: INHALE FOR A COUNT OF 1. HOLD FOR A COUNT OF 4. EXHALE FOR A COUNT OF 2.



## *The 10 Fundamentals of Living Health*

### STEP 2: LIVING WATERS & LIVE FOOD

**W**ater is an essential and major component of all living matter, and it is the largest single component of the body. An adult can live several weeks without food, but no more than about ten days without water. According to Sheldon Saul Hendler, our brains are approximately 80% water! Digestion, circulation, and excretion cannot occur without it. It carries nutrients and all vital body substances, plays a crucial role in

maintaining body temperature, and serves as building material for growth and repair of the body.

*What is the minimum amount of water you need to survive?*

- You can lose 50% of your glucose.
- You can lose 50% of your fat.
- You can lose 50% of your protein.
- You can lose only 20% of your water!

*Success and failure are not overnight experiences; it's all the small decisions along the way that cause people to fail or succeed.*

*—Anthony Robbins*

## *The 10 Fundamentals of Living Health*

### STEP 2: LIVING WATERS & LIVE FOOD

**R**emember, 70% of the planet is covered with water. Approximately 70% of your body is made up of water; **70% of your diet should consist of water-rich foods.** Most people have 40-50% water-content food in their diet. Anything less than 15% water-content food in your diet is suicide!

### EXERCISE

1. WRITE DOWN EVERYTHING THAT HAS PASSED YOUR LIPS IN THE LAST 24 HOURS.
2. NOW LOOK AT YOUR DIET. WHAT PERCENTAGE OF YOUR DIET IS MADE UP OF WATER-RICH FOODS?

ORGANIZING PRINCIPLE FOR LASTING HEALTH

EVERY TIME YOU REACH FOR FOOD, ASK YOURSELF,  
 "WILL THIS CLEANSE ME OR CLOG ME?"



# FITNESS VS. HEALTH

**FITNESS:** THE PHYSICAL ABILITY TO PERFORM ATHLETIC ACTIVITY.

**HEALTH:** THE STATE IN WHICH ALL SYSTEMS OF THE BODY—NERVOUS, MUSCULAR, SKELETAL, CIRCULATORY, DIGESTIVE, LYMPHATIC, HORMONAL, ETC.—ARE WORKING *OPTIMALLY*.

YOUR GOAL IS TO BECOME NOT  
JUST FIT, BUT *HEALTHY*.

## LIVING HEALTH

### *The 10 Fundamentals of Living Health*

#### *STEP 3: AEROBIC POWER & MAX STRENGTH*

**Y**ou must balance aerobic training, which gives you overall health, with anaerobic training, which builds muscle.

**AEROBIC TRAINING:** The term 'aerobic' means, literally, 'with oxygen,' and refers to moderate exercise sustained over a period of time. This type of training builds endurance, and supports the heart, lungs, blood vessels, and aerobic muscles. In aerobic mode, you are burning fat as your primary fuel.

**ANAEROBIC TRAINING:** The term 'anaerobic' means 'without oxygen,' and refers to exercises that are sustained for only short bursts of power. This type of training burns glycogen as its primary fuel and causes the body to store fat.

*Most types of exercises can be either aerobic or anaerobic depending on the intensity.*



*The 10 Fundamentals of Living Health***STEP 3: AEROBIC POWER & MAX STRENGTH**

**W**hat are the benefits of aerobic training?

1. Your lungs operate more efficiently.
2. Your blood vessels become enlarged, making them more pliable and reducing the resistance to blood flow.
3. Your blood supply increases, especially the red blood cells and hemoglobin.
4. Aerobic training makes healthier body tissues supplied with more oxygen.
5. It does wonders for your heart.
6. It helps you eat, digest, and eliminate waste better.
7. It helps you sleep better.
8. It may even make you feel better mentally and emotionally!

*We are not limited by age; we are liberated by it.*  
—Stu Mittleman

*The 10 Fundamentals of Living Health***STEP 3: AEROBIC POWER & MAX STRENGTH***10 Key Bio-Markers of Aging:*

1. **BONE DENSITY:** Calcium is lost with age.
2. **BODY TEMPERATURE REGULATION:** Ability to maintain a steady internal temperature declines.
3. **BASAL METABOLIC RATE:** Metabolic rate declines by 2% per decade after age 20.
4. **BLOOD-SUGAR TOLERANCE:** Ability to use glucose in the bloodstream declines.
5. **STRENGTH OF MUSCLES:** Muscles and motor nerves begin to deteriorate at age 30.
6. **FAT CONTENT IN BODY:** From 20-65, average person doubles his fat-to-muscle ratio.
7. **AEROBIC CAPACITY:** By 65, body's ability to use oxygen efficiently declines by 30-40%.
8. **CHOLESTEROL/HDL RATIO:** At 50, 'good' HDL cholesterol protecting against heart disease loses ground to 'bad' LDL cholesterol, increasing heart attack risk.
9. **MUSCLE MASS:** Average American loses 6.6 pounds of muscle each decade after young adulthood.
10. **BLOOD PRESSURE:** Majority of Americans show steady increase of blood pressure.

*The one and only activity that has been proven to reverse—not just slow or stop—all ten bio-markers of aging is basic weight training movements (i.e., weight training, Static Contraction).*



## The 10 Fundamentals of Living Health

### STEP 3: AEROBIC POWER & MAX STRENGTH

Remember, you must train your metabolism. Research shows that if you exercise consistently over a 12-month period, you will form this positive addiction for a lifetime!

*Human beings respond to challenge.*

—Anthony Robbins

### EXERCISE

*WHAT ARE SOME AEROBIC EXERCISES THAT YOU MIGHT ENJOY (I.E., WALKING, RUNNING, BIKING, SWIMMING, HIKING, ROWING, SPINNING, ETC)?*

SCHEDULE A SPECIFIC TIME THAT YOU WILL EXERCISE FOR AT LEAST SIX OUT OF THE NEXT TEN DAYS. BE SURE TO WARM UP PROPERLY, EXERCISE AEROBICALLY AT YOUR PROPER HEART RATE FOR AT LEAST FIFTEEN MINUTES, AND WARM DOWN PROPERLY. IF YOU LIKE, YOU CAN ADD STATIC CONTRACTION OR ANOTHER FORM OF WEIGHT TRAINING TO YOUR ROUTINE.

## The 10 Fundamentals of Living Health

### STEP 4: MAXIMUM NOURISHMENT

#### Principles of Maximum Nourishment:

1. Break your 'fast' (breakfast) with green vegetables; green juices; non-acid-producing, low-sugar fruits and juices; or light, alkalizing foods.
2. Properly combine your foods for maximum nourishment and energy. Do not combine carbohydrates and proteins.
3. Eat comfortable amounts of food to maximize energy and nutrition, and avoid 'carbohydrate hell.'
4. Consume quality oils such as olive oil, flax seed oil, or primrose oil.
5. Do not eat when you are stressed.
6. Do not drink any water during meals.
7. Eat organic food whenever possible.
8. Do not eat condensed foods, especially animal products, immediately before bed.

#### ORGANIZING PRINCIPLE FOR LASTING HEALTH

IF YOU WANT TO EAT A LOT, EAT A LITTLE SO YOU'RE AROUND LONG ENOUGH TO EAT A LOT!



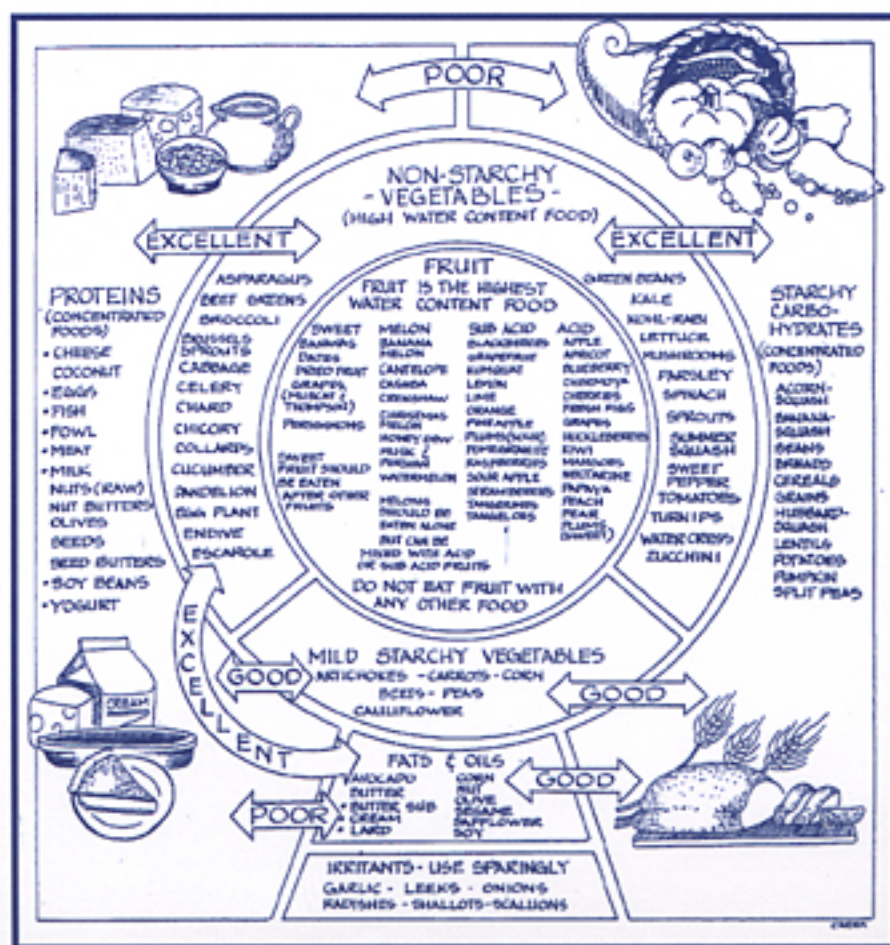
## The 10 Fundamentals of Living Health

### STEP 4: MAXIMUM NOURISHMENT

This common sense chart shows you how fresh, vital foods, properly combined, will promote optimum digestion, and energize and strengthen your body.

1. Protein & carbohydrate foods should never be combined.
2. A leafy green salad can be eaten with any protein, carbohydrate, or fat.
3. Fats inhibit the digestion of protein. If you must have a fat with a protein, eat a mixed vegetable salad. It will offset the inhibiting effect on digestion.
4. You should never drink liquids with or immediately following a meal.

• listed for clarification, but not recommended.



## The 10 Fundamentals of Living Health

### STEP 4: MAXIMUM NOURISHMENT

#### THE IDEAL FOOD PYRAMID

You must create a terrain that continually produces, nurtures, strengthens, and reinforces vital, healthy, strong cells.



- Carbohydrates, proteins, and oils include essential nutrients for the body. However, your primary focus must remain on live, water-rich foods.
- Remember, fat is a necessary nutrient of the body; many organs of the body are made up of fats.
- Eliminating fat from your diet will not eliminate fat from your body if you are eating refined carbohydrates or proteins in excess of your body's needs. These nutrients will be converted by the liver and stored as fat.

PSYCHOLOGY IS 80%, MECHANICS IS 20%

### EXERCISE

1. BRAINSTORM FOODS THAT YOU ENJOY FOR EACH SECTION OF THE FOOD PYRAMID.
2. COMMIT TO THE FOLLOWING POINTS FOR THE NEXT TEN DAYS:
  - BREAK YOUR FAST WITH GREEN VEGETABLES, JUICES OR ALKALIZING FOODS
  - PROPERLY COMBINE YOUR MEALS (NO STARCH AND PROTEINS TOGETHER)
  - EAT IN A RELAXED STATE
  - EAT COMFORTABLE AMOUNTS OF FOOD
  - DRINK WATER BEFORE YOUR MEALS, NOT DURING OR AFTER
  - EAT ORGANIC FOODS AS MUCH AS POSSIBLE
  - EAT WELL BEFORE THE TIME YOU RETIRE



## The 10 Fundamentals of Living Health

### STEP 5: STRUCTURAL SUPPORT

#### Principles of Structural Support

1. Our bodies are designed to develop and maintain themselves through **motion**.
2. Our bodies **compensate** for lack of motion. With compensating motion, other muscles must do the work of the dysfunctional muscles—work they're not intended to perform.
3. Our bodies are intended to stand **upright**, bear the load of their own weight, and rely on joints that function at right angles.
4. When properly aligned, the **head** is positioned over the shoulders, shoulders directly over the hips, hips firmly planted over the knees, and knees and ankles aligned with the

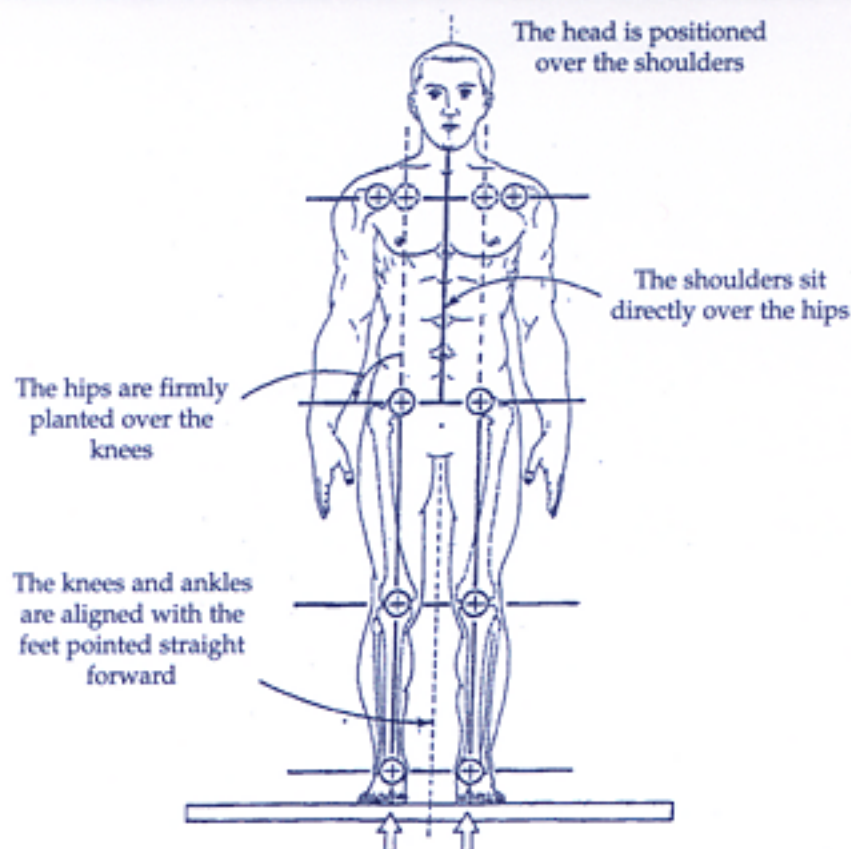
feet pointed straight forward.

5. **Physical function can be improved and/or re-established** in a relatively short period of time with appropriate exercise.
6. **Muscle fibers have memory.** Appropriate exercise of dysfunctional muscles retrains and restores them to proper function.
7. **An effective exercise regimen is balanced**, both through bilateral symmetry (working both sides of the body equally) and working opposing muscle groups such as abductors (inside thigh muscles) and abductors (outside thigh muscles).

[Source: *The Egoscue Method*, 1992, by Pete Egoscue]

## The 10 Fundamentals of Living Health

### STEP 5: STRUCTURAL SUPPORT



#### EXERCISE

1. SEEK OUT A PROFESSIONAL (I.E., A CHIROPRACTOR) OR PURCHASE PETE EGOSCUE'S BOOKS *THE EGOSCUE METHOD* OR *PAIN FREE TO DETERMINE WHERE YOUR BODY MAY BE OUT OF ALIGNMENT*.
2. COMMIT FOR TEN DAYS TO DO STRETCHES AND EXERCISES DAILY (AND SEEK CARE WHERE NECESSARY) TO KEEP YOUR BODY ALIGNED. SEEK A PROFESSIONAL OR SEE PETE EGOSCUE'S BOOK FOR SPECIFIC EXERCISES, DEPENDING ON YOUR CONDITION.



*The 10 Fundamentals of Living Health***STEP 6: A DIRECTED MIND***Principles of the Mind-Body Connection*

1. The **mind** has tremendous power over the body.
2. A depressed immune system is the result of **stress**, which is the result of disempowering eating and sleeping patterns, as well as habitual poor physiology and/or focus.
3. Anger and resentment are physical **poisons** to the body. Your thoughts create a direct physical effect on your body.
4. **Fear** compromises your immune system.
5. Develop empowering **beliefs** to let you know that there is always a way if you are committed.
6. Create a **physiology of vibrancy**, and watch your health respond.
7. Create a **compelling future**.

*A man is what he thinks about all day long.  
—Ralph Waldo Emerson*

*The 10 Fundamentals of Living Health***STEP 6: A DIRECTED MIND****6 Steps to Excellent Meditation**

1. **Exercise first** to create energy and good circulation.
2. **Sit in a comfortable, balanced posture.** Spine should be straight, muscles relaxed, chin in slightly. If in a chair, distribute weight equally so hips are balanced.
3. **Shift attention to your breath.** Watch in- and outflow. Mentally scan your body as you become relaxed, still, and fully present.
4. **Choose the meditation you will practice.** Prepare to take on the posture, movement, breath pattern, and/or sounds you will use.
5. **As you begin, let your flow of thoughts go by and move into the background.** Any thought that 'grabs' you, just watch it or use your mantra or focus to replace it.
6. **Gradually increase the length of time.** Start with 3-5 minutes. By 11 minutes your nerves and glands change and adapt. By 22 minutes your mind gains a powerful ability to project itself. By 31 minutes you can feel your self, your core purpose, and a vast aliveness.

**EXERCISE**

**SIT WITH STRAIGHT SPINE. PLACE RIGHT FINGERTIPS ON THE OUTER LEFT WRIST TO FEEL YOUR PULSE. CLOSE EYELIDS SO THEY ARE 1/10TH OPEN. SLOW YOUR BREATH RATE DOWN TO 4 TIMES A MINUTE OR LESS. SIMPLY FEEL EACH PART OF THE HEART BEAT. GRADUALLY SENSE THE BEAT ALL OVER THE BODY. CONTINUE FOR 11 MINUTES. THEN INHALE DEEPLY AS YOU STRETCH YOUR ARMS UP, THEN RELAX.**

**ANOTHER PRACTICE IS TO MEDITATE WHILE WALKING.**



*The 10 Fundamentals of Living Health***STEP 7: REDUCE PROCESSED FATS**

*Be certain to get your essential fatty acids.*

Processed fats are fats destroyed through cooking, causing them to be unusable and toxic to the body, resulting in acid and disease conditions. Examples of foods containing processed fats are butter, margarine, cheese, whole milk, and meats.

*Fats in their natural, unprocessed form serve five major functions:*

1. Build cell membranes.
2. Aid in the production of hormones.
3. Raise metabolism and create energy.

4. Protect the body by buffering and neutralizing acids.
5. Provide lubrication to the body, freeing cells to move.

Unprocessed fats exist in their natural state without additives. The best examples are the fats contained in avocados, almonds, and olive and flax seed oils.

The dangers of processed fats include poor circulation and elimination, excess congestion, and toxicity in the body. In addition, the body is not able to perform the functions unprocessed fats provide.

*The 10 Fundamentals of Living Health***STEP 7: REDUCE PROCESSED FATS**

**A**void the 'No Fat' fallacy. Remember, when the body takes in more than it can burn, the excesses (sugars, carbohydrates, and even proteins) will turn into fat. While you must have fats to maintain optimum health, you must make sure that you are ingesting only the ideal fats—and not the fat that results from excess food intake.

**EXERCISE**

1. FOR THE NEXT 10 DAYS, COMMIT TO INCREASING YOUR CONSUMPTION OF UNPROCESSED FATS. ONE WAY TO DO THIS IS BY USING FRESH OLIVE OIL ON YOUR VEGETABLES. OR FOR A TASTY SALAD DRESSING, TRY OLIVE OIL, LEMON JUICE, SALT, AND PEPPER.
2. FOR THE NEXT 10 DAYS, COMMIT TO DRAMATICALLY REDUCING OR ELIMINATING YOUR INTAKE OF PROCESSED FATS.

*It's your decisions, not your conditions,  
that determine your destiny.  
—Anthony Robbins*





## *The 10 Fundamentals of Living Health*

### **STEP 8: REDUCE INTAKE OF ANIMAL FLESH**

**H**ow much protein do we really need? Research shows that 16-23 grams of protein is a tremendous amount for most cultures around the world. We live in a society that is protein poisoning itself.

**When in life are protein needs the greatest?** As an infant! And what percentage of mother's milk is protein? It's 1.2-1.6% protein—about the same as fruit. As your body becomes more efficient, it reuses and recycles protein within the system.

**But don't I have to combine my proteins to get a complete protein?** No. The body will adjust to whatever protein intake we offer it.

**Don't I need to eat meat for energy?** No. Protein is the last thing the body burns for energy. The first thing the body burns is sugar, the second is carbohydrates. Protein is the last resort. Excess protein creates excess nitrogen in the system. Excess nitrogen creates fatigue.

**But if I don't eat meat, won't my bones get weak?** Meat contains lots of uric acid, and that leaches calcium from the system. People who eat meat have the weakest bones.

**What is uric acid, and how does it affect the taste of meat?** Your body can only handle



## *The 10 Fundamentals of Living Health*

### **STEP 8: REDUCE INTAKE OF ANIMAL FLESH**

about grains of uric acid in a day. An average piece of meat (3-4oz.) contains 16 grains. Uric acid in the bloodstream creates arthritis—it irritates the tendons and joints. Uric acid is the acid from the urine of the animal. It's what gives meat its taste.

**What is the role of putrefactive germs?**

When an animal dies, putrefactive germs from the colon saturate all the cells of the meat. It's putrefactive germs that tenderize the meat.

**Who are well-known vegetarians?**

Leonardo da Vinci, Pythagoras, Socrates,

Plato, Benjamin Franklin, Thomas Edison, Albert Schweitzer, and Albert Einstein.

**If you're going to eat meat, here's how:**

Get a clean source (i.e., Kosher, range fed); eat it only once per day maximum; eat it properly combined.

For more information, buy John Robbins' book, *Diet for a New America*.

### EXERCISE

FOR THE NEXT 10 DAYS, COMMIT TO ELIMINATING YOUR INGESTION OF ANIMAL FLESH ENTIRELY.



## The 10 Fundamentals of Living Health

### STEP 9: REDUCE INTAKE OF DAIRY

*Cows don't drink cows' milk . . . why should you?*

Approximately 20% of the population does not produce lactase in their bodies, which is needed to digest lactose, the sugar in milk. **Dairy products are one of the most destructive things in your system. They create tremendous amounts of mucus in the system and are extremely fatty.**

In addition, the extra mucus in the intestines hardens and forms a coating on the inner lining that is relatively impermeable to

nutrients. This means poor absorption and increased fatigue.

Finally, according to Dr. William Ellis in the Healthview Newsletter, No. 14, "After thousands and thousands of blood tests I've conducted show that people who drink 3-4 glasses of milk a day invariably had the lowest levels of blood calcium."

Adults who drink milk do not absorb nutrients as well.

## The 10 Fundamentals of Living Health

### STEP 9: REDUCE INTAKE OF DAIRY

*Consider These Interesting Facts:*

- Americans consume more dairy products than any other country in the world; if dairy products really did help prevent osteoporosis, we should have very few incidences of the disease.
- The highest incidences of osteoporosis are in countries where dairy products and calcium supplements are consumed in the greatest quantities.

- The incidences of osteoporosis are lowest in countries where the smallest amounts of dairy products are consumed.
- Osteoporosis is unique to the human species; the only exceptions are animals under the care of humans.
- Consuming dairy products can actually *cause* osteoporosis.

### EXERCISE

FOR THE NEXT 10 DAYS, COMMIT TO ELIMINATING CONSUMPTION OF ALL DAIRY PRODUCTS.

*Nothing tastes as good as thin feels.*  
—Anthony Robbins



*The 10 Fundamentals of Living Health***STEP 10: REDUCE ACID ADDICTIONS**

**A** diet that promotes over-acidification of the blood and tissues allows for a terrain that is conducive to the growth of virus, bacteria, yeast, and fungus—the greatest decomposers of cells and tissues in the human body. Think of it like this: A refrigerator must stay cold in order for food to stay free of bacteria, fungus, and mold. If the terrain of the refrigerator is compromised and it begins to warm up, the food inside will begin to grow bacteria that evolves into yeast and mold. The food begins to deteriorate and is destroyed.

The same thing happens inside your body when you overeat acid-producing foods. This over-acidification is how infectious and degenerative disease begins.

*What's the Solution?*

A low carbohydrate diet consisting of dark green and yellow vegetables, soy beans, sprouted items, nuts, seeds, grains, and essential fatty acids is the biologically and physiologically correct nutrition. Why? Because this type of diet lowers the over-acidification of the blood and tissues by its abundance of bases and alkaline salts.

*The 10 Fundamentals of Living Health***STEP 10: REDUCE ACID ADDICTIONS***Just Say 'No' to These Acid Addictions!*

1. **SUGAR:** An addictive drug that causes diabetes, obesity, tooth and gum decay, etc.
2. **VINEGAR:** A product of decay that contains acetic acid that affects the liver in much the same way alcohol does.
3. **SALT:** Over 1/5 of all Americans aged 25-74 suffer from hypertension—a direct result of too much salt in the diet.
4. **NICOTINE:** Consequences include increased risk of heart disease, lung cancer, stroke, emphysema, and hypertension.
5. **ALCOHOL:** According to Dr. Melvin H. Knisely, "Every time a person takes one

drink of alcohol—even a social one—he permanently damages his brain, killing off tens of thousands of brain cells."

6. **CAFFEINE:** The toxic cousin of nicotine, it impacts the brain and spinal nerves, causing increased irritability, loss of sleep, heart palpitations, and even muscular tremors.
7. **DRUGS:** The harmful effects of drugs, both prescription and illegal, mirror the symptoms of disease. In many cases the 'side effects' of a drug are worse than the disease for which it is being taken.

**EXERCISE**

FOR THE NEXT 10 DAYS, COMMIT TO CUT OUT YOUR CONSUMPTION OF ACIDS (SUGAR, VINEGAR, NICOTINE, ALCOHOL, CAFFEINE, AND ANY DRUGS).



THE HUMAN BODY IS THE BEST  
PICTURE OF THE HUMAN SOUL.

—LUDWIG WITTGENSTEIN

LIVING  HEALTH

*Experience Pure Energy Now: The 10 Day Challenge*

Give yourself these 10 gifts for 10 days and experience the power, vitality, energy, and joy of your body being totally alive with health: Experience pure energy and living health!

THE 10-DAY CHALLENGE

1. VITAL BREATHING: THREE SETS OF TEN EACH DAY
2. LIVING WATERS AND LIVE FOOD: DRINK PLENTY OF WATER AND EAT 70% WATER CONTENT FOOD
3. AÉROBIC POWER & MAXIMUM STRENGTH: EXERCISE 6 TIMES IN THE NEXT 10 DAYS
4. MAXIMUM NOURISHMENT: BREAK YOUR FAST WITH GREEN VEGETABLES; PROPERLY COMBINE; NO STARCH AND PROTEIN; EAT COMFORTABLE AMOUNTS IN A RELAXED STATE; DRINK WATER BEFORE OR AFTER MEALS, NOT DURING; EAT ORGANIC; EAT LONG BEFORE BED
5. A DIRECTED MIND: CREATE JOY WHERE YOU HAD STRESS; DIRECT YOUR APPETITE
6. STRUCTURAL SUPPORT: GET REST AND A MASSAGE; KEEP YOUR BODY IN ALIGNMENT WITH STRETCHES, EXERCISES, AND/OR PROFESSIONAL CARE
7. ELIMINATE PROCESSED FATS: EAT ENOUGH NATURAL OR UNPROCESSED FATS
8. ELIMINATE ANIMAL FLESH
9. ELIMINATE MILK, CHEESE, AND DAIRY PRODUCTS
10. ELIMINATE ACID ADDICTIONS