
KEYS TO VITAL HEALTH

**UNLOCKING THE TOP 10 SECRETS
TO LIVING A PURPOSEFUL LIFE
WITH AMAZING ENERGY
FOR LONGEVITY**



KEYS 2 VITAL HEALTH

PREFACE

I HAVE ALWAYS WONDERED WITH AMAZEMENT TO SEE HEALTHY HAPPY AND ACTIVE INDIVIDUALS ENJOYING LIFE! I ASKED A MAJORITY OF THESE PEOPLE WHAT THEIR SECRET WAS AND THEY RESPONDED THAT THEY APPRECIATED LIFE AND WERE THANKFUL TO BE ABLE TO MOVE AROUND, THINK CLEARLY AND BE INDEPENDENT. PEOPLE WHO WERE ACTIVE AND TAKING CARE OF THEMSELVES DID THE THINGS THAT THEY WANTED AND LOVED TO DO.

OUR PHYSICAL HEALTH IS SO INTERTWINED WITH OUR MOST DOMINANT VALUES IN OUR LIFE. THE MENTAL, SOCIAL, SPIRITUAL, FAMILIAL, VOCATIONAL AND FINANCIAL LIVES ARE ALL INTERTWINED WITH OUR TRUE PURPOSE. IN ORDER TO HAVE TOTAL PHYSICAL HEALTH, WE NOT ONLY NEED TO BE BODY FIT, BUT WE ALSO NEED PURPOSE WITHIN US THAT WILL DRIVE US TO REACH OUR FULL POTENTIAL. OUR INNATE WISDOM, SPIRIT WITHIN, GHOST IN THE MACHINE OR LIFE FORCE, KNOWS OUR TRUE GIFTS AND IT IS UP TO US TO DIG DEEP INSIDE TO FIND THAT WHICH WE WOULD LOVE TO DO. " I DO WHAT I LOVE AND I LOVE WHAT I DO", IS AN AFFIRMATION FROM DR. JOHN F. DEMARTINI, WHICH BRINGS OUT THE TRUE ESSENCE OF LIVING YOUR TRUE PURPOSE IN LIFE. ONCE YOU HAVE THAT VISION, YOUR BELIEFS AND VALUES WILL DETERMINE YOUR PLANNED ACTION STEPS FOR SUCCESS (P.A.S.S.) AND WILL IMPROVE THE QUALITY OF YOUR LIFE FOREVER.

THE BODY IS MADE UP OF CELLS, OVER 75 TRILLION OF THEM. THESE CELLS ARE THE BASIC BUILDING BLOCKS AND POWERHOUSES THAT KEEP US ALIVE AND WELL AND ALSO NOURISH THE BODY. THEY ALSO DISPOSE AND ELIMINATE TOXINS AND WASTE. CELLS PRODUCE ENERGY CALLED ADENOSINE TRIPHOSPHATE (ATP). THIS ENERGY IS FUEL TO THE

BODY AND THIS FUEL IS VITAL FOR THE FUNCTIONING OF THE BODY PARTS AND SYSTEMS.

ATOMS AND MOLECULES MAKE UP CELLS, CELLS MAKE UP ORGANS, ORGANS MAKE UP SYSTEMS AND SYSTEMS MAKE UP OUR BODIES. BY MAINTAINING QUALITY CELLS, YOU WILL MAXIMIZE YOUR OVERALL HEALTH POTENTIAL. A HEALTHY BODY DEPENDS ON VITAL FORCE THAT KEEPS THE ENERGY LEVELS AND SYSTEMS FUNCTIONING AT THEIR OPTIMAL CAPACITY.

OXYGEN IS THE SOURCE OF ENERGY FOR CELLS. CELLS WILL USE OXYGEN AS FUEL TO CONVERT GLUCOSE, TAKEN IN THE BODY, INTO ATP. GLUCOSE IS NUTRIENTS FOR THE CELLS AND SHOULD BE ABSORBED INTO CELLS. IF GLUCOSE IS NOT ABSORBED THROUGH THE CELL, WITH THE HELP OF INSULIN, IT WILL TRAVEL IN THE BLOOD STREAM TO DIFFERENT ORGANS AND SYSTEMS AND WILL OVER TIME DETERIORATE THAT BODY PART.

CELLS NEED NUTRIENTS TO SURVIVE. THEY ALSO NEED TO ELIMINATE WASTE AND BY PRODUCTS OF BODY METABOLISM. THE SAYING GOES GARBAGE IN, GARBAGE OUT, WHICH MEANS THE PERFORMANCE OF YOUR BODY CAN BE DIRECTLY RELATED TO THE FUEL OR NUTRITION THAT YOU PUT INTO IT. IF YOU THINK THAT YOU HAVE A CADILLAC OR FERRARI BODY AND PUT DEAD, NO ENERGY, CLUNKER GAS IN IT, YOU WILL NOT SEE A HIGH PERFORMANCE, HIGH ENERGY, VITAL, ACTIVE BODY.

CELLS CAN ALSO DIE FROM SPECIFIC FACTORS. FIRSTLY THEY CAN DIE FROM A LACK OF OXYGEN. CHANGES IN THEIR ELECTRICAL COMPONENT CAN KILL CELLS. PHYSICAL DAMAGE CAUSING RUPTURE OF THE CELL CAN CAUSE CELL DEATH. A DECREASE IN THE AMOUNT OF NERVE SUPPLY OR ENERGY WILL BE CERTAIN DEATH AND DETERIORATION.

THE HUMAN BODY IS AN ELECTRICAL MACHINE. THE BRAIN ITSELF GIVES OFF 4 WATTS OF ELECTRICAL ACTIVITY. IF YOU HAVE EVER RUBBED YOUR SOCKS AND FEET ON A RUG AND THEN TOUCHED SOMEONE, YOU CAN CONVINCE OTHERS OF

THAT ELECTRICAL CHARGE IN YOU TOO! ELECTRICAL IMPULSES TRAVEL 287 MILES PER HOUR THROUGH NERVE HIGHWAYS. IT IS TRULY A REMARKABLE CREATION. IN ORDER FOR EACH CELL TO FUNCTION PROPERLY, THIS INTRICATE SYSTEM MUST WORK EFFECTIVELY AND WITH SYNCHRONICITY. WE NEED TO APPRECIATE THE COMPLEXITY OF THIS SYSTEM AND UNDERSTAND HOW NERVE ENERGY IS A VITAL COMPONENT OF THE BODY FUNCTIONING AT FULL CAPACITY OR OPTIMUM HEALTH. THE ENERGY THAT YOU CAN GENERATE BY HAVING A NOURISHED AND HEALTHY BODY WITH VITALLY ACTIVE CELLS, WILL DETERMINE THE LIFE AND VIGOR YOUR BODY WILL EXPERIENCE.

I WILL BE DISCUSSING SOME KEYS TO LIVING A HEALTHY LIFE THROUGHOUT THIS BOOK, SO TAKE NOTES AND LEARN SOME NEW AND DIFFERENT IDEAS THAT WILL ADD YEARS TO LIFE AND LIFE TO YEARS. THE LAWS OF NATURE TELL YOU TO PICTURE YOUR HEALTH AND WHAT YOU WANT TO ACCOMPLISH IN YOUR MINDS EYE. THE UNIVERSE WILL DO ALL THAT IT CAN TO HELP YOU SUCCEED AT WHATEVER YOU VISUALIZE. WHAT EVER YOU THINK ABOUT COMES ABOUT. EVERYONE IS THE SUM TOTAL OF THEIR THOUGHTS. WE MUST LIVE OFF THE FRUIT OF OUR THOUGHTS. YOU ARE GUIDED BY YOUR MIND. THE ARCHITECT OF THE UNIVERSE DIDN'T BUILD YOU WITHOUT THE POWER TO SCULPT AND MAKE YOURSELF A WORK OF ART. YOUR SUBCONSCIOUS MIND IS THE CATALYST TO REACH YOUR ULTIMATE GOALS IN ALL ASPECTS OF YOUR LIFE. BY FOLLOWING THE KEYS TO HEALTHY LIVING YOU WILL TRAVEL ON A JOURNEY TO LIVE AN EXTRAORDINARY LIFE FOR YOU WITH THOSE YOU LOVE AND CARE ABOUT.

IN ADDITION TO GIVING YOU INFORMATION ON HOW TO LIVE A MAGNIFICENT LIFE, I WILL ALSO BE EXPLAINING AN EASTERN DIAGNOSTIC PROCEDURE CALLED THE CHINESE TONGUE AND NAIL ANALYSIS. THIS IS AN ANCIENT DIAGNOSTIC PROCEDURE THAT EVALUATES THE CONDITION OF THE TONGUE AND NAILS OF AN INDIVIDUAL. THE CHINESE HAVE CORRELATED THE FUNCTIONING OF THE CELLS OF ORGANS AND SYSTEMS THROUGHOUT THE BODY WITHIN THE TONGUE AND NAILS. IT IS A REVOLUTIONARY EARLY DETECTION PROCEDURE THAT WILL PROVIDE YOU WITH AMAZING ACCURACY ON THE INTERNAL HEALTH OF THE BODY. MOST OF THE PROBLEMS THAT ARE DETECTED CAN BE HELPED WITH SPECIFIC CHINESE HERB FORMULAS THAT HAVE BEEN DEVELOPED BY THE CHINESE FOR CENTURIES.

“KEYS 2 VITAL HEALTH” WAS WRITTEN BY DR. JOHN G. FLORENDO, CHIROPRACTOR, “THE BODY ARCHITECT”, HEALER, INTERNATIONAL SPEAKER AND CONSULTANT. HE IS A MAN ON AN ULTIMATE MISSION, WHO TRAVELS THE WORLD, READING AND WRITING, SPEAKING AND TEACHING AND EARNING AND LEARNING, WHILE LISTENING TO HIS SOUL AND HIS WIFE! THE KEYS WITHIN THIS BOOK WILL START YOU ON THE ROAD TO A HEALTHY, HAPPY, FULFILLING AND INSPIRING LIFE. READ, LAUGH, LEARN AND ENJOY THE JOURNEY AND FOLLOW THROUGH TO GET OPTIMUM RESULTS.

TABLE OF CONTENTS

KEY 1- OPEN MINDEDNESS/HUMAN POTENTIALITY

KEY 2- BREATH

KEY3- MEDITATION

KEY4- EXERCISE/STRETCHING

KEY5- NUTRITION DETOXIFICATION

KEY6- ESSENTIAL REST

KEY7- OPTIMAL NERVE FUNCTION

KEY8- MENTAL ATTITUDE

KEY9- PURPOSE

KEY 10- LEGACY

THE SPECIAL KEY

THE CHINESE TONGUE AND NAIL ANALYSIS

I DEDICATE THIS BOOK TO MY FAMILY. TO MY LOVELY AND BEAUTIFUL, GENIUS WIFE DEBORAH WHO IS MY LIFE PARTNER AND BEST FRIEND WHO INSPIRES ME AND KICKS MY BEHIND WHEN I NEED IT! TO MY TWO LITTLE GIRLS, SYDNEY AND ATHENA, WHO ALWAYS ENCOURAGE ME AND LOVE ME UNCONDITIONALLY. TO MY MOM AND DAD, WHO TAUGHT ME THE VALUES OF HARD WORK, DEDICATION AND LOVE. TO MY BABY SISTER, JANE WHO ALWAYS SUPPORTS AND BELIEVES IN ME AND TO MY IN-LAWS, JEMIMA AND WENCY PAULE, WHO HAVE ALWAYS INSPIRED ME TO KEEP GROWING IN ALL ASPECTS OF MY LIFE.



KEY 1- OPEN MIND/HUMAN POTENTIALITY

“GOD BREATHED THE BREATH OF LIFE INTO MAN’S NOSTRILS, AND MAN BECAME A LIVING SOUL.”- GENESIS 2:7 (AV)

THE LIFE FORCE WITHIN A HUMAN BEING CREATES POTENTIAL FOR ABUNDANCE.

BY KEEPING AN OPEN MIND AND VISUALIZING YOUR PLANNED ACTION STEPS FOR SUCCESS (P.A.S.S.) FORMAT OR OUTCOME LIST, YOU WILL ACHIEVE WHAT YOU SET OUT TO ACCOMPLISH WITH YOUR HEALTH. AN OPEN MIND ALSO ALLOWS YOU TO LOOK AT OTHER AVENUES FOR SUCCESS AS WELL AS RESULTS. BY LEARNING NEW PROCEDURES OR TECHNIQUES THAT WILL GUIDE YOU TO ACCOMPLISH THE RESULTS YOU DESIRE, YOU WILL BECOME WHAT YOU VISUALIZE YOUR HEALTH AND LIFE TO BE. THE IMPORTANCE OF THIS KEY WILL AID YOU ALONG YOUR JOURNEY TO A LIFESTYLE OF FITNESS AND WELLNESS. MINDFULNESS ILLUSTRATES HUMAN BEINGS HAVING AN EXTRAORDINARY CAPACITY, WHICH WE SOMETIMES TAKE FOR GRANTED, UNTIL IT IS CALLED TO OUR ATTENTION. IT IS A REFLECTION AND NOT A PROCESS OF THINKING, BUT IS THE MINDFUL OF THOUGHT AND CAN ONLY OCCUR IN THE PRESENT

MOMENT. IF YOU THINK ABOUT A PAST THOUGHT IT IS A MEMORY. MINDFULNESS IS A FORM OF PARTICIPATION AND YOU ARE FULLY LIVING OUT YOUR LIFE. THIS CAN BE USED WITH A SIMPLE PROCESS LIKE BREATHING OR A HIGHLY CHARGED AND UNPLEASANT EMOTION LIKE FEAR OR LONELINESS. THE WAY MINDFULNESS WORKS IS TO JUST FOCUS ON BREATH FOR A FEW MOMENTS, THEN ALLOW THE THINKING TO CALM AND BE PRESENT AND BE INTIMATE WITH THE MOMENT. THIS WILL OPEN YOUR MIND TO THE EXTRAORDINARY POTENTIAL LIFE HAS IN STORE FOR YOU AT THE PRESENT MOMENT. A FAMOUS TIBETAN MASTER, KALU RINPOCHE EXPRESSED THIS TRUTH BEAUTIFULLY:

WE LIVE IN ILLUSION
AND THE APPEARANCE OF THINGS.
THERE IS A REALITY.
WE ARE THAT REALITY.

WHEN YOU UNDERSTAND THIS
YOU SEE THAT YOU ARE NOTHING.
AND BEING NOTHING,
YOU ARE EVERYTHING.
THAT IS ALL.

ONE OF MY FAVORITE MOVIES IS THE SCI-FI "THE MATRIX." IN "THE MATRIX" MOVIE, IT GIVES GREAT EXAMPLES OF OPEN MINDEDNESS AND THE POSSIBILITY OF HUMAN POTENTIALITY. NEO, PLAYED BY KEANU REEVES, IS A COMPUTER WIZARD THAT WAS THE CHOSEN ONE TO LEAD PEOPLE. HE HAD TO BELIEVE THAT HE WAS THE SPECIAL ONE WHO, WHEN PRESENT COULD ACCOMPLISH FEATS THAT WERE UNSEEN TO LAY PEOPLE. IN THE END OF THE MOVIE HE DOES OPEN HIS MIND AND WITH THE LOVE OF HIS LADY, BECOMES THE GIFTED ONE. HE FLOWS EFFORTLESSLY WITH CERTAINTY AND HAS INNATE POWER THAT GLOWS EXTERNALLY WITH CONFIDENCE. I BELIEVE WE ARE ALL GIFTED AND IT IS OUR JOURNEY TO DISCOVER AND NURTURE

THAT SPECIAL GIFT THAT WE HAVE BEEN BLESSED WITH. I ALSO LOVED THE ACTION IN THIS MOVIE.

EXERCISE FOR KEY 1-

SIT OR LAY DOWN IN A STATE OF STILLNESS FOR A SHORT PERIOD OF TIME AND LISTEN TO YOURSELF BREATHE. DON'T THINK OF YOUR TO-DO LIST, OUTCOME LIST, OR OTHER THINGS. JUST LISTEN TO YOUR BREATH AND BE IN STILLNESS ALLOWING YOUR INNATE BEING TO EXIST IN THE UNIVERSE. BY PAYING ATTENTION TO YOUR INHALATION AND EXHALATION AS WELL AS FOCUSING ON HOW YOUR CHEST EXPANDS AND CONTRACTS. YOUR MIND WILL BE EMPTY AND YOU WILL BEGIN YOUR DAY OR NIGHT WITH A CLEAN SLATE OF POSSIBILITIES.



KEY 2- BREATH

“WHEN A PERSON CAN USE THE BREATH ENERGY IN HIS BODY TO PRODUCE BREATH ENERGY FOR OTHER PEOPLE’S FIVE VISCERA, HE HAS ACHIEVED A WONDERFUL SUCCESS.”- TAOIST TEXT

WE TAKE OUR FIRST BREATH WHEN WE ENTER THIS WORLD AND TAKE OUR LAST BREATH AS WE LEAVE THIS LEVEL OF CONSCIOUSNESS.

THE RICHEST BLOOD FLOW IS IN THE LOWER 1/3 OF THE LUNG. WHEN WE DO NOT GET THIS AREA ADEQUATELY VENTILATED, WE WILL BE LESS OXYGENATED. THE DIAPHRAGM IS THE LAYER OF MUSCLE THAT SEPARATES THE CHEST CAVITY FROM THE ABDOMINAL CAVITY. WHEN YOU BREATHE PROPERLY, THE DIAPHRAGM WILL CONTRACT AND THE ABDOMEN WILL PROTRUDE, ALLOWING THE LUNGS TO EXPAND AND FILL WITH AIR. TO GET THE MAXIMUM AMOUNT OF OXYGEN, ROUGHLY

2500 GALLONS OF AIR YOU TAKE IN DAILY, YOU MUST LEARN TO BREATHE FROM DOWN UP! THIS WILL IMMEDIATELY CONDITION YOUR BODY FOR MAXIMUM FUNCTION AND RICH OXYGEN.

YOUR BREATHING WILL INTERPRET HOW MUCH OXYGEN EACH CELL OF YOUR BODY RECEIVES AS WELL AS THE AMOUNT OF LYMPHATIC DRAINAGE (THE BODY DRAINAGE SYSTEM). ANCIENT AND RECENT STUDIES HAVE PROVEN THAT THE AMOUNT OF DIAPHRAGMATIC BREATHING DETERMINES THE AMOUNT OF LUNG EXPANSION AND ELONGATION AS WELL AS THE RIB CAGE TO FUNCTION PROPERLY. THIS IS VALUABLE IN RECEIVING OPTIMAL PULMONARY FUNCTION. THE FOLLOWING DIAGRAMS WILL ILLUSTRATE PROPER PROCEDURES FOR DIAPHRAGMATIC BREATHING. YOU WILL BE AMAZED AT THE AMOUNT OF ENERGY YOU CAN GENERATE BY BREATHING THIS WAY AS WELL AS HOW IT CAN ALSO RELAX YOU AFTER A HIGH TENSION DAY. THE SPEED IN WHICH YOU INHALE AND EXHALE WILL DETERMINE THE RATE OF OXYGEN AND CARBON DIOXIDE EXCHANGE. YOU CAN START YOUR DAY OFF WITH QUICK BREATHS FOR VITAL ENERGY AND MOMENTUM OR END YOUR DAY WITH DEEP AND SLOW, RELAXING AND DE-STRESSING BREATHS FOR CALMING ENERGY. JUST BY BREATHING PROPERLY YOU WILL SEE A DRAMATIC CHANGE IN YOUR ENERGY LEVEL AND RELAXATION CAPABILITIES.

BREATH IS A CURIOUS OPERATION, BECAUSE IT CAN BE EXPERIENCED AS BOTH A VOLUNTARY DOING AND INVOLUNTARY HAPPENING. YOU CAN DO A BREATHING EXERCISE AND FEEL THAT " I AM BREATHING" IN JUST THE SAME WAY AS YOU CAN FEEL " I AM WALKING". YET ON THE OTHER HAND, YOU BREATHE ALL THE TIME WHEN YOU ARE NOT THINKING ABOUT IT AND IN THAT WAY IT IS INVOLUNTARY. YOU MUST BREATHE AND SO IT IS THE FACULTY THROUGH WHICH WE CAN REALIZE THE UNITY OF THE VOLUNTARY AND INVOLUNTARY SYSTEMS. IN BUDDHISM THIS IS CALLED MINDFULNESS OF THE BREATH, OR WATCHING BREATH. AND WATCHING BREATH IS FUNDAMENTAL IN MEDITATION BECAUSE, LIKE SOUND, IT IS EASY TO SEE IT HAPPENING AND IT IS DISTINCT FROM WHAT WE THOUGHT OF WHEN WE ARE DOING IT. BREATH HAPPENS, BUT THE CURIOUS THING IS THAT YOU CAN GET WITHIN THE BREATH, AND IN

GETTING WITH IT, EXTRAORDINARY THINGS CAN HAPPEN. ANYONE WHO SWIMS KNOWS THIS, AND ANYONE WHO SINGS KNOWS THAT BREATHING IS IMPORTANT. IN ARCHERY AND DARTS, IN ANY ATHLETIC DISCIPLINE THE ALIGNMENT OF THE BODY AND BREATH IS CRITICAL. THE SYNCHRONIZATION OF WHAT YOU ARE DOING WITH YOUR BREATHING IS THE WHOLE ART. BUT POWERFUL BREATH IS NOT ACCOMPLISHED THROUGH MUSCLE POWER IT IS ACCOMPLISHED BY GRAVITY, BY WEIGHT.

A GREAT EXERCISE FOR VITAL BREATHING WOULD BE TO TAKE TEN POWER BREATHS THREE TIMES A DAY IN THE FOLLOWING RATIO:

INHALE FOR THE COUNT OF 1.
HOLD FOR THE COUNT OF 4.
EXHALE FOR THE COUNT OF 2.

WHEN EXHALING MAKE SURE TO FORCEFULLY BLOW THE AIR OUT AND USE THE ABDOMINAL MUSCLES IN ORDER FOR THE CARBON DIOXIDE TO BE EXPELLED AND THE PROCESS OF DETOXIFICATION IS EXPERIENCES EACH TIME.

ANOTHER IMPORTANT ASPECT OF BREATHING IS THE RIB CAGE. THERE ARE TWELVE PAIRS OF BOW-SHAPED RIBS. THE HEADS OF ALL THE RIBS ATTACH THROUGH JOINTS TO THE TWELVE THORACIC VERTEBRAE. THE TOP SEVEN PAIRS OF RIBS ATTACH DIRECTLY TO THE STERNUM IN THE FRONT (AND ARE CALLED TRUE RIBS), RIB PAIRS EIGHT THROUGH TEN ATTACH INDIRECTLY TO THE STERNUM THROUGH THE CARTILAGES OF THE HIGHER RIBS ARE CALLED FALSE RIBS. THE TWO LOWEST PAIRS, FITTINGLY CALLED THE FLOATING RIBS, HAVE NO CONNECTION TO THE STERNUM.

LAY FACE UP ON THE FLOOR OR YOUR BED AND THEN TAKE A FEW MINUTES TO WATCH HOW THE RIBS MOVE AS YOU BREATHE, USING THE FLOOR OR BED AS A TACTILE AID FOR THE BODY. LAY YOUR HANDS ON YOUR FRONT

RIBS, STARTING WITH THE LOWER ONES, AND SLOWLY MOVE UP TOWARD THE SHOULDERS OR OUT TOWARD THE ARMPITS, CROSSING YOUR ARMS IN FRONT OF YOUR TORSO TO REACH EACH HAND TO THE OPPOSITE SIDE. SPEND AS MUCH TIME AS YOU LIKE AT EACH LEVEL. ON INHALING THE RIBS SHOULD EXPAND INTO YOUR HANDS. ON EXHALES PRESS THE RIBS SLOWLY DOWN AND IN. CAN YOU GET A SENSE OF THE CHANGING OF THE RIBS AND CHEST? BREATHE EQUALLY INTO BOTH AND FRONT AND BACK TORSO. BY BEING AWARE OF YOUR BODY YOU CAN FOCUS MENTALLY, WHILE FEELING YOUR DIAPHRAGM EXPAND AND CONTRACT.

I ONCE INTERVIEWED A FAMOUS JAZZ SINGER AND ACAPPELLA SINGER. THEY SHARED WITH ME THAT AFTER TRAINING THEIR SINGING PATTERNS AND BREATHING PATTERNS TO BRING AS MUCH OXYGEN INTO THEIR LOWER LUNG AND CONCENTRATING ON EXPANDING THE LOWER ABDOMINAL AREA, THEY LITERALLY WERE SORE! LIKE THEY JUST WORKED OUT AT THE GYM. THIS ILLUSTRATES THAT WHEN WE DO THE BREATHING EXERCISES PROPERLY WE WILL EXPERIENCE A WORK OUT THAT WILL IMPROVE YOUR OVERALL CIRCULATION, MUSCULAR TONE AND LUNG EXPANSION.



KEY 3- EXERCISE, PROPER STRETCHING AND POSTURE.

“ WE FIRST MAKE OUR HABITS, AND THEN OUR HABITS MAKE US.”- JOHN DRYDEN

IN THIS KEY THE TYPE AND TIMING OF THE EXERCISE IS VERY IMPORTANT IN DETERMINING WHICH WORK OUT WILL BE MORE BENEFICIAL FOR YOUR BODY TYPE. FIRSTLY, IT IS IMPORTANT TO DETERMINE WHICH PHASE OF, IF ANY, YOUR SPINE IS IN. THERE ARE FOUR LEVELS OF SPINAL DEGENERATION FROM LEAST TO WORST.

***PHASE 1*, WE HAVE USUALLY SEEN SOME LOSS OF SPINAL BIOMECHANICS AND THE EARLY STAGES OF DEGENERATION. LOSS OF LORDOSIS, DECREASED DISC SPACING AND POSSIBLE EARLY SYMPTOMS MAY OCCUR. SOME COMMON SIGNS ARE PAIN OR DISCOMFORT, RESTRICTIONS IN RANGE OF MOTION, LOSS OF ENERGY, FATIGUE AND DIZZINESS, ETC.(DEGENERATION PHASES CAN BE DETECTED BY YOUR CHIROPRACTOR OR SPINAL SPECIALIST) A SERIES OF**

RADIOGRAPHS OR X-RAYS WILL HELP DETECT ALL PHASES OF DEGENERATION AND POSSIBLE LEVELS OF SUBLUXATION. (SUBLUXATION REFERS TO THE MAL-POSITION OF THE VERTEBRAE IN THE SPINE CAUSING OCCLUSION OF THE FORAMEN THAT THE SPINAL NERVE EXITS, CAUSING IRRITATION AND DISRUPTION OF IMPULSES THROUGH THAT NERVE.)

PHASE 2, OF SPINAL DEGENERATION WILL ILLUSTRATE MORE DISC COMPRESSION AS WELL AS THE FORMATION OF OSTEOPHYTES OR SPURS ON THE BODIES OF THE VERTEBRAE.

IN PHASE 2 THERE ARE FAR MORE SYMPTOMS AS IN PHASE 1, BUT MORE EXTREME. RANGES OF MOTION AS WELL AS THE ONSET OF PAIN AND DISCOMFORT AS WELL AS AN ASSORTMENT OF SYMPTOMS OR BODY SIGNALS.

AN A LORDOTIC LATERAL CURVE MAY BE PRESENT. THESE COMBINATIONS WILL LEAD TO FURTHER DEGENERATION AND GRAVITATE INTO PHASE 3, SHORTLY IF CARE OR LIFESTYLE CHANGES DO NOT OCCUR IMMEDIATELY. THE IMPORTANCE OF STRUCTURAL STABILITY AT THIS TIME IS OF EXTREME IMPORTANCE.

PHASE 3, OF SPINAL DEGENERATION ILLUSTRATES THE LOSS OF LORDOSIS WITH FURTHER DISC DEGENERATION AND THE PRESENCE OF OSTEOPHYTES OR SPURS THROUGHOUT THE SPINE. THERE ARE ALSO INDICATIONS OF BONE ON BONE APPEARANCE AS WELL AS POSSIBLE STENOSIS AND DESICCATION OR DEHYDRATION OF THE DISC. PHASE 3 OF DEGENERATION IS FAR MORE SERIOUS AND WILL POSSIBLY LEAD TO SOME FORM OF SURGICAL PROCEDURE. THE INTERVENTION OF PASSIVE AND ACTIVE MOVEMENT AS WELL AS THE STABILITY OF THOSE DEGENERATED STRUCTURES IS OF MAJOR IMPORTANCE.

PHASE 4, IS THE WORSE OF THE DEGENERATIONS STAGES AND IS A MAJOR FINDING ON RADIOGRAPHIC EXAMINATION. NO DISC SPACE, VERTEBRAE COMPRESSED AND MULTIPLE OSTEOPHYTE OR CALCIFIED SPUR FORMATION ARE FOUND. THIS IS AN

EXTREME DEGENERATION FINDING AND ORTHOPEDIC CONSULTATION IS APPARENT FOR THIS TYPE OF DEGENERATION. DEPENDING ON THE PHASE OF DEGENERATION, IT WILL DICTATE YOUR FORM OF EXERCISE.

THERE ARE TWO DIFFERENT TYPES OF EXERCISE. THEY CONSIST OF AEROBIC AND ANAEROBIC. AEROBIC TRAINING WILL GIVE YOU OVERALL HEALTH AND ANAEROBIC TRAINING WILL BUILD MUSCLE.

THE TERM AEROBIC MEANS, LITERALLY, "WITH OXYGEN", AND REFERS TO MODERATE EXERCISE SUSTAINED OVER A PERIOD OF TIME. THIS TYPE OF TRAINING WILL BUILD ENDURANCE, SUPPORT LUNGS, HEART, BLOOD VESSELS AND AEROBIC MUSCLES. IN AEROBIC MODE, YOU ARE BURNING FAT AS YOUR PRIMARY FUEL. DEPENDING ON YOUR INTENSITY, YOU CAN MAKE EXERCISE AEROBIC OR ANAEROBIC.

AEROBIC EXERCISES EXAMPLES: WALKING, RUNNING, BIKING, SWIMMING, HIKING, ROWING, SPINNING.

SCHEDULE A SPECIFIC TIME THAT YOU WILL EXERCISE FOR AT LEAST 7 OUT OF THE NEXT 10 DAYS. BE SURE TO WARM UP PROPERLY. EXERCISE AEROBICALLY AT YOUR PROPER HEART RATE FOR AT LEAST FIFTEEN MINUTES AND BE SURE TO COOL DOWN. IN THE LATER PHASES OF DEGENERATION THE USE OF LOW FORCE, LOW IMPACT EXERCISES WILL BE OF MORE BENEFIT TO THE OVER ALL BODY THAN HIGH IMPACT, WEIGHT BEARING TYPE. (GUIDE FOR HEART RATE IN BURNING FAT IS THE FIGURE- 220 MINUS YOUR AGE- THIS GIVES YOU YOUR MAXIMUM HEART RATE AND THEN TAKE 70% OF MAX HEART RATE) THIS WILL GIVE YOU OPTIMAL RANGE FOR AEROBIC TRAINING TO BURN FAT AS FUEL AS WELL AS RECEIVE THE BENEFITS AS MENTIONED ABOVE.

ANAEROBIC EXERCISE EXAMPLES: WILL INCLUDE EXERCISES WITH SHORT BURST OF POWER AS IN POWER LIFTING, WEIGHT LIFTING, A CONTRACTING OF MUSCLE AND SUSTAINING OR HOLDING THAT POSITION. THIS TYPE OF TRAINING BURNS GLYCOGEN AS ITS PRIMARY FUEL AND CAUSES THE BODY TO STORE FAT.

STRETCHING WILL IMPROVE THE RANGE OF MOTION YOU EXPERIENCE WHEN WORKING OUT AS WELL AS PROVIDE YOU STRENGTH DURING YOUR WORK OUT. NOT ONLY ARE YOU STRETCHING THE MUSCLE FIBERS AND ELONGATING THEM, BUT YOU ARE ALSO STRENGTHENING THEM AT THE SAME TIME. STRETCHING SHOULD BE A PART OF YOUR EVERYDAY ROUTINE EVEN IF YOU ARE NOT WORKING OUT. WHEN YOU SEE A CAT OR DOG ARISE FROM REST, YOU WILL NOTICE THAT THEY IMMEDIATELY GO INTO A STRETCH POSE. THEIR BODIES AS WELL AS OURS NEED THE FLEXIBILITY AND CIRCULATION TO START THE DAY AND REDUCE THE POSSIBILITY OF INJURY. THE BODY MECHANICAL STRETCHES TAUGHT BY PETE IGOSCU HAVE BEEN BENEFICIAL IN NOT ONLY STRENGTHENING, BUT ALSO IMPROVING OVERALL FLEXIBILITY.

POSTURE IS ONE OF THE MOST SIGNIFICANT KEYS IN HEALTH. AS I HAVE ALWAYS SAID TO MY PATIENTS, "POSTURE IS THE WINDOW TO YOUR SOUL AND HEALTH". IF YOU LOOK AT A CROOKED DEGENERATED SPINE, HUNCHED OVER DUE TO BONE AND DISC DETERIORATION, IT HAS LOST ITS FLEXIBILITY AND SPONGY CHARACTERISTICS. I HAD THE OPPORTUNITY OF CARING FOR THOSE WHO HAVE PROGRESSED INTO LATER STAGES OF THE "HUNCH BACK" OR PROGRESSIVE KYPHOTIC CURVE OR DAWARS HUMP, IN MY CHIROPRACTIC CLINIC OVER THE LAST 25 YEARS. I UNFORTUNATELY HAVE BEEN UNABLE TO CORRECT A LOT OF THE LATER STAGE PROBLEMS AND ONLY WISHED THAT I WAS ABLE TO CARE FOR THEM AT AN EARLIER AGE. JUST WORKING ON PREVENTING OR SLOWING DOWN THESE PROBLEMS FROM PROGRESSING FURTHER, I KNOW MADE A DIFFERENCE IN THEIR LIVES. I HAVE ENCLOSED SOME EXAMPLES OF POSTURAL POSITION AND WHAT OPTIMAL SPINAL POSTURE WILL LOOK LIKE. YOU WILL SEE IN THESE EXAMPLES WILL GUIDE YOU TO THE OPTIMAL POSTURE TEST. IF YOU VISUALIZE LOOKING AT A CROSS, THE POST OR THE LINE DOWN THE CENTER VERTICALLY ILLUSTRATES WHERE THE CENTER OF GRAVITY IS. NOW YOUR SPINE WILL POSITION IN THE MIDDLE OF THAT LINE, IT WILL INDICATE THE CENTER. BY DRAWING THIS IMAGINARY LINE

STARTING FROM THE MIDDLE OF YOUR HEAD, NOSE, CHIN, AND NAVEL STRAIGHT TO THE GROUND, YOU WILL COMPLETE THE FIRST PART OF THE POSTURAL GUIDE. THE SECOND PART IS THE HORIZONTAL LINE DRAWN ACROSS THE SHOULDERS PERPENDICULAR TO THE VERTICAL LINE DRAWN. THIS WILL MAKE THE CROSS AT THE SHOULDER LEVEL. YOUR SHOULDERS SHOULD BE EVENLY BALANCE ON THIS LINE. THIS WILL INDICATE THE TRUE POSTURAL INSTABILITY YOU MAY HAVE IF YOU DEVIATE FROM THIS CROSS IN ANY WAY. YOU WILL FIND HEAD TILTING TO ONE SIDE, SHOULDERS HIGHER ON ONE SIDE DUE TO MUSCULAR IMBALANCE AND OVERUSE, AS WELL AS A UNBALANCED PELVIS- HIP AREA AND SPINAL CURVATURE CALLED SCOLIOSIS.

I ONCE HAD THE PLEASURE AND THE OPPORTUNITY TO CARE FOR A GENTLEMAN, A DR. WILLIAMS. HE WAS A PROFESSOR OF CHEMISTRY AND A FIGHTER PILOT IN THE WAR AS WELL AND A KIND, SMART SOUL FROM SOUTH CAROLINA. HE CAME TO MY CLINIC WITH COMPLAINTS OF SOME SPINAL STIFFNESS AND MUSCULAR SORENESS IN HIS HIP. DURING THE CONSULTATION AND HISTORY INTAKE, I DISCOVERED THAT HE ACTUALLY HAD BEEN UNDER CHIROPRACTIC CARE SINCE 1910! YOU GUESSED IT HE WAS AT THE RIPE SLIGHTLY OLDER AGE OF 105! AND THE AMAZING THING IS THAT HE WAS STILL DRIVING! HE ACTUALLY HAD TO DRIVE HIS KIDS AROUND WHO WERE IN THEIR LATE 70'S AND 80'S TO THEIR APPOINTMENTS, BECAUSE THEY COULDN'T DRIVE ANYMORE! (HE WAS SUCH A DEDICATED PARENT!) IF YOU LOOKED AT HIS RADIOGRAPHS OF HIS SPINE, HE HAD A BEAUTIFUL LORDOTIC CURVE AT ABOUT 40 DEGREES WITH SLIGHT DEGENERATION OF THE CERVICAL SPINE, WHICH YOU WOULD EXPECT FOR SOMEONE AT 105! THIS SHOWS YOU THAT BY MAINTAINING YOUR SPINE YOU CAN SLOW DOWN THE EFFECTS OF GRAVITY ON THE SPINE AND DECREASE THE AMOUNT OF DEGENERATION THAT YOU EVENTUALLY WILL EXPERIENCE. HOPEFULLY THIS EXAMPLE WILL EMPOWER YOU TO TAKE CARE OF YOU SPINE. GET CHECKED BY YOUR CHIROPRACTOR REGULARLY.

HERE ARE BASIC STRETCHES THAT WILL LEAD TO BETTER FLEXIBILITY AND BLOOD FLOW.

Calf Correct Foot Position Foot alignment should be shoulder width apart, you can confirm this by standing either side of a straight line on the floor.

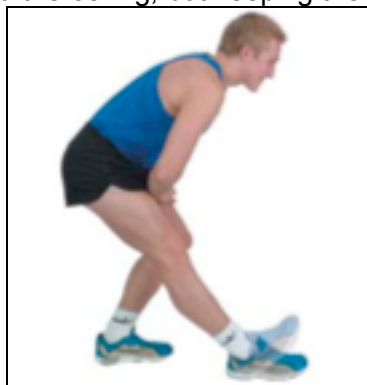
When you take your rear foot back, it should not cross or move away from the midline, your foot should be pointing forward with your heel either flat on the floor, or raised if aiming to develop the stretch.

Your front leg should bend so that when you look down over your knee, you can see the tip of your toes. Lean forward aiming to keep a straight line with your heel, hip and head.



Easy Normal Stretch

1. Stand with your feet shoulder-width apart, one foot extended half a step forward.
2. Keeping the front leg straight, bend your rear leg, resting both hands on the bent thigh.
3. Slowly exhale, aiming to tilt both buttocks upward, keeping the front leg straight, and both feet flat on the floor, pointing forward.
4. Inhale slowly, and relax from the stretch. Repeat the stretch again, this time beginning with the toes of the front foot raised toward the ceiling, but keeping the heel on the floor.



Easy Quadriceps Standing

1. Stand holding onto a secure object, or have one hand raised out to the side for balance.
2. Raise one heel up toward your buttocks, and grasp hold of your foot, with one hand.
3. Inhale, slowly pulling your heel to your buttock while gradually pushing your pelvis forward.
4. Aim to keep both knees together, having a slight bend in the supporting leg.



Moderate Leg Over

1. Lie on your back, extending your left arm out to the side, while taking your left leg over your right, bringing the knee in line with the hips.
2. Keeping your right leg straight, use your right arm to push down on the knee of the left leg, exhaling slowly as you stretch.



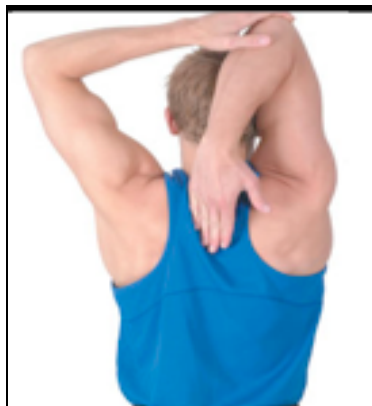
Easy Lower Back-Cat Stretch

1. Adopt a position on all fours, point your fingers forward and your toes behind.
2. Start with a flat back, and then drop your head downward, pushing your shoulder blades upward and outward as you elevate your upper back.



Easy-Moderate Hand Down Spine

1. Extend one hand down the center of your back, fingers pointing downward.
2. Use the other hand to grasp the elbow.
3. Exhale slowly, pulling gently downward on your elbow, aiming to take your fingers along your spine.





KEY 4- NUTRITION AND DETOXIFICATION

*“THE WAISTLINE IS YOUR LIFELINE AND ALSO YOUR DATELINE.”
-PAUL BRAGG, LIFE EXTENSIONIST*

YOUR BODY IS LIKE A COMPUTER AND AS THE SAYING GOES, “GARBAGE IN, GARBAGE OUT”, WHAT GOES INTO YOUR BODY IS THE PERFORMANCE YOU GET OUT OF IT.

YOUR BODY NEEDS FOOD AND THE NUTRIENTS THAT TRAVEL WITH IT, TO SUSTAIN, EVOLVE AND MAINTAIN HOMEOSTASIS OR LEVEL HEALTH. AS MENTIONED PREVIOUSLY, YOUR BODY IS AS HEALTHY AS YOUR CELLS WITHIN YOU ARE. THIS MEANS THAT THE AMOUNT OF ENERGY AND VIBRANCY YOU EXHIBIT ARE DIRECTLY PROPORTIONATE TO HOW YOUR CELLS ARE ALSO FUNCTIONING.

PRIMARILY THE AMOUNT OF WATER INTAKE IS ESSENTIAL FOR YOUR CELLS TO FUNCTION OPTIMALLY. YOUR BODY IS MADE UP OF 80% OF WATER AND THE AMOUNT YOU INGEST SHOULD BE EQUIVALENT TO A QUARTER OF YOUR WEIGHT IN OUNCES. (IF YOU WEIGH 100 LBS. YOU SHOULD DRINK 25 OUNCES DAILY) WATER NOT ONLY IS FOR HYDRATION OF THE BODY, BUT ALSO TO HELP NOURISH SOFT TISSUES AROUND THE SPINE, MUSCLES, LIGAMENTS AND TENDONS.

RESEARCH HAS SHOWN THAT THE HIGH INCIDENCE OF ACID IN THE BODY CAN LEAD TO HIGH INCIDENCES OF DISEASE, MUSCULOSKELETAL AS WELL AS SYSTEMIC. THE USE OF ALKALIZED WATER INTAKE CAN REDUCE THE AMOUNT OF ACID FORMATION IN THE BODY. SOME SIMPLE ALKALIZING METHODS ARE BY USING LEMON, LIME, OR CUCUMBER IN THE WATER. THIS HELPS TO ALKALIZE THE WATER, WHICH WILL HELP THE BODY REDUCE ITS ACIDIC STATE. THERE ARE ALSO ALKALIZING PRODUCTS AVAILABLE THAT WILL ALSO REDUCES THE ACID CONTENT AND WILL BE MORE ALKALINE FOR THE BODY. SCIENCE HAS PROVEN THAT THE PH OF THE BLOOD SHOULD BE AT 7.36 FOR OPTIMAL BODY FUNCTIONING. ANYTHING BELOW THIS IS CONSIDERED MORE ACIDIC.

THE 5 MAJOR FACTORS THAT INCREASE ACID FORMATION WITHIN THE BODY ARE FIVE SPECIFIC PRODUCTS. THESE PRODUCTS HAVE BEEN POPULAR OVER THE YEARS AND A QUICK SOURCE TO USE IN A MAJORITY OF FOODS. AWARENESS IS THE KEY TO MAKING CHANGES. BY READING ABOUT THESE COMPONENTS, YOU CAN MAKE BETTER CHOICES FOR YOURSELF AND THOSE YOU CARE ABOUT. THEY ARE *WHITE FLOUR, SUGAR, SALT, DAIRY MILK, DRUGS AND ALCOHOL, WHITE BLEACHED VINEGAR.*

WHITE FLOUR OR ENRICHED BLEACHED WHITE FLOUR HAS BEEN KNOWN TO CAUSE STOMACH AND DIGESTIVE DISORDERS DUE TO ITS CONTENT. IF YOU PUT WATER AND FLOUR TOGETHER YOU USUALLY GET PASTE AND IF YOU ADD ICING IT BECOMES A CAKE! WHITE FLOUR EXPANDS WHILE IN THE DIGESTIVE TRACT AND STICKS TO THE WALLS OF THE COLON AND NO WONDER WHY PEOPLE START TO HAVE STOMACH DISORDERS AND DIGESTIVE ISSUES OVER TIME. THIS WILL ALSO INCREASE THE LIKELIHOOD OF HIGH ACID DEVELOPMENT INSIDE THE BODY. THIS HIGH ACID LEVEL THAT TRAVELS WITHIN THE CIRCULATORY SYSTEM, MAINLY THE ARTERIES AND VEINS, WHICH CAUSES THE BODY TO PRODUCE LAYERS OF CHOLESTEROL TO PROTECT THE INNER LINING OF THE WALLS OF ARTERIES AND VEINS. IF YOU THINK ABOUT WHITE FLOUR IS ALSO USED TO MAKE THE BREADS THAT WE ALL HAVE AS A SUPPLEMENT TO OUR MEALS. WHITE

ENRICHED BLEACHED FLOUR IS A MAJOR INGREDIENT IN THE BREADS WE INGEST. IF YOU DO FEEL THE NEED FOR BREAD, STICK TO THE DARKER BREADS. (WHOLE WHEAT, RYE, PUMPERNICKEL, BRAN) THE DARKER THE BREAD THE BETTER. BREAD IS ALSO A COMPLEX CARBOHYDRATE AND CONVERTS TO GLUCOSE SHORTLY AFTER INGESTING. REDUCING THE AMOUNT OF WHITE FLOUR WILL ALSO HELP THE AMOUNT OF ACID AND SUGAR WITHIN THE BODY.

SUGAR IN LARGE DOSES HAS BEEN KNOWN TO CAUSE RED BLOOD CELLS TO BURST OR CLUMP TOGETHER. SUGAR IS ALSO A MAIN CAUSE OF HIGH ACIDITY IN THE BODY. SUGAR TAKEN IN LARGE DOSES HAS BEEN ALSO LINKED TO BLINDNESS IN LABORATORY ANIMALS. THE MAIN USE OF SUGAR IS OF COURSE FOR SWEETENING AND THE USE OF NATURAL AND LESS PROCESSED ALTERNATIVES WILL HAVE A FAR BETTER REACTION ON THE BODY. THE USE OF BROWN DARK SUGAR AS OPPOSED TO A PROCESSED WHITE REFINED SUGAR WILL BE A HEALTHIER CHOICE. THE USE OF BEE PRODUCED NATURAL HONEY OR MOLASSES WILL BE BETTER FOR THE BODY. BY REDUCING THE AMOUNT OF WHITE PROCESSED SUGAR YOU INGEST, YOU WILL ALSO REDUCE THE HIGH ACID PRODUCTION WITHIN THE BODY.

SALT, MAINLY TABLE SALT IS MADE FROM TWO SEPARATE CHEMICALS. SODIUM AND CHLORIDE ARE TWO ELEMENTS THAT WILL FORM THE FOOD ADDITIVE. SODIUM CHLORIDE ALSO MAKES UP TO 77% OF SEA SALT. SALT TAKEN IN LARGE DOSES ALSO HAS BEEN LINKED TO HIGH BLOOD PRESSURE, CIRCULATORY PROBLEMS AS WELL AS THE HIGH ACIDITY CONTENT. SALT MUST BE MODERATED FOR BETTER CIRCULATION AS WELL. AS MENTIONED THE USE OF SEA SALT WILL BE A BETTER ALTERNATIVE DUE TO IT'S REDUCED CONTENT, BUT ALSO THE REDUCTION IN OVERALL SALT INTAKE WILL BE BENEFICIAL FOR THE OVERALL BODY.

DAIRY MILK WILL ALSO CAUSE HIGH ACID PRODUCTION AS WELL AS MUCOUS FORMATION. THE DAIRY MILK PRODUCTION STARTS WITH THE DAIRY COW. IN THE DAIRY INDUSTRY, WHERE THE PRODUCTION OF MILK IS A BUSINESS, THE COWS ARE INJECTED

WITH STEROIDS. THIS OF COURSE WILL MAKE THE COW LARGER IN TURN IT WILL PRODUCE MORE DAIRY. AS A RESULT OF THIS THE COW DEVELOPS AN UDDER INFECTION, DUE TO THE OVER PRODUCTION OF MILK. TO COMBAT THIS THE INDUSTRY PROVIDES APPROXIMATELY 80 DIFFERENT ANTIBIOTICS IN THE FEED. THESE ANTIBIOTICS WILL TRANSFER INTO THE DAIRY AND THUS PASS INTO THE PACKAGED PRODUCTS. TODAY WE HAVE LARGE QUANTITIES OF MILK BEING CONSUMED BY CHILDREN AND AS A RESULT WE NOW HAVE CHILDREN THAT ARE RESISTANT TO A MAJORITY OF ANTIBIOTICS. NOT ONLY ARE THESE CHILDREN RESISTANT, THEY ARE ALSO MORE ACIDIC AS WELL AS HIGHLY MUCOUS. AN ALTERNATIVE TO DAIRY MILK WOULD BE SOY MILK, ALMOND MILK, GOATS MILK OR NON-ANTIBIOTIC DAIRY MILK, SUCH AS PARMALAT MILK. THESE EXAMPLES WOULD BE BETTER ON THE BODY, TAKEN IN MODERATION. THE UTILIZATION OF ALKALIZED WATER IS BEST.

WE MUST PLAY CLOSER ATTENTION TO WHAT WE INGEST AND PUT INTO OUR BODIES. THE SOURCES OF THESE PRODUCTS WILL HAVE A MAJOR CONTRIBUTION TO HOW WE FUNCTION, ABSORB, ELIMINATE AND UTILIZE. IT ALSO WILL DETERMINE THE LONGEVITY OF THE BODY.

PHARMACEUTICALS AND ALCOHOL ARE ALSO POISONOUS TO THE BODY OVER PERIODS OF TIME. MOST MEDICATION IS CHEMICALLY BASED AND NOT ORGANICALLY FORMULATED, WHICH CAUSES THE BODY TO BE MORE PROTECTIVE. THESE CHEMICALS ARE FOREIGN SUBSTANCES TO THE HUMAN BODY AND WILL CAUSE ACID PRODUCTION AS WELL AS CAUSE THE BODY TO LAY DOWN MORE FAT, FIBRIN AND CHOLESTEROL IN ORDER TO PROTECT LININGS WITHIN ORGANS AND SYSTEMS. BE AWARE OF THE CONTENTS OF THE FOODS AND PRODUCTS YOU EAT AND INGEST INTO YOUR BODY.

WATER IS AN ESSENTIAL PART OF THE BODY. STUDIES HAVE SHOWN THAT THE BODY IS MADE UP OF APPROXIMATELY 80-90% WATER. THIS IS AN ESSENTIAL PART OF KEEPING THE BODY HEALTHY, HYDRATED, PROPERLY CHARGED, AND NOURISHED. THE CELLS OF OUR BODY RELY ON THE NEED FOR H₂O, OR

WATER AS A FORM OF NOURISHMENT. OPTIMAL WATER INTAKE SHOULD EQUATE TO APPROXIMATELY 1/4-1/2 OF YOUR WEIGHT IN OUNCES, DEPENDING ON ENVIRONMENT. IN A DRY, HUMID, HOT ENVIRONMENT, AN INCREASE IN THE WATER INTAKE WILL BE IMPORTANT AND SHOULD INCREASE TO 1/2 YOUR WEIGHT IN OUNCES. WATER IS ALSO ESSENTIAL FOR THE BODY TO DETOXYFY AND CLEANSE AND NOURISH AND HYDRATE CELLS. IN CONCLUSION, THE TYPE OF WATER IS ESSENTIAL, WHICH I SPEAK ABOUT LATER IN THIS BOOK. DISTILLED WATER HAS NO IMPURITIES AND IS ORGANIC AS OPPOSED TO SPRING WATER, BOTTLED WATER, LAKE WATER, WHICH HAS INORGANIC MINERALS THAT DON'T BREAK DOWN PROPERLY IN THE BODY. WE MUST ALSO LOOK AT THE FRUIT AND VEGETABLES THAT WE BUY FROM THE GROCERY STORE. THESE ITEMS MAY HAVE BEEN PRESERVED WITH A WAX TYPE SPRAY THAT LEAVES THE SKIN A SHINY COLOR. THIS WAXY COATING IS AN UNNATURAL PRESERVATIVE THAT IS DERIVED FROM PETROLEUM. YES, THE GASEOUS PRODUCT IS ALSO MADE INTO A LIQUID TYPE THAT IS USED IN INDUSTRY TO KEEP FRUITS AND VEGETABLES FROM LOSING THEIR COATING OR SKIN TO QUICKLY. IT WILL BECOME A PROBLEM IN LATER YEARS AS WE WILL SEE THE INORGANIC, CHEMICAL WILL EFFECT THE CELLS OF THE BODY, EVENTUALLY. NATURE HAS NO WAY OF RIDDING THESE SUBSTANCES OUT OF OUR BODY AND THESE WILL IN BED INTO OUR FAT CELLS AND COATINGS AND LININGS OF OUR DIGESTIVE AND CIRCULATORY SYSTEMS CAUSING THE BODY LAY DOWN UNNECESSARY CHOLESTEROL, FATS, TRIGLYCERIDES AS A PROTECTIVE COATING. THIS WILL LEAD TO BLOCKAGE AND TOXIC GRIME, SLIME BUILD UP.

LATER YOU WILL READ WHY I FEEL THAT DURING A FAST, DISTILLED WATER SHOULD ONLY BE USED, IS SO IMPORTANT IN CLEANING, FLUSHING AND REJUVENATING THE ENTIRE SYSTEM IS VITAL TO LIFE AND LONGEVITY.

DR. PAUL BRAGG, A NATUROPATH, PHD., AND LIFE EXTENSION SPECIALIST, THE FATHER OF HEALTH ALONG WITH HIS GOOD FRIEND JACK LALANNE, KNEW THE IMPORTANCE OF TAKING CARE OF THE BODY AND ARE GREAT EXAMPLES OF HOW LONG

THE BODY CAN STAY FIT. THEY BOTH REACHED THEIR 90'S, STILL VIBRANT, ENERGETIC AND FIT. JACK LALANNE, ALSO A CHIROPRACTOR, BEGAN THE FITNESS CRAZE IN THE 1960'S WITH HIS TELEVISION PROGRAM ON SIMPLE WORKOUTS YOU COULD DO AT HOME. PAUL BRAGG TOOK FROM THE BIBLE "I HUMBLED MY SOUL WITH FASTING." PSALM 69:10. HE WROTE BOOKS ON HEALTH AND TAUGHT THE BENEFITS OF FASTING AND NUTRITIONAL BALANCING. HE WAS INSTRUMENTAL IN EDUCATING THE PUBLIC ON THE BENEFITS OF A BALANCED DIET AND CLEANSING. THEY BOTH WERE POSITIVE THINKERS THAT WANTED TO GUIDE OTHERS TO A BETTER QUALITY OF LIFE.

SCIENCE IS PROVING THAT THE BODY ALONG WITH GOOD HEALTH HABITS, SUPPLEMENTATION, SOME PROCESSED SOLUTIONS TAKEN FROM RED WINE CALLED RESVERATROL AS WELL AS STIMULATING GENE 31, WHICH IS THE AGING GENE IN US ALL, WILL EVENTUALLY LIVE TO 150 YEARS YOUNG ON AVERAGE! SOME RESEARCHERS OUT OF OXFORD, ENGLAND BELIEVE THAT WITH SCIENCE AND TECHNOLOGY, THE BODY WILL ACTUALLY MAKE IT TO 1000 YEARS OLD!!

BOTH MY WIFE AND I HAVE HAD OUR GRANDPARENTS LIVE THROUGH THEIR NINETY'S! MY WIFE'S GRANDMOTHER, WHO IS STILL ALIVE IN THE PHILIPPINES IS A STRONG 97 YEARS YOUNG! SHE MAINTAINS HER HEALTH BY TAKING CARE OF HER FARM, SWEEPING, PRAYING, AND FASTING. SHE WILL FAST FOR 30 DAYS AND HAS BEEN DOING THIS FOR THE LAST 80 YEARS. MY GRANDFATHER LIVED ON THE ISLAND OF KAUAI, HAWAII, AND WORKED THE SUGAR CANE FIELDS, MADE POTTERY AND CARED FOR HIS 5 HOGS AND ANIMALS UNTIL HIS 90'S!

IF YOU ARE INTERESTED IN RECEIVING A FOOD PLAN DESIGNED BY LEONARDO DA VINCI, PLEASE LOG ONTO: WWW.JOHNFLORENDO.COM/DAVINCI , AND RECEIVE A COPY OF THIS LIFE CHANGING GUIDE.



KEY 5- ESSENTIAL REST

“REST IS ESSENTIAL FOR THE RESPONSE TIME OF THE BODY TO HEAL.” – DR. JOHN G. FLORENDO

THE NEED FOR PROPER REST BEGINS WITH SLEEP POSITIONS AND MATTRESS OR SUPPORT. OPTIMAL SLEEP POSITION BEGINS WITH PROPER NECK AND HEAD SUPPORT. THE SUPPORT SHOULD BE THICK ENOUGH TO KEEP YOUR HEAD IN LINE WITH YOUR SPINE WHEN YOU ARE IN THE FETAL POSITION OR ON YOUR SIDE. IF YOU ARE HAVING LOW BACK ISSUES, A PILLOW BETWEEN THE LEGS IS ESSENTIAL TO PREVENT THE CROSS OVER OF YOUR LEGS. WHEN CROSSING OVER THE LEGS, YOU CONTRACT THE MUSCLES IN THE LOWER BACK AND MAY CAUSE LEG AND LOW BACK IRRITATION.

THE SECOND BEST POSITION IS ON YOUR BACK OR FACE UP. IF YOU ARE HAVING LOWER BACK ISSUES, A PILLOW UNDERNEATH THE KNEES, WILL BE HELPFUL. THIS ALLEVIATES THE PULLING OF HAMSTRING MUSCLES OR BACK OF THE LEGS ON THE PELVIS. YOUR PILLOW SHOULD BE THICK ENOUGH OR MOLDABLE ENOUGH TO STUFF BETWEEN YOUR HEAD AND SHOULDERS TO RESTORE A NATURAL CURVATURE INTO THE SPINE. THIS NOT ONLY HELPS INCREASE THE LORDOSIS OR ARCH OF THE SPINE, BUT ALSO HELPS INCREASE THE CIRCULATION THROUGH OUT

THE NECK AND UPPER SPINE. STUDIES HAVE ALSO SHOWN THAT BY RESTORING THE CURVATURE OF THE SPINE, WHILE SLEEPING ALSO IMPROVES SNORING, BY INCREASING THE PHARYNX PATHWAY FOR MORE OXYGEN INTAKE.

THE POSITION TO AVOID SHOULD BE SLEEPING FACE DOWN OR ON YOUR STOMACH. WHEN ON YOUR STOMACH YOU WILL NEED TO EITHER TURNS YOUR HEAD TO THE RIGHT OR TO THE LEFT IN ORDER TO BREATHE. UNLESS YOU HAVE A HOLE IN THE MIDDLE OF YOUR BED YOU WILL HAVE TO TURN YOUR HEAD TO EITHER SIDE IN ORDER TO BREATHE.

REST IS ESSENTIAL FOR THE BODY'S RESPONSE TIME TO HEALING. SLEEP IS NEEDED FOR THE CELLS TO REGENERATE, RECHARGE AS WELL AS ALLOW THE BODY TO HEAL AND REPAIR. SCIENCE HAS NOTED THAT REM (RAPID EYE MOVEMENT) SLEEP IS VITAL TO GET ESSENTIAL REST, WHILE UNDER DEEP UNCONSCIOUSNESS, EVEN FOR A SHORT PERIOD OF TIME. BY SLEEPING IN THE FETAL POSITION YOUR TRANSITION INTO REM SLEEP, WILL OCCUR MORE EFFECTIVELY.

I ONCE HAD A PATIENT IN MY OFFICE AND HER NAME WAS EDITH. EDITH HAD BEEN DEAF AND HAD TO WEAR HEARING AIDS TO HEAR. SHE WAS A HOUSEKEEPER AND CARED FOR A GENTLEMAN NAMED CHARLIE, WHO WAS ALSO A PATIENT, WHO WAS A WIDOWER. THEY WERE SUCH LOVELY PEOPLE AND IT WAS A JOY CARING FOR THEM. THEY ONCE TOLD ME THAT THEY BOTH WERE EXTREMELY EXHAUSTED EVEN AFTER SLEEPING (NOT TOGETHER, I THINK 😊) I ASKED MS. EDITH HOW MANY PILLOWS SHE WAS USING AT NIGHT AND SHE RESPONDED, " FIVE PILLOWS, DOC!" AND I ASKED HER HOW ABOUT CHARLIE, AND SHE RESPONDED "FOUR". WE SHORTLY CHANGED THOSE NUMBERS AND TAUGHT THEM THE BENEFITS OF SLEEPING IN THE FETAL POSITION OR SIDE, AND QUICKLY AFTERWARDS WERE GETTING DEEP SLEEP AND FELT REJUVENATED IN THE MORNINGS. THEY BOTH HAD SO MUCH ENERGY THAT THEY STARTED WALKING IN THE MORNINGS AND I SAW A GREAT TRANSFORMATION IN BOTH THEIR ATTITUDES AND BODIES EVEN WHILE THEY WERE IN THEIR 70'S!



KEY 6 – OPTIMAL NERVE FUNCTION

“THE BODY NEEDS NO HELP, JUST NO INTERFERENCE.”

- B.J. PALMER, DEVELOPER OF CHIROPRACTIC

ADEQUATE NERVE SUPPLY IS VITAL TO MAINTAIN A HEALTHY BODY. THE CENTRAL NERVOUS SYSTEM CONSISTS OF THE BRAIN, THE SPINAL CORD AND THE NERVES THAT COME OFF THE SPINAL CORD. THESE NERVES EXIT BETWEEN SPACES THAT ARE FORMED WHEN VERTEBRAE ARE LINED UP OVER EACH OTHER. THE SPINAL COLUMN PROTECTS THE SPINAL CORD AND DISC MAKE UP THE DELICATE CUSHION THAT ALLOWS FOR SPINAL MOBILITY. THE VERTEBRAE, DISC AND NERVE MAKE UP THE VERTEBRAL COMPLEX. THE NERVES ARE VITAL FOR THE TRANSMISSION OF MENTAL IMPULSES FROM THE BRAIN TO THE ENTIRE BODY. KEEPING THIS LINE OF COMMUNICATION OPEN AND CLEAR WITH OUT INTERFERENCE IS EXTREMELY IMPORTANT. STRUCTURAL ALIGNMENT AND STRENGTH IS VITAL FOR THE COMPLETE COMMUNICATION WITH THE BRAIN AND TISSUE CELLS TO MAINTAIN HEALTH. CHIROPRACTIC IS ONE SPECIALTY THAT HELPS BALANCE THE BODY AND HELPS MAINTAIN STRUCTURAL ALIGNMENT, THERE FORE KEEPING THE NERVOUS SYSTEM FREE OF INTERFERENCE THAT IS CAUSED WHEN THE SPINE LOSES ITS NORMAL ALIGNMENT, THAT MAY

IRRITATE NERVES FROM THE SPINE AND CAUSE SYMPTOMS OR BODY SIGNALS SUCH AS PAIN. THIS IS CALLED A *VERTEBRAL SUBLUXATION*. IF YOU REMEMBER FROM THE BEGINNING OF THIS BOOK, THE BODY IS MADE UP OF CELLS AND EACH CELL CONNECTS TO THE NERVOUS SYSTEM BY WAY OF THE NERVES. A *VERTEBRAL SUBLUXATION* IS AN INTERRUPTION IN THE TRANSMISSION OF MENTAL IMPULSES FROM THE BRAIN THROUGHOUT THE NERVOUS SYSTEM WILL DECREASE THE AMOUNT OF COMMUNICATION BETWEEN THE BRAIN AND BODY AND WILL CAUSE THE SYSTEM TO FUNCTION AT A LESS THAN OPTIMAL RATE.

STRUCTURE DETERMINES FUNCTION AND OPTIMAL SYSTEMS FUNCTIONING WILL ENABLE THE BODY TO STAY HEALTHY AND THEREBY CREATING A LIFETIME OF WELLNESS. THIS WILL CREATE A SENSE OF WELLBEING AND LEAD TO A LIFE OF HEALTHY POSSIBILITIES.

IN MY CHIROPRACTIC OFFICE OVER THE LAST 24 YEARS, I EXPERIENCED THE CHANGES IN THE HEALTH OF PEOPLE AFTER THEY WERE FREE OF NERVE IRRITATION ALONG THEIR SPINES. IT WAS AMAZING TO SEE THE DIFFERENCE IN THEIR FLEXIBILITY, MOVEMENT, ATTITUDES AND PHYSIOLOGY WHEN THEY WERE SUBLUXATION FREE AND FEELING HEALTHY AND WELL. FOR ANY INFORMATION ON NATURAL METHODS TO ALLEVIATE SPECIFIC SPINAL AND NERVE CONDITIONS, PLEASE CONTACT ME AT:

WWW.JOHNFLORENDO.COM

WWW.KEYS2VITALHEALTH.COM

WWW.KEYS2HEALTHYLIVING.COM



KEY 7- BALANCED MENTAL ATTITUDE

"IT ISN'T WHAT YOU HAVE, OR WHO YOU ARE, OR WHERE YOU ARE, OR WHAT YOU ARE DOING THAT MAKES YOU HAPPY OR UNHAPPY. IT IS WHAT YOU THINK ABOUT."

- DALE CARNEGIE

THE CORTEX OF THE BRAIN IS COMPOSED OF EIGHT MAJOR SECTIONS, THE CEREBRAL CORTEX, CEREBELLUM, CEREBRUM, LEFT AND RIGHT HEMISPHERE, FRONTAL LOBE, PARIETAL LOBE, OCCIPITAL LOBE, AND TEMPORAL LOBE. STUDIES ONCE THEORIZED THAT THE PERCENTAGE THAT WE ACTUALLY USE OF OUR BRAIN IS AROUND 10%, SINCE THEN SCIENTIST HAVE DISCOVERED THAT WE ACTUALLY USE ALL OF OUR BRAIN; JUST DIFFERENT PARTS AT DIFFERENT TIMES. IF WE DIDN'T NEED ANY PORTION OF OUR BRAIN, EVOLUTION WOULD HAVE MADE SURE THAT THE BRAIN WOULD DEVELOP SMALLER. THERE ARE 100 BILLION NEURONS THAT ARE AVAILABLE IN THE MASTER CONTROL SYSTEM, WHICH REALLY MEANS THAT THE BRAIN IS ONE OF THE ORGANS THAT WE HAVE BEEN RESEARCHING AND ATTEMPTING TO DETERMINE ITS FULL POTENTIAL. ALBERT

EINSTEIN'S BRILLIANT MIND, DETERMINED THAT THE BRAINS CAPACITY AND IT'S POTENTIAL AND SIZE, WHICH COULD FIT INTO THE SMALL SKULL, WOULD LITERALLY HAVE TO TAKE THE SIZE OF A LARGE BUILDING TO EQUAL THE AMOUNT OF FUNCTION. ALBERT ACTUALLY WAS A GREAT EXAMPLE THAT THE BRAIN SIZE WAS NOT AN INDICATION OF INTELLECT. IN FACT, EINSTEIN HAD A BRAIN THAT WEIGHED ONLY 2.7 POUNDS, WHICH WAS A FULL 10 PERCENT SMALLER IN WEIGHT, BUT LARGER IN MASS THAN YOUR AVERAGE BRAIN. ALBERT EINSTEIN'S BRAIN WEIGHED AN AVERAGE AND UNDISTINGUISHED 1230 CC. THE DIFFERENCE WAS THAT ALBERT EINSTEIN HAD 25% MORE INTER - CONNECTIONS THAT THE AVERAGE BRAIN. HIS CAPACITY WAS SO GREAT, BECAUSE HE STIMULATED HIS BRAIN AND CHALLENGED HIMSELF TO USE EVERY BRAIN CELL HE HAD. WHEN SOMETHING IS ON YOUR MIND, THE CORTEX OF THE BRAIN, AS I MENTIONED IS SEPARATED INTO DIFFERENT SECTIONS, IT IS ALSO SEPARATED INTO MAJOR LOBES: FRONTAL (DECISION MAKING), PARIETAL (SENSING PAIN AND UNDERSTANDING SPEECH), TEMPORAL (MEMORY), OCCIPITAL (EYESIGHT), THE CEREBELLUM (BALANCE), AND THE THALAMUS (RELAY STATION CONNECTING THEM ALL TOGETHER). IT IS ONLY RECENTLY THAT SCIENTISTS HAVE ACKNOWLEDGED THAT THE MIND CAN INFLUENCE THE BIO-MOLECULAR MECHANISMS THAT REGULATE THE BODY. FOR MANY YEARS DOCTORS THOUGHT THAT CONSCIOUSNESS WAS SOMETHING THE BRAIN PRODUCED, SIMILAR TO THE GALL BLADDER PRODUCING BILE. CONSCIOUSNESS WAS CONSIDERED MERELY A BY-PRODUCT OF THE CENTRAL NERVOUS SYSTEM MACHINATIONS. NEUROPHYSIOLOGISTS HAVE LONG SOUGHT FOR THE AREA OF THE BRAIN THAT IS THE CENTER OF FREE WILL AND DECISION MAKING. ALTHOUGH THEY MAY IDENTIFY REGIONS OF GREY MATTER THAT PARTICIPATE IN THE PROCESS OF EXECUTING COMMANDS, RESEARCHERS WILL LOOK LONG AND HARD BEFORE THEY EVER DISCOVER THE REAL SEAT OF CONSCIOUSNESS IN THE BRAIN. IN CHIROPRACTIC THE TERM USED IS INNATE INTELLIGENCE. OUR MIND, CENTRALLY LOCATED IN OUR BRAIN, HAS THE POWER TO ATTRACT, PROVIDE AND DELIVER WHATEVER THE HEART TRULY DESIRES. A GREAT EXAMPLE WOULD BE WHEN WE ARE

ATTRACTED TO A SPECIFIC OBJECT OR THING. WHEN WE THINK ABOUT THIS OBJECT, WE BECOME AWARE AND START TO NOTICE THESE THINGS AROUND US. WE LITERALLY ATTRACT THAT WHICH WE THINK ABOUT. SCIENCE HAS PROVEN THAT THIS IS DONE THROUGH THE RETICULAR ACTIVATING SYSTEM (RAS) IN OUR BRAIN. THIS SYSTEM WILL LITERALLY SEEK OUT THE ONE THING THAT YOU HAVE BEEN THINKING ABOUT AND MAKE YOU AWARE OR PRESENT IT TO YOU! WHAT AN AMAZING BODY AND SYSTEM!

DR. BERNIE SIEGEL HAS DONE STUDIES ON HEART DISEASE, CANCER AND MULTIPLE PERSONALITY PATIENTS. HE FOUND THAT A MAJORITY OF THE POSITIVE MINDED PATIENTS EITHER WENT INTO REMISSION WITH THEIR CANCER, RECOVERED FROM THEIR HEART AILMENTS AND WEAKNESSES IN QUICKER TIMES TO THOSE THAT HAD NEGATIVE AND UNSUCCESSFUL OUTLOOKS ON THEIR HEALTH. IN STUDIES OF A MULTIPLE PERSONALITY AND HEART DISEASE AND CANCER PATIENTS, THEIR MIND WAS SO POWERFUL AND CONVINCING TO THEM SELF THAT THE PATIENT COULD ALSO LEAVE HIS OR HER AILMENT IN ONE PERSONALITY AND NOT THE OTHER AS WELL AS VISUALIZE THE DISEASE BEING DESTROYED BY PAC-MAN TYPE CANCER EATERS. THESE PEOPLE WOULD GO INTO REMISSION AND BE CANCER FREE. THE MIND WAS SO POWERFUL THAT IT COULD EVEN CHANGE SKIN COLOR AS WELL WHEN LEAVING ONE PERSONALITY INTO ANOTHER.

SO YOU COULD JUST IMAGINE THE POWER OF THE MIND WHEN IT COMES TO HEALING AND OUTCOMES. HOW YOU THINK AND WHAT YOU THINK ABOUT WILL DETERMINE THE PATH THAT YOUR BODY WILL TAKE IN ANY ENDEAVOR.” WHAT WE THINK ABOUT AND THANK ABOUT COMES ABOUT.” DR. JOHN DEMARTINI

IN THE ANCIENT TIMES IT WAS ONCE SAID THAT THE MANY WAIT TO SEE IT HAPPEN AND THE ONE SEES IT IN HIS MIND FIRST AND THEN HE WILL WATCH IT HAPPEN. THEY CALLED THESE VISIONARIES PROPHETS. SEEING WHAT YOU WANT AND MENTALLY PICTURING THE OUTCOME BEFORE, WILL LEAD YOU

TO SUCCESS. THE MENTAL CAPACITY OF YOUR MIND IS UNBELIEVABLE AND TRULY A GIFT. WE MUST ALWAYS REMEMBER THE IMPORTANCE OF A BALANCED MENTAL ATTITUDE.

THE FAMOUS GANDHI ONCE SAID, "BE THE CHANGE YOU WISH TO SEE IN THE WORLD". ONCE WE BECOME CLEAR AND CERTAIN ABOUT WHAT WE WANT TO ACHIEVE WE WILL ATTRACT THAT WHICH WE NEED. THE MIND IS SO POWERFUL, THAT THE POWER OF BEING ABSOLUTE AND CONFIDENT WILL BRING THE OUTCOME AND ACTION STEPS FOR SUCCESS.

IN ANCIENT TIMES 800 AD, POPE LEO III CROWNED CHARLEMAGNE EMPEROR OF THE ROMANS, WHICH ESTABLISHED A DIRECT LINK BETWEEN CHURCH AND STATE. THE HOLY ROMAN EMPERORS, FOLLOWED BY KINGS OF EUROPE, WERE IMBUED WITH A GLOW OF DIVINITY. OUT OF THIS CAME A PRACTICE OF "ROYAL TOUCH", THE PRACTICE OF HEALING PEOPLE. PEOPLE BELIEVED WITH THEIR MIND AND SOUL THAT BEING TOUCHED OR PASSING THROUGH CROWDS AND DISPENSING THE "ROYAL TOUCH" CAUSED HEALING. IT IS CHRONICLED THAT CHARLES II OF ENGLAND (1630-1685), TOUCHED 100,000 PEOPLE DURING HIS REIGN, INCLUDING AMERICAN COLONIST WHO RETURNED FROM THE NEW WORLD, AMERICA, BACK TO ENGLAND TO BE TOUCHED BY KING CHARLES. THE POWER OF THE MIND, THE MENTAL ATTITUDE AND THE BELIEFS ARE ALL CONTRIBUTORS TO A BALANCED MENTAL ATTITUDE. BALANCE TRULY MEANS APPRECIATING BOTH SIDES OF ALL SITUATIONS GOOD AND BAD, HARD AND SOFT, HAPPY AND SAD, WAR AND PEACE. IN LIFE THIS DYNAMIC IS ALWAYS PRESENT AND THE MOST AMAZING THING IS IT IS ALWAYS PRESENT, AT THE SAME TIME.



KEY 8- MEDITATION –

“MEDITATION IS THE QUIETING OF THE MIND”- SWAMI MUKTANANDA

MEDITATING HAS BEEN A WAY TO FOCUS THE MIND TOWARDS ITS PURPOSE. THE MIND AND BRAIN CONTROLS THE REACTION OF THE BODY TO THE STIMULATION THAT THE NERVOUS SYSTEM PROVIDES. ANCIENT CIVILIZATIONS HAVE UTILIZED MEDITATION AS A FORM OF REJUVENATION AND MENTAL CLARITY. ONE TECHNIQUE OF MEDITATION CALLED, TRANSCENDENTAL MEDITATION, HAS PROVIDED FANTASTIC RESULTS FROM BLOOD PRESSURE REDUCTION AND LESS STRESS AS WELL AS THE INCREASE IN BLOOD FLOW AND HEALING.

THESE EXAMPLES WILL ILLUSTRATE WHAT MEDITATION CAN ACCOMPLISH FOR YOU AND YOUR BODY. THEY WERE CONDUCTED BY 200 DIFFERENT UNIVERSITY AND RESEARCH STUDIES.

Mental Functioning

Increased brain coherence *International Journal of Neuroscience* (116: 1519-1538, 2006)

Increased use of brain reserves *Human Physiology* (25: 171-180, 1999)

Increased creativity *Journal of Creative Behavior* (13(3): 169–180, 1979)

Broader comprehension and improved ability to focus *Perceptual and Motor Skills* (39: 1031–1034, 1974)

Increased self-development *Journal of Social Behavior and Personality* (17(1): 93–121, 2005)

Mental Well-Being

Increased calmness *Physiology & Behavior* (35: 591–595, 1985)

Increased self-actualization *Journal of Social Behavior and Personality* (6: 189–248, 1991)

Increased strength of self-concept *British Journal of Psychology* (73: 57–68, 1982)

Decreased anxiety *Journal of Clinical Psychology* (45: 957–974, 1989)

Decreased depression *Journal of Counseling and Development* (64: 212–215, 1985)

Physiological Health

Improved health in university students *Journal of Instructional Psychology* (22: 308–319, 1995)

Physiological indicators of deep rest *American Psychologist* (42: 879–881, 1987)

Reduced illness and medical expenditures *American Journal of Managed Care* (3: 135–144, 1997)

Reduction of high blood pressure *Hypertension* (26: 820–827, 1995)

A MEDITATION EXERCISE WOULD BE TO SIT UPRIGHT, EITHER IN A COMFORTABLE CHAIR OR ON THE FLOOR ON A CUSHION OR PILLOW. THE REASON FOR SITTING STRAIGHT IS TO THE PART OF YOUR BODY IN WHICH THERE BREATHING IS OCCURRING IN UNENCUMBERED. ALSO, WHEN YOU SIT UPRIGHT ON THE FLOOR YOU ARE SLIGHTLY UNCOMFORTABLE, SO YOU WON'T DRIFT OFF INTO SLEEP, BECAUSE IN ANY PEACEFUL AND QUIET STATE OF MIND IT IS VERY EASY TO GO TO SLEEP.

NOW BECOME AWARE OF YOUR BREATHING IN THIS POSITION, WITHOUT TRYING TO DO ANYTHING ABOUT IT AT ALL. LET IT HAPPEN, AND WATCH IT.

AT THE SAME TIME, LET YOUR EARS HEAR WHATEVER THEY WANT TO HEAR IN OTHER WORDS, LET THEM HEAR IN THE SAME WAY YOU ARE LETTING YOUR LUNGS BREATHE.

YOU CAN BREATHE OUT LETTING THE BREATH FALL OUTWARD WITHOUT PUSHING IT AND AS YOU ARE GETTING TO THE END OF THE OUT BREATH, YOUR ABDOMINAL WALL SHOULD COLLAPSE INWARD, LET GO WITH THE SAME SORT OF FEELING THAT YOU HAVE WHEN YOU LET YOUR BODY DROP INTO A VERY COMFORTABLE BED. LET IT DROP OUT AND FALL. LET THE WEIGHT OF THE AIR DO IT. DON'T PUSH, BUT DROP. THEN AFTER A WHILE, THE BREATH WILL RETURN. THE BREATH WILL DROP IN UNTIL YOU'VE HAD ENOUGH THEN LET IT DROP OUT AGAIN.

IT IS A GOOD IDEA IN THIS EXERCISE TO BREATHE IN THROUGH THE NOSTRILS AND OUT THROUGH THE MOUTH, ALLOWING THERE TO BE A SLIGHT SENSATION OF MOVING AIR ON OUR LIPS SO THAT YOU KNOW YOU ARE BREATHING. NEVER FORCE

ANYTHING, JUST HAVE THE FEELING OF GOING THIS WAY BY VIRTUE OF WEIGHT, AND GRAVITY. THEN IF YOU WISH YOU MAY LET THE BREATH FALL OUTWARD YOU CAN SIMPLY FLOAT A SOUND ON IT. FIRST YOU CAN JUST DO THIS MENTALLY. THINK OF A SOUND THAT PLEASURES YOU A NOTE THAT SEEMS AGREEABLE TO YOUR VOICE,. AS YOU BREATH OUT HEAVILY, IMAGINE THAT SOUND TO HEAR YOURSELF WHATEVER SOUND YOU FEEL LIKE. NOW IF YOU'VE GOT A HUMMING SOUND IN MIND ON THE NEXT SOUND OF THE OUT BREATH, HUM IT OUT LOUD AND KEEP IT GOING.. AT FIRST YOU MAY FEEL A LITTLE SHORT WINDED AND UNEASY ABOUT THIS. JUST RELAX AND LET IT HAPPEN NATURALLY. HMMM OR AHHH OR OOOMMM

I WAS ONCE IN MY SATURDAY EVENING 6:00PM, BIKRAM YOGA CLASS AT THE END OF A INTENSE HOT (110 DEGREE HOT) SESSION. WE WERE LAYING IN THE SHAVASANA POSTURE OR CORPSE POSE. THIS POSE ALLOWS YOUR BODY TO COMPUTE AND DECIPHER ALL THAT YOU HAVE DONE WITH YOUR BODY DURING THIS INTENSE TRAINING OF MIND, BODY AND SPIRIT. MY INSTRUCTOR "DRAY" SAYS DURING THIS TIME, "YOU ARE NOW MORE MAGNETIC, HAPPY AND ATTRACTIVE. EVERYONE AROUND YOU NOTICES YOUR CHANGE IN YOUR PRESENCE AND THE LOVE RADIATES FROM YOUR SOUL BECAUSE YOU HAVE SPENT THE TIME TO NURTURE, CARE, DETOXIFY AND STRETCH THE BODY TO INCREASE THE LIFE POTENTIAL OF THE CELLS WITHIN YOU. DON'T CHEAT YOUR BODY OF THIS TIME TO BREATHE, MEDITATE AND APPRECIATE YOUR LIFE AND OPEN YOUR HEART TO ALL THAT LIFE HAS GIVEN YOU." I CONCUR WITH EVERYTHING THAT HE SAYS. UNDERSTAND THE POWER IN YOU.



KEY 9- PURPOSE

“MAN IS BORN TO LIVE AND NOT TO PREPARE TO LIVE.”

- BORIS PASTERNAK

PURPOSE OR DIRECTION IN OUR LIVES HELPS US ALONG OUR JOURNEY TO WELLNESS. HAVING A PURPOSE TO GUIDE US AS WELL AS SOMETHING TO LOOK FORWARD TO ALSO PROVIDE INSPIRATION. YOUR PURPOSE CAN ALSO BE LINKED TO YOUR DAILY ACTION LIST OR CHECK OFF LIST. YOUR TOP 7 PRIORITIES THAT PROVIDE YOU WITH THE OPTIMAL RESULTS OF THE DAY SHOULD BE WRITTEN DOWN ON A LIST AND BE LOOKED AT DURING THE COURSE OF THE DAY TO KEEP YOU FOCUSED ON TOP PRIORITIES AND NOT LOW PRIORITIES. THE TOP SEVEN THINGS THAT GET YOU TO THE 20% THAT GIVES YOU THE 80% RESULTS!

YOU WILL DO IT, DELEGATE IT, OR DUMP IT. BY STICKING TO THE HIGHER PRIORITIES AND NOT GETTING BOGGED DOWN WITH THE LOWER PRIORITY THINGS IN LIFE, WE CAN ACHIEVE MORE OF THE ACTION STEPS THAT GET US THE RESULTS WE DESIRE. HAVING A HEALTHY LIFE PURPOSE WILL FOCUS YOUR MIND ON THE VALUES IN YOUR LIFE THAT WILL GET YOU THE OUTCOME THAT YOU VISUALIZE FOR YOUR HEALTH AND LIFE. IT IS YOU WHO MUST MAKE THE COMMITMENT TO LIVE YOUR LIFE TO IT'S FULLEST AND TO TAKE A STAND. WHAT ARE YOU GOING TO STAND FOR FROM NOW ON?

THE QUESTION THAT FACES US ALL IS NOT WHAT SHOULD BE OUR PURPOSE, BUT WHAT WE SHOULD SET OUT TO ACHIEVE, AND DO WITH LIFE, A LIFE THAT IS GIVEN TO US FOR A PERIOD OF ON AVERAGE 70 YEARS? THE ANSWER COULD BE WE ENJOY LIFE SO THAT WE CAN FIND THE GREATEST HAPPINESS IN IT, IS MORE A PRACTICAL QUESTION, SIMILAR TO THAT OF HOW WE SHOULD SPEND OUR WEEKENDS OR WHAT IS OUR METAPHYSICAL STAND ON THE MYSTIC PURPOSE OF THIS LIFE IN THE UNIVERSE. IN THIS QUESTION WHAT SHOULD BE THE PURPOSE OF HUMAN LIFE, EVERY MAN PROJECTS THEIR OWN CONCEPTIONS AND HIS OWN QUESTION, BECAUSE OF OUR SCALES OF VALUES DIFFER FROM ONE ANOTHER. AS WALT WHITMAN ONCE SAID, “ I AM SUFFICIENT AS I AM.”

MY MENTOR, DR. JOHN F. DEMARTINI, AUTHOR, INTERNATIONAL SPEAKER, CO-PRESENTER OF “THE SECRET” AND “OPUS”, HAS ALWAYS TAUGHT ME ONE OF THE MAJOR THINGS HE LEARNED FROM MARY KAY OF MARY KAY COSMETICS, WAS TO WRITE DOWN 7 ACTION STEPS IN THE BEGINNING OF THE DAY. THIS WILL KEEP YOU ON PURPOSE AND GUIDE YOU TO SUCCESS. AT THE END OF A MONTH, WHEN YOU SEE WHICH ACTION STEPS ARE THE ONES THAT GIVE YOU THE 80% OF YOUR SUCCESS, THAT GETS TRANSFERRED TO A “DID I LIST”. THESE ARE THE TOP PRIORITY ACTION STEPS THAT NEED TO BE CHECKED OFF FOR THE ULTIMATE DAY TO OCCUR.

BY ALSO VISUALIZING AND WRITING DOWN YOUR ULTIMATE DAY OF HOW YOU WOULD LOVE YOUR DAY TO FLOW, IS ANOTHER GREAT IDEA FOR INSPIRING PURPOSE AND DIRECTION.

DR. DEMARTINI HAS DESIGNED A PROGRAM TO VISUALIZE YOUR PURPOSE CALLED, “MASTER PLANNING”. THIS IS A 4-DAY PROGRAM WHERE YOU SIT AND WRITE HOW YOU WOULD LOVE YOUR LIFE TO BE AND IS A WONDERFUL OPPORTUNITY TO LEARN ABOUT YOUR DESIRES IN LIFE. IF THIS INTERESTS YOU CONTACT:

WWW.DRDEMARTINI.COM

WWW.JOHNFLORENDO.COM

“THE QUALITY OF YOUR LIFE IS BASED ON THE QUALITY OF QUESTIONS YOU ASK.” - *DR. JOHN F. DEMARTINI*



KEY 10- LIFE LEGACY

“THE BEST EFFECT OF FINE PERSONS IS FELT AFTER WE HAVE LEFT THEIR PRESENCE.”- RALPH WALDO EMERSON

LEAVING A LEGACY MAKES YOUR LIFE MEANINGFUL. LIVING YOUR LEGACY CHANGES THE OUTCOME OF LIFE. IMAGINE HOW INVIGORATING AND INSPIRING IT WOULD BE TO KNOW THAT WHAT YOU ARE DOING RIGHT NOW IS CONTRIBUTING TO YOUR LEGACY. IMAGINE HOW AWESOME OTHERS WOULD BE IF THEY SAW YOU BUILDING YOUR LEGACY IN THE PRESENT.

LEAVING A LEGACY GIVES YOUR LIFE PURPOSE. BY BEING HEALTHY, STAYING FIT, LIVING AN INSPIRED LIFE YOU SET AN EXAMPLE FOR OTHERS. YOUR DESIRE TO SPREAD THE WEALTH AND PASS THE TORCH WITH YOUR KNOWLEDGE IS SO VITALLY IMPORTANT TO MANY. YOU NEED TO BE FOCUSED ON YOUR PLANNED ACTION STEPS FOR SUCCESS (P.A.S.S.). BY VISUALIZING YOUR HEALTH THE WAY YOU WOULD LOVE WILL BRING YOU CLOSER TO YOUR OUTCOME. IT MUST START WITH A PICTURE A GLIMPSE OF WHAT YOU WANT YOUR MIND, BODY, SPIRIT AND SOUL TO BE? WHAT IF YOU WERE GIVEN A CHANCE TO NOT FAIL AND YOU COULD HAVE ANY BODY THAT YOU WANTED, WHICH PHYSIQUE WOULD IT BE? HOW MUCH WOULD YOU WEIGH? WHAT PANT SIZE OR DRESS SIZE WOULD BE

COMFORTABLE AND HOW WOULD IT FEEL? WOULD YOU HAVE A SIX-PACK ABS, MUSCULAR LEGS, BICEPS AND TRICEPS FIRM AND SHAPED, OPTIMAL HEART RATE, MAXIMUM FLEXIBILITY, ENERGY AND ENTHUSIASM FOR LIFE? WOULD YOU LOVE TO MAKE PASSIONATE LOVE TO YOUR LOVED ONE OR BE ABLE TO PLAY WITH YOUR CHILDREN LIKE A BIG KID AND HAVE FUN? BY LEAVING YOUR FOOTPRINT OF HOW YOU LIVED LIFE, YOU WILL BE AN INSPIRATION TO THOSE AROUND YOU AND EVEN TO THOSE WHO HAVEN'T EVEN MET YOU IN PERSON, BUT THEY WILL KNOW YOUR DEDICATION TO YOUR HEALTH AND YOUR LIFE. IT WILL MAKE A DIFFERENCE IN THE WORLD AS WELL AS IN THE LIVES OF MANY WHO SEARCH FOR HEALTH AND WELLBEING. WHEN YOU FOLLOW THE KEY2VITALHEALTH PROTOCOLS AND STAY COMMITTED TO MAKE A CHANGE IN YOUR HEALTH AND LIFE, YOU WILL BE A LEADER AS WELL AS LEAVE BEHIND A LIFE LEGACY.

LIFE IS PRECIOUS AND IT IS THE TREASURE OF TREASURES. YOUR FIRST WEALTH IS HEALTH AND NOTHING IS OF VALUE IF YOU ARE NOT WELL TO ENJOY, PERFORM, BE ACTIVE, HAVE VITALITY, ENDURANCE, VIGOR, LONGEVITY AND THE ENERGY TO GROW AND CONTRIBUTE TO THE WORLD.

I WAS BLESSED TO COME UPON A TECHNIQUE THAT WAS PRESENTED TO ME AT A BREAKTHROUGH ENTREPRENEUR CONFERENCE IN SANTA FE, NEW MEXICO, WITH TWO OF MY MENTORS, STEFANIE HARTMAN AND GARY DE RODRIGUEZ, IN MAY 2008. THE IDEA OF MIND MAPPING AND THE VISUAL IMPORTANCE OF DESIGNING YOUR LIFE AS WELL AS FOCUSING ON THE OUTCOME OF YOUR EXISTENCE WAS MIND BLOWING. BEING CREATIVE AND DRAWING FIGURES, MAPS, DIAGRAMS, SAYINGS THAT RESONATE WITH YOUR INNATE INTELLIGENCE AND YOUR TRUE LEGACY WILL BE A TRUE AWAKENING. EVERYTHING FROM HOW YOU WANT YOUR HEALTH TO BE AND THE STEPS TO GET THERE, AS WELL AS WHAT YOU WANT TO ACCOMPLISH, HAVE OR EXPERIENCE. FOR AN EXAMPLE OF THIS MIND MAP, PLEASE GO TO:

WWW.JOHNFLORENDO.COM/MINDMAP

FILL IN YOUR INFORMATION FOR A COPY OF A HEALTH MIND MAP.



THE SPECIAL KEY-

I BELIEVE THAT FASTING IS AN IMPORTANT WAY TO KEEP THE BODY VITAL AS WELL AS DETOXIFYING AND RECHARGING THE BODY FROM DAILY LIVING HABITS THAT HAVE CAUSED THE BODY TO BECOME DE-ENERGIZED, SLUGGISH, TOXIC, AND AT TIMES SICK. WHEN YOU CLEANSE YOUR BODY AND FILL IT WITH ORGANICALLY GROWN LIVE FOODS, FRUITS AND VEGETABLES, YOU CRAVE EXERCISE. WHEN YOU EXERCISE YOU GET TO SCULPT YOUR BODY TO THE DESIRED YOU. I WILL DISCUSS THE IDEA OF FASTING IN MORE DEPTH IN MY NEXT BOOK- "TOP TEN KEYS TO CLEANLINESS FROM THE INSIDE OUT!"

I HAVE SEEN PEOPLE OF DIFFERENT CULTURES LIVE LONG FRUITFUL LIVES ON EATING SMALL MEALS OF FRESH FRUITS AND VEGETABLES ORGANICALLY GROWN AND DRANK LOTS OF WATER. THEY DIDN'T EAT AS A HABIT THEY ATE BECAUSE THEY WERE HUNGRY!

THE FIRST THING IS TO LOOK AT YOUR LIFE AS A GIFT AND TO NOT TAKE THIS MAGNIFICENT BODY FOR GRANTED. AS BEN FRANKLIN ONCE SAID, "TO LENGTHEN THY LIFE, LESSEN THY MEALS." YOUR BODY NEEDS THE TIME TO REJUVENATE FROM THE ENERGY IT TAKES TO DIGEST AND PROCESS FOOD. IF YOU THINK ABOUT THE STAGES OF DIGESTION AND ELIMINATION, YOU

WILL REALIZE THAT NOT ONLY IS THE BODY AN AMAZING MACHINE, BUT IT ALSO NEEDS TIME TO RECOVER AND RE-BUILD IT'S TISSUES. WE AS HUMAN BEINGS ARE EXPOSED TO THE MANY POISONS AROUND US IN THE AIR THAT WE BREATHE, THE FOODS THAT WE EAT, AND THE DUST AIRBORNE PARTICLES THAT ARE ALL AROUND US. THE BODY MUST BATTLE MANY OBSTACLES TO KEEP YOU WELL. ROUGHLY 60 TONS OF AIRBORNE PARTICLES FALL ON EACH SQUARE MILE EVERY MONTH. IF YOU ARE LIVING IN A HIGHLY POLLUTED, INDUSTRIAL CITY YOU STAND A CHANCE OF SUFFERING FROM DEADLY LUNG DISEASE OR SUFFER FROM HEART TROUBLE, JUST BREATHING POLLUTED AIR! A MIXTURE OF SMOKE AND DUST FROM MANUFACTURING FACTORIES, INCINERATORS, AND HEATING PLANTS, GASEOUS BY PRODUCTS OF FACTORY AND EXHAUST FUMES FROM CARS AND TRUCKS ARE TOXIC TO OUR BODIES, ENVIRONMENT AND SOCIETY. NOT ONLY IS THE AIR AN ISSUE, SO IS OUR WATER THAT WE DRINK. OUR WATER IS SO POLLUTED AND FILTHY THAT WE HAVE TO USE POWERFUL CHEMICALS TO MAKE THE WATER DRINKABLE. THE TERM "HARD WATER" IS JUST THAT WATER THAT WE HAVE ADDED CHEMICALS AND INORGANIC ELEMENTS SUCH AS CHLORINE, ALUMINUM, AND FLUORIDE WITH MINERALS LIKE CALCIUM AND SODIUM, WHICH DO NOT BREAKDOWN OR CANNOT BE ABSORBED BY THE BODY PROPERLY. THESE ARE WHAT YOU CALL INORGANIC SUBSTANCES NOT ABSORBED BY THE BODY. YOUR BODY CAN ONLY ABSORB ORGANIC MINERALS FROM VEGETABLES AND THE ANIMAL KINGDOM. ANY INORGANIC MINERAL MUST BE ELIMINATED BY THE BODY OR WILL BE STORED AND EVENTUALLY CAUSE PROBLEMS. EVEN IF YOU ARE FILLING YOUR SELF WITH WHOLESOME FOODS, NATURAL ORGANIC PRODUCTS, IF YOU HAVE TAKEN MEDICATION AT ONE TIME OR ANOTHER, YOU CAN BE SURE THAT THE RESIDUE AND SLUDGE OF THESE DRUGS AND CHEMICALS WILL BE DEEP INSIDE THE LINING OF THE ORGANS AND BODY, HIDDEN READY TO POLLUTE AND DETERIORATE CELLS AND LIFE.

LIFE EXTENSION OCCURS WHEN WE RENEW, REJUVENATE AND REVITALIZE OUR BODIES TO LIVE AN ENERGETIC, SPARKLING, HEALTHY AND INSPIRED LIFE. SCIENCE HAS PROVEN THAT THE HUMAN BODY WAS DESIGNED TO LIVE 120+ YEARS. THE CELLS

OF OUR BODY ARE MADE TO DUPLICATE, REPLACE AND IF WE LOOK BACK TO BIBLICAL TIMES, THE BIBLE ALSO STATES THAT THE LONGEVITY OF MAN SHOULD BE AT LEAST 120+ YEARS OR EVEN OLDER. IF LONGEVITY, WHICH REALLY MEANS TO LIVE HEALTHY WITH VITAL FORCE AND ENERGY, IS OF VALUE TO YOU OR YOUR LOVED ONES, THESE 10 KEYS TO LIVING A HEALTHY AND FULFILLING LIFE WILL BE THE CATALYST TO LIVING AN INSPIRED LIFE.

TAKE A 10- DAY CHALLENGE AND START TO MAKE A CHANGE IN YOUR LIFE. FOLLOW THESE PRINCIPLES FOR THE NEXT WEEK AND A HALF. WATCH HOW YOU FEEL AFTERWARDS AND WATCH HOW DIFFERENT YOUR BODY WILL LOOK. AS THE SAYING GOES, "YOU MAY LEAD A HORSE TO WATER, BUT YOU CANNOT FORCE HIM TO DRINK". NO MATTER WHAT YOU HAVE EXPERIENCED BEFORE READING THIS BOOK, YOU MUST MAKE THE COMMITMENT TO ENHANCE YOUR LIFE AND WELLBEING.

MY SUGGESTIONS WOULD BE TO:

1. CHECK YOUR WATER INTAKE. YOUR WATER AMOUNTS SHOULD BE EQUIVALENT TO HALF (1/2) YOUR WEIGHT IN OUNCES AS A START. NOW REMEMBER THAT YOUR BODY WILL NEED TIME TO ADAPT TO THE INCREASE IN HYDRATION. YOU WILL BE URINATING MUCH MORE, BUT ONCE YOUR KIDNEYS START REGULATING THIS WILL REDUCE. ALWAYS UNDERSTAND THAT WHEN YOU ARE DISCHARGING WASTE PRODUCTS AND CHEMICALS FROM MUSCLE METABOLISM, THIS IS HEALTHIER FOR YOU. ALKALIZING THE WATER WITH LEMON, LIME OR CUCUMBER WILL HELP YOUR BODY RE-HYDRATE AND RE-CHARGE FASTER.
2. START A BREATHING ROUTINE. FOLLOW THE DIAGRAMS INCLUDED IN THIS BOOK. DIAPHRAGM BREATHING WILL INCREASE THE OXYGEN INTAKE AS WELL AS DISCHARGE THE

CARBON DIOXIDE WITHIN YOU. A DETOXIFICATION PROCESS AS WELL AS A REJUVENATING AND ENERGIZING ONE.

3. DEVELOP A ROUTINE OF STRETCHING THE SPINE AND BODY AND CREATE A WORKOUT OF AEROBIC AND ANAEROBIC TRAINING FOR THE NEXT 10 DAYS.
4. KEEP A DAILY JOURNAL OF WHAT YOU HAVE EATEN AND YOUR WORKOUT PROGRAM. FOR EXAMPLE: YOUR TIME WALKING AND HOW FAR, HOW MUCH WEIGHT YOU LIFTED AND FOR HOW LONG, YOUR MAXIMUM HEART RATE AND AT WHAT PERCENTAGE YOU HAVE BEEN TRAINING AT. (OPTIMAL FAT BURNING RESULTS SEEN AT THE 65-70% RANGE)
5. TAKE SOME TIME TO JUST SIT IN SILENCE AND LISTEN TO YOUR BREATHING. INHALING AND EXHALING AND KEEP THE MIND FREE OF ANY THOUGHTS, TASK, OR TO DO'S AND JUST SIT AND LET THE BODY BE ITSELF.
6. LOG ONTO WWW.JOHNFLORENDO.COM OR WWW.KEYS2HEALTHYLIVING.COM AND ENHANCE YOUR EDUCATION WITH NEW INFORMATION AND INSIGHTS TO PRODUCTS THAT PRODUCE HEALTH AND WELLNESS, IMPROVE YOUR LIFE IN ALL ASPECTS.

LAST WORD

HERE WE ARE AT THE LAST WORDS AND THANK GOODNESS WE HAVE REACHED HERE TOGETHER! I AM APPRECIATIVE OF YOU FOR READING THROUGH TO THIS POINT AND I JUST WANT TO MENTION A FEW HELPFUL TIPS. RECOGNIZE THAT YOUR BODY HAS BEEN IN A CERTAIN PHYSIOLOGICAL STATE FOR A PERIOD OF TIME AND IT MAY TAKE TIME FOR IT TO CONFORM TO A NEW ONE. TIME IS AN IMPORTANT PART OF THIS TRANSFORMATION OF YOUR BODY, MIND AND SPIRIT, SO DON'T TRY TO RUSH THROUGH THIS PROCESS OF CHANGE. I WILL BE THERE FOR YOU FOR ANY QUESTIONS YOU MAY HAVE AND AGAIN THANK YOU.

NO EFFORT IN THIS WORLD
IS LOST OR WASTED;
A FRAGMENT OF SACRED DUTY
SAVES YOU FROM GREAT FEAR.

-KRISHNA

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WWW.KEYS2VITALHEALTH.COM

THE CHINESE TONGUE AND NAIL ANALYSIS

THIS METHOD OF DIAGNOSING THE TONGUE AND NAIL HAS EVOLVED WITHIN THE CHINESE CULTURE FOR CENTURIES. IT IS USED TO DETECT UNDERLYING HEALTH PROBLEMS WITHIN AN INDIVIDUAL. BY ANALYZING THE TONGUE AND NAIL I CAN DETECT ORGAN STRENGTH AND WEAKNESS AS WELL AS HOW A SPECIFIC BODY SYSTEM IS FUNCTIONING. THIS ANALYSIS CAN DETECT PROBLEMS AT IN MOST INSTANCES, BEFORE THE SYMPTOMS OR BODY SIGNALS APPEAR.

I RECOMMEND THAT YOU CONSULT A SPECIALIST IN THE TONGUE AND NAIL TO DETECT ANY UNDERLYING HEALTH PROBLEMS. ANY HEALTH PROBLEMS DETECTED CAN BE TREATED WITH THE USE OF CHINESE HERBS AND FORMULAS THAT HAVE BEEN DESIGNED FOR OVER THOUSANDS OF YEARS. FEEL FREE TO CONTACT ME WITH ANY QUESTIONS IN REGARDS TO THIS ANALYSIS. I AM AT YOUR DISPOSAL FOR ANY THING YOU NEED.

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QUOTES-

“WHEN WE DIE AND GO TO MEET OUR MAKER, WE ARE NOT GOING TO BE ASKED WHY WE DIDN’T BECOME A MESSIAH OR FIND A CURE FOR CANCER. INSTEAD, WE WILL BE ASKED, WHY DIDN’T YOU BECOME YOU?”

THOMAS EDISON

“WHO CONTROLS THE PAST CONTROLS THE FUTURE; WHO CONTROLS THE PRESENT CONTROLS THE PAST.”

GEORGE ORWELL

I LOOK TO THE FUTURE BECAUSE THAT’S WHERE I’M GOING TO SPEND THE REST OF MY LIFE.

GEORGE BURNS

“SIGNATURE PRESENCE IS YOUR UNIQUE COMBINATION OF PASSIONS, CAPABILITIES, QUALITIES, VALUES, AND BELIEFS. SIGNATURE PRESENCE POWER GIVES YOU WHAT IT TAKES TO GET RESULTS WHEN EXTERNALLY DERIVED POWER IS NOT ENOUGH.”

