

## 5 ESSENTIAL STEPS TO VIBRANT HEALTH

### How to Start Getting Healthier



Our body knows how to be healthy. Dis-ease develops only when the natural laws of health are broken. To help our body to stay healthy we need to understand and apply those laws. Developing dis-ease is usually a result of our long time ignorance of our body needs that leads to loss of natural balance. Helping our body to restore this balance, providing it with what it needs on regular basis, will help our body to heal and rebuild itself.

On our road to renewed health, we must *decide* that we are going to be healthy. This is our *active intent*. We must take responsibility for our own health and take control of our own lives. Next, we must become fully aware of how our health is gained and maintained.

The only way to true health is by taking full responsibility for it. Every “body” is different, with different deficiencies and weaknesses. No one knows you and your body like you do. Individual health is a very personal thing, and no doctor or therapist can know enough about you to “fix” your problems. It is **only you** with your intimate knowledge of yourself, your growing knowledge about what a body needs for health, and your continuous attention to your bodily signals, who can make the adjustments and changes that are required. Only then can it serve you with real and lasting health. It is a symbiotic relationship: we supply the body with its needs, and it serves us with good health.

**Than we just have to follow the next essential steps:**

**Step 1. Learning.**

The first step is education about how health is gained and maintained. We need knowledge; it is the beginning of power. Understanding is the primary key to correcting the wrongs in our lives and consistently doing the rights. Education brings understanding that enables us to put the learned principles to work in our lives so we can start to see positive results. Many people die from lack of knowledge. Always be searching for the truth, just because something is accepted practice doesn't mean it is the truth. False knowledge is more dangerous than ignorance. Accepting one false principle about health and nutrition erodes the benefits of our gained wisdom.

**Step 2. Cleansing.**

Over years of not living in accordance with the way nature intended, our bodies become burdened with stored wastes that shouldn't be there. Toxins are the cause of reduced function and premature aging. Just like the engine or radiator car, if they aren't cleaned on a regular basis, they overheat and wear out. Before we can return to vibrant health, we have to do some housecleaning for our bodies too. This is called detoxification.

**Step 3. Nourishment.**

You need to feed your body what it can use to rejuvenate itself. As we have already learned, the human body is very wise; given the proper tools, it knows what to do to achieve health. Our job is not to try to "fix" a disease—that's the body's job. Our job is to give the body what it needs and let it do the rest.

**Step 4. Stress reduction**

Continuous stress creates disbalance in our bodies. Our bodies will use all their available resources to bring us back to healthy and balanced state and repair the damage done by the stressors. However, if the stress continues and body's needs are not satisfied quick enough through the proper stress reduction techniques, rest and adequate nutrition, the serious problems arise because of inability of our body to heal itself on time. Stress is the main trigger of the most of our dis-ease and needs to be addressed as soon as it occurs to preserve our health and wellness.

**Step 5. Take Action**

Once we have made the decision to be healthy and have started to educate ourselves about what helps our bodies to cleanse, heal, and stay healthy, we must then be determined to put healthy lifestyle principles into practice. We must take *consistent* action.

As we gain experience by applying healthy principles to our diet and lifestyle, we can learn to read the various signals our bodies send us when they are stressed and when they are healing. We become detectives, figuring out from the clues our bodies give what they need us to do to make and keep ourselves healthy.



Everyone has some Suffering

Everyone has some Disease

Disease is caused by violation of Natural Law

Disease is caused by Karma release

Disease is expressed first at the weakest Genetic Code

Disease is aggravated by emotional tension, bad nutrition, bad behaviors, toxicity, trauma, etc.

Suffering is from the desire for things to be different

To reduce Suffering we must learn to accept certain things

To reduce Suffering we must change certain things

If we want things different we must change

**To promote healing we must:**

Reduce all causes of disease as much as possible

Rebuild and restore all degraded organ tissue

Unblock all blockages to flow

Control all symptoms with Natural law medicine

Deal with the genetic and constitutional make up

Learn to change the things we can

Learn to accept the things we must

Develop the wisdom and grace to know the difference

Genetic disease can be helped by individualized nutrition

All persons will die, but we can help them die with dignity and grace

Grace of living is the ultimate achievement of life enlightenment