



What is Health?

Health is a natural, normal state, where all the systems of the body are functioning properly. The manifestation of symptoms and a state of disease develops when we fail to do that which is necessary to maintain health. Disease is the absence of health. Most people who experience the absence of health do nothing to combat this state, but rather have accepted it as normal, but it is far from normal.

It is a common belief in our society that sickness and disease are the result of luck. If you are lucky you will stay healthy and if you are unlucky, you will get sick. Others believe you are genetically programmed from your parents and their parents, and whatever has been passed down the line you are sure to get. This later opinion has led to the unnecessary removal of healthy organs as a preventative measure against genetic disease.

The true science of conquering disease is to do so by restoring the health by getting the body back into proper balance; instead of trying to restore the health by conquering disease.

We advocate the approach to health and well being through natural methods. Since we are a product of nature, and nature has its laws, then we should find out what those laws are if we are to harmonize with them and pursue health.

In order for the body to function at its best to instill health it must be given certain elements in proper proportion according to the needs:

1. Fresh pure air with deep breathing regularly.
2. Pure natural, unadulterated, fresh water in correct quantities at correct intervals.
3. A hygienically clean body inside and out.
4. Eat live, natural foods for proper nutrition; foods which are organic in nature and have the life force still in them.
5. Regular body exercise and stimulation of the body muscles and organs.
6. Absorption of the sun's rays and its warmth regularly on the body. Plants soak it up daily.
7. Peaceful, relaxing sleep in correct proportions, taking at least one nap per day as your schedule allows.

8. Correct posture and spinal alignment. Plants normally stand erect.
9. Disciplinary control over the mind and emotions so that some measure of good thoughts and positive thinking becomes habitual and orderly.
10. Periodic purification or cleansing of the whole body system and the thinking process in order to counteract abuses of "civilized living" and uncontrolled exposure to environmental toxins.
11. A sustaining interest in some worthy endeavor in life which will tend toward forgetting about the negative thoughts of the body and self or any imaginary ills.
12. Belief and faith in the Creator of all things.