

## ***The Five Master Keys to Vibrant Health and Longevity: How to Cure and Prevent Any Disease***

BY RAY GEBAUER

Is it really possible to cure or prevent all diseases? Based on the evidence in the lives of thousands of people as well as my personal observation, it is!

Three thousand years ago, the prophet Hosea said, “*My people perish for lack of knowledge.*” It’s still true today! Having a clear understanding of the seriousness of problem is the only way to have an ongoing motivation to do something. So really, just how bad is the problem?

Here are the facts—judge for yourself! Over 50% of Americans will die from heart or vascular disease; 33% will die from cancer; 12% will die from diabetes. What do these top three causes of death add up to? 95%! And a century ago, probably less than 5% died from these causes!

The incontrovertible truth always has been and always will be, that **if you do what most people do, you’ll get what most people get!**

*So what are you doing right now to make sure you are not part of the 95% category?*

So if you want something different, you’ve got to be willing to do something different! *If you want vibrant health and longevity, you’ve got to do something different from what the 95% of the people are doing.*

This paper is going to give you the five master keys to vibrant health and longevity, so *you* will know what to do differently, so you don’t have to be in that grim 95%!

### **HEALTH CHECKING ACCOUNT**

One useful way to understand how your health works is use the analogy of your checking account. As you know from experience, your deposits *increase* your balance and the checks you write *decrease* your balance. When the amount of the checks exceed the sum of your deposits, you know what happens: you get bounced checks!

The same thing occurs in your body. Everything you do that contributes to your health is a deposit. Any kind of stress (physical, mental, emotional, chemical, electromagnetic) is a “check” written against your account. So when the amount of “stress-checks” exceed the sum of your “deposits”, you know what happens: you get “bounced checks” which show up as pain or as a health disorder, and eventually disease!

So you want to deliberately make your deposits as frequently as possible to build up your health reserves. Then be conscious and careful how you write checks that deplete your health balance.

The “deposits” are the five keys to vibrant health and longevity, and the “checks” are any form of stress.

A twenty year study by the University of London School of Medicine determined that un-managed mental and emotional reactions to stress are a *more dangerous risk factor for cancer and heart disease than cigarette smoking or eating high cholesterol foods.*

### HEALTH ILLUSIONS

One of the most dangerous perceptions is the common *illusion* that a person is healthy as long as they feel good. Millions of people are faked out by *appearance* of health.

Because your body was designed with numerous redundant (backup) systems, it has a remarkable ability to compensate for deficiencies and problems for years. It will always “borrow from Peter to pay Paul” so to speak, that is until Peter is broke too. Then “bankruptcy” (of your health) is suddenly unavoidable and you have bounced checks all over the place!

Here are some examples to illustrate this truth. Cancer takes five to thirty years to develop to the point that it is detectable. But during that time, you feel fine, because your body has been compensating and utilizing your back up reserves. Then you get the shock of your life, when your doctor discovers you have cancer. You can't believe it! Yesterday you were “healthy” and today you have terminal cancer! No, you only *thought* you were healthy because you mistakenly equated feeling good with health.

Michael Landon is a tragic and vivid public example of this. He was on the Johnny Carson show showing off his “healthy” body that had been diagnosed with cancer of the pancreas. He told the nation that he'd never felt better in his life, and that he was going to beat this! With less than 10% body fat, and he was the “picture” of fitness. But three months later, he was dead.

Don't confuse fitness with health! Strong muscles don't mean you have a strong immune system. Most of us are still faked out by the “picture” of health, the superficial outward appearance. 2000 years ago, Jesus warned us, “Do not judge according to appearance....” But we still tend to do just that, don't we?

Heart disease is another classic example of this. Heart disease takes 30-40 years to develop. Did you

know that the autopsies revealed that over 90% of the young fit men (teenagers) who died in the Viet Nam war had advanced hardening of the arteries? Probably over 90% of grade school children have the beginning of heart disease, that won't manifest for 30-40 years! Is that health?

UNLESS you do something *different* from the 95% that are doomed to die from just the top three causes, you will too.

So just how do you achieve vibrant and health and longevity? The **ONLY** way to have vibrant health and longevity is by having a strong immune system in concert with sufficient endocrine (hormonal) and antioxidant activity. But if take care of the immune system on a holistic basis, the other critical systems will be healthy and balanced as well, including proper neurotransmitter function and regulation, and tissue repair and regeneration.

When you have a strong immune system, you have vibrant health, and can usually recover from any disease.

So how do you get a strong healthy immune system? That's where the five keys come in.

### THE HEART AND PASSION

Your first key to having vibrant and health and longevity has to do with the *heart*, which is in the “Fire element.” Three thousand years ago, Solomon wrote, “Watch over your heart with all diligence, for from it flow the springs of life.” (Proverbs 4:23).

The heart has to do with passion and purpose. When you have a clear purpose in life about which you feel passionate, and when you see yourself on a mission, you are living from your heart. When from your heart you love and appreciate life and people, your Natural Killer cell function, which is the first line of defense of your immune system, is greatly enhanced.

If you are not living from your heart, and you're not passionate about anything, you will eventually deteriorate into a state of indifference, hopelessness and despair.

The devastating effect of this is that your immune system will be suppressed. As such, you are more susceptible to virtually every health problem.

Find some project or business through which you can make a contribution. When we are helping others by contributing to their lives in a meaningful way, not only is our own value and worth affirmed, but we are happier. As a result of that, our immune system is stronger and we are healthier.

My passion in life is to make a difference for millions of people by supporting them in achieving better health and greater fulfillment in helping others. So this is what I do as a business; and more importantly, I do it as my *mission*. It is my passion and a major source of fulfillment. And I love showing others how they can do it too.

#### FULFILLMENT AND SATISFACTION

My personal belief is that every human being is driven by the desire to feel valuable, significant and important. This is the basic universal drive that runs us. Everyone wants to be "somebody."

Of the countless ways we try to affirm our value, many of which do not work well, *contribution* and *connectiveness* are the most effective and fulfilling. It's when we are making a *contribution* to the lives of others that we are the most happy and fulfilled, because this affirms our value and significance. And when we feel *connected* to others, which includes a sense of belonging and being loved, we are happy and fulfilled, because this too affirms our value and significance. When both *contribution* and *connectiveness* encompasses the spiritual realm, we are the most happy and fulfilled!

To get the most value from the other four keys, engage your heart when you are utilizing each of

them by doing them with a conscious focus on your physical heart. Whatever you do, do it with and through your heart from a sense of appreciation. For more information on how to harness the power of the heart, go to [www.heartmath.com](http://www.heartmath.com). I very strongly recommend this simple yet powerful technology which has been proven to raise immune function levels as measured by the IgA (immunoglobulin A) by an average of 34% and increase the amount of the hormone DHEA (considered to be an "anti-aging" hormone) available to the cells by up to 100% while decreasing the cortisol (the "stress hormone") by 23%.

A final aspect of living from your heart is to laugh. I know I tend to be too serious. Look for humor in situations. Tell jokes; be funny. For more information on how to customize laughter to maximize health benefits, visit <http://www.touchstarpro.com/wellness.html>.

#### FINDING CONNECTIVENESS

Associated with the Earth Element is the second key to strengthening the immune system function, which has to do with having a sense of *connectedness* with others.

Your immune system is stronger when you feel connected to others in relationships where you feel valued and loved. One way this can be achieved is through a community of people that share a common vision, such as a church or a cause oriented business. It is my belief, that the most important person to be connected to is God.

The consequence of not being connected with people is once again a compromised immune system, which will most likely keep you in that 95% category. Find a way to be "on fire" with passion about a cause or significant purpose (mission) and "grounded" (to the "Earth") through being connected to others in a community of believers. According to a nine year study in the Journal of Epidemiology, people with the lowest amount of social ties were *two to three times more likely to die of*

*all causes than those with the most social connectiveness!*

### DAINGEROUS TOXINS

The third key is in the Metal Element. Because metal is a foreign substance to your body, it's a good way to remember this important key.

This key is about awareness and avoidance of *all* toxic and foreign substances, which includes heavy metals and chemicals in the environment, in our food, and all chemically *altered* foods that are also toxic to body.

In ancient times, poison was put in food if someone hated you and wanted you dead. In our modern era, the motivation is economic.

Between 500-600 foreign chemicals are now found in the tissues of every American. Examples of toxins include additives, pesticides, preservatives, coloring agents, hydrogenated oil and artificial sweeteners such as Aspartame also known as NutraSweet (for a wealth of references and shocking information on the dangers of Aspartame, visit [www.dorway.com](http://www.dorway.com) and <http://web2.airmail.net/marystod>. Ingesting Aspartame is like beating your liver with a chemical baseball bat. Is it worth it to chemically abuse yourself?

Toxins in our environment and food are believed by many doctors and researchers to be a PRIMARY cause in the decline of our immune system function.

In fact, according to measurements done by various research doctors over the years, your Natural Killer cells (the first line of defense against bacteria, viruses

or cancer), declined by an average of 1% a year between 1981 and 1991; but from 1991 to 1997, the average drop tripled to 3% a year! **This is a 29% drop in just 16 years, and this decline appears to be accelerating.**

So what can you do? Before you can *avoid* the toxins that are avoidable, you need to be *aware* of them. Start by investing the time in reading the labels on everything you buy. Why pay money to poison yourself? Just because the effect is not immediate does not mean it is not robbing you of your health and eventually your life!

One of the common substances that many people assume are OK is partially hydrogenated oil. Did you know that according to Dr. Sheldon Deal, it takes the body 55 days to get rid of the hydrogenated oil from just ONE potato chip? Don't you think your body has better ways to expend it's energy?

The next step is to AVOID like the plague everything you know or suspect to be unnatural or toxic. DON'T let your taste buds run (and shorten) your life! After all, look at what's at stake here: your life!

The third step is to reduce toxins that you are storing in your tissues. One way is taking supplements to support your liver's detoxification, such as a phytochemical (plant nutrients) complex that has been proven scientifically to raise glutathione levels, which is the most powerful and important antioxidant.

Investing some daily time on a mini-trampoline can really help your lymph system work more efficiently to remove toxins from your body.

To support detoxification, you can stimulate LG-4 and stimulate your immune system itself. You can also use this point to reduce or eliminate pain, including headaches and backaches.

### MOVEMENT

The fourth key to vibrant health is in the Water Element which represents "movement." Movement supports your immune system function. Movement is characteristic of fresh water, whereas motionless water is stagnant and becomes a source of trouble. In fact, when something stops moving, we conclude

that it is dead, since movement is a basic sign of life! So how do we insure adequate movement to maintain and enhance our life and health?

Water is the first essential component necessary for internal movement and chemical processes, including the daily cleansing processes through the kidneys. According to Dr. Batmanghelidj, M.D. chronic dehydration is the root cause of most degenerative diseases.

Dr. Batmanghelidj wrote a shocking milestone book, “Your Body’s Many Cries for Water—You are not sick, You are Thirsty,” which is based some astounding original research and supported by hundreds of medical articles. In this remarkable book, he presents a very convincing scientifically based case that chronic dehydration is the primary causative factor in asthma, allergies, depression, diabetes, rheumatoid arthritis, high blood pressure, high cholesterol, anginal pain, cancer, ulcers, colitis, headaches and backaches!

Here are some practical tips you can use immediately to improve your health. Do not assume that thirst is a reliable indicator of your need for water. The *absolute minimum* you need is six to eight 8-ounce glasses of water a day.

Do not assume that other beverages such as coffee, tea, juices, alcohol and soft drinks count as water even though they are 99% water. The body processes these as food. In fact, soft drinks and caffeine-containing beverages have a *dehydrating* effect. As a result, to counteract for this dehydrating effect, two glasses of water must be consumed for every bottle or can of soft drink or cup of coffee consumed to offset this dehydrating effect.

The best time to drink water is as follows: one or two glasses of water immediately upon rising in the morning; one glass one half hour *before* eating a meal, and a glass of water two and a half hours after each meal; and one or two glasses of water just before retiring. This is the MINIMUM amount you

need. This is what I do personally. When you are under stress, you need more.

Another very important type of movement is your bowels. If your bowels are not moving two or three times a day, you are constipated, and are reabsorbing toxins back into your bloodstream. You don’t want to be literally “full of it!” You have heard “death begins in the colon.” Although constipation can have many causes, the most common is too little fiber and insufficient water.

### MOVING YOUR BODY

The most obvious kind of movement is physical. Unfortunately, most people don’t really believe that physical movement and activity is that important, or else they would be doing more of it. Just as movement is a sign of life, a lack of movement is a sign that you have less life.

What is the price you pay to include more physical activity in your life? It does cost something! The short term perceived cost is that you will have less time to do other things. But the experience of many people invalidates that misperception, because when you have adequate physical activity, you have more energy and are able to get more done more efficiently. But, you will actually end up having *more* time since you are more likely to live years or decades longer!

The price that you may want to pay close attention to is what it will cost you to *not* invest some regular time into physical movement: death. As many as 12% of all deaths — 250,000 per year (that’s 685 deaths a day; one every two minutes!) — in the U.S. may be attributed indirectly to a lack of regular physical activity according to the Wellness Letter published in association with the School of Public Health, University of California, Berkeley.

A Yale University study of more than 9000 white male veterans, aged 50-60, showed that those who reported inactive life styles were nearly *seven times more likely to suffer a stroke* than men who were

moderately or very active. A daily walk of just one mile was found to be the minimum activity for reducing stroke risk.

So how can you incorporate more physical movement into your life? First, just decide that you will move more. Get a cordless phone and walk as you talk—that's what I do. Walk up and down stairs whenever you have an opportunity.

In addition to walking, I do two other activities that I strongly recommend to you. Based on my research, I believe the very best physical movement is using a mini-trampoline (rebounder). The extremely significant advantage of the rebounder is that you are exercising *every cell* of your body, including your organs, and not just certain muscle groups.

Here's what Dr. Henry Savage, M.D. said about the rebounder: *"Never in my 35 years as a practicing physician have I found any exercise method, for any price, that will do more for the physical body than rebound exercise."*

I use my rebounder for about 15 minutes a day, keeping my heart rate between 130 and 150 beats per minute. In order to keep a high heart rate, I have found that I need to move my arms in wide circles and lift either my knees or my ankles (bending at the knees) as I go up. To get the most of my time, I either listen to a cassette tape I want to hear anyway or to energetic music and pray while I'm jumping. This way I never get bored, but I do get very energized and feel like I'm getting younger at the same time.

Another excellent way of movement that seems to have an incredible benefit are the "Fountain of Youth" Movements, based on the book, "Ancient Secrets of The Fountain of Youth." I've been using these myself almost daily for nearly two years. They take 7-8 minutes to do. They are also taught by Lucy Beale for twelve years in her "How to be Naturally Thin" classes.

### FANATIC OR PASSIONATE?

Now you may be thinking, "Yeah but, you can't get fanatic about all this health stuff!"

I say, why not? Aren't you "fanatic" about protecting your life as you do what ever it takes to stay on your side of the traffic line when there is oncoming traffic?

Aren't you "fanatic" about protecting the lives of your family members from danger?

It's good to be "fanatic" about something—just make sure it's worth while. Why not be "fanatic" (a better word would be "passionate") about your health? Which is worse? To risk the possibility of being thought of as "fanatic" in regards to your health, or to die as part of the 95% group?

### THE ESSENTIAL NUTRIENTS

The fifth and final master key to your health and longevity is in the Wood element. Wood is a symbol of growth and nourishment. Living in the Northwest, I picture a tall majestic Douglas Fir evergreen tree. With the proper conditions, these trees can grow for centuries. For us, wood is going to represent nourishment and nutrition, the source of which is food, and food alone.

There are five critical elements regarding food that are vital to your vibrant health and longevity. They are quality, quantity, ratios of the three basic groups, variety, and the essential nutrients. Just as all five of

the master keys are important to having vibrant health, all five of these elements are extremely important to your health as well. You can't afford to leave even one out if you are committed to a long and healthy life.

Ever heard the phrase, "garbage in—garbage out"? Your body is no exception. What would happen to your car if you only put cheap gas in? The same thing happens when we feed ourselves poor quality food. You deserve quality!

Fragmented foods such as refined sugar, refined flour and white rice are low quality and can create serious imbalances in our bodies.

An example of an altered food is milk, which is inherently a great wholesome food, until it is altered. These are my three major concerns. Pasteurization alters 42% of the proteins which prevents them from being assimilated. If a farmer feeds a calf with pasteurized milk, it dies. The famous Price-Pottinger study cat study tracked the effects of pasteurized milk and cooked meat over four generations. By the second generation, the bones and organs deteriorated and they lost their hair. The third generation started showing homosexual tendencies. The fourth generation were sterile. Right now we're about three generations into using pasteurization.

Homogenization has been linked to heart disease. It prevents your liver from breaking down an enzyme that damages the walls of your arteries.

Growth hormones and antibiotics given to the cows to increase milk production pass through to the milk; this has been shown to have a negative impact on your health. Plus, as much as 90% of Americans are allergic to milk anyway.

If you are open-minded, I dare you to visit [www.antidairycoalition.com](http://www.antidairycoalition.com) or [www.notmilk.com](http://www.notmilk.com) to see the documentation on the serious problems and misinformation on dairy products.

The second critical element that is vital to your vibrant health and longevity is the *quantity* of food you eat. Study after study has shown that restricting the food intake in animals increases longevity by 50% or more, and drastically reduces disease.

If you want to be a healthy centenarian, and I challenge you to commit to that goal, moderation is a critical element. Overeating is a slow but sure way to premature disease and death, but at least you get some taste bud pleasure along the way to somewhat compensate for the suffering to come and your

shorter life!

One of the ways to overcome the common compulsion to over eat is to use a simple technique taught by Lucy Beale in her excellent tape album, "How to be a Naturally Thin Person." All you need to do is eat only when you are hungry, and then only eat until you reach a five on a scale from zero to ten. Ten is uncomfortably stuffed—I'm sure you know the feeling! Zero is discomfort in your stomach. Five is when you've eaten enough to remove the discomfort. There are many other excellent tips to normalizing your weight in this album.

The third critical element in the nutrition arena that is vital to your vibrant health and longevity is eating the proper *ratios* of protein, carbohydrates and fats. This is based on the fact that "one shoe does not fit all." Many people, because of their genetics, *need* higher ratios of protein and fat in their diet, and will become sick if they consume too high a percentage of carbohydrates. This is especially typical of people of European descent, but not always.

On the other hand, some people need higher ratios of carbohydrates in their diet, and will become sick if they consume too high a percentage of protein and fat. These people do well as vegetarians.

This is referred to as metabolic profiling, which is a reflection of your metabolism rate and whether you are a fast or slow oxidizer. You will fit into one of three basic profiles, which will tell you which of three ratios is best for you to give you the most energy and vibrant health. "Your Body Knows Best" is an excellent book by Louise Gittleman on this subject. The book includes a free profiling test that will show you in 15 minutes, which metabolic profile type you are. It is also available for free at [www.mannatech-inc.com](http://www.mannatech-inc.com). Knowing your metabolic profile can make an immediate and profound difference in your energy levels and health.

The fourth critical element in the nutrition arena that is vital to your vibrant health and longevity is

eating a larger *variety* of foods. Most people seem to get stuck in a rut of only eating a very few different kinds of foods. Broaden your horizons. Try new vegetables and different fruits. Use millet, barley, oats, kamut, spelt, etc. Eat some raw seeds and nuts every day, including sunflower, almonds, cashews, pumpkin seeds.

The fifth critical element in the nutrition arena that is vital to your vibrant health and longevity is making sure you are getting all the *essential* nutrients you need. What would your cake be like if you left out one of the critical ingredients? Doing it 90% right is not going to cut it!

So what nutrients are *essential*? We absolutely need Protein, Fat and Carbohydrates.

What we really need from protein are the eight *essential* amino acids. Without all eight, we become ill and will not survive long, because they are *essential*.

We also need fat. Fat is not bad itself (unless it is altered or heated). In fact without fat you will become sick and die. There are three *essential* fatty acids. Many people lack one of the essential fatty acids called omega 3. The best source of this is flax seed oil.

### SUPER CARBOHYDRATES

Carbohydrate technology is the arena in which there have been the most recent exciting breakthroughs. In fact, this next section may be the most important part for you.

Until about 10 years ago, research scientists and thus doctors believed that the only function of carbohydrates was to provide energy. So the fact that there were over 200 simple carbohydrates (monosaccharides) in nature appeared irrelevant. But now it has been confirmed that carbohydrates do far more than provide energy—they are essential components in cell to cell communication, which in turn is ESSENTIAL for the immune system function and all other systems in your body.

There are *eight essential carbohydrates* (EEC) that are absolutely necessary for cell to cell communication which means healthy bodies. These EEC are listed in Harper's Biochemistry (Murray et al., 1996) textbook as galactose, glucose, mannose, *N*-acetylneuraminic acid, fucose (*not* fructose), *N*-acetylgalactosamine acid, *N*-acetylglucosamine and Xylose.

Here's the bad news and the good news. We are only getting two of the essential eight carbohydrates in our food, which evidently is one of the major contributing factors to our declining immune system function and corresponding dramatic increase in disease. To over simplify, if your eight cylinder car had only two cylinders running, how far would it go and how well would it work?

The good news is that since August of 1996, there is a way to get all eight, and for thousands of people, getting all eight essential carbohydrates has looked like getting a miracle. Even though our bodies were designed to be able to synthesize the missing six, it doesn't do this well if we are overloaded with toxins and stress. But with severely depleted soil, over processed food, and an inescapable heavily toxic environment, our bodies just can not do this well.

A growing number of scientists and doctors, such as Dr. Steve Nugent, are referring to the development of a carbohydrate supplement (a glyconutrient complex) that contains all eight essential carbohydrates as the medical breakthrough of the century. Scientists have always known that if the immune system could be enhanced and restored to normal, there would be almost nothing the body could not correct on it's own. This is exactly what a glyconutrient complex does. As an immune system *modulator*, it does not stimulate the immune system or do anything *to* your body as a drug would. Instead, it gives your body what's been *missing* so that your body can do whatever is most appropriate—either boost the immune system function (up to 400%) or modulate it down if it is over active. Understand that there is no magic. The healing is



not from a powder or capsule, but from the body being able to heal itself when it has all it needs.

#### DR. SEE'S BREAKTHROUGH STUDY

The most significant and comprehensive *In Vitro* Screening study to date was just published this year in the Journal of the American Nutraceutical Association on 196 Natural Products for toxicity and efficacy (does it really do something). It was done at the University of California in Irvine, by Dr. Darryl See, one of the top immunologists in the world. This was a six year study funded partially by the National Institutes of Health.

What he discovered was both shocking and amazing. Of the 196 natural products tested (450 ingredients and from 57 different companies), 49.9% showed liver or blood toxicity and potential drug interactions. These are all natural products that are touted to be the best.

Here's the amazing part. All 196 products were also tested in three areas of efficacy: antiviral effects, enhancement of Natural Killer cells, and antioxidant activity as measured by raising glutathione levels. *Only five of the 196 were significantly effective in all three efficacy parameters with no toxicity in the other three parameters tested.*

Wondering what the top five were? Fourth and fifth place were garlic and Aloe. The top three were glyconutrients complexes, based on the new cutting edge carbohydrate technology.

Based on the results of this study combined with seeing dramatic results for people with severe health conditions, Dr. Robert Ortman with the National Institutes of Health has said that he expects that glyconutrients will be used by most of the population within a few years.

Because I continue to see incredible results for both myself and others, I will be taking glyconutrients the rest of my life, and would strongly recommend that you do as well if you are committed to having

vibrant health and longevity. This is "health insurance you can eat." Understand though, no supplement will ever cure any disease—they simply play an essential role in supporting the immune system to do the healing.

Here's how you can get more mileage from your supplements. You can double or triple the potency of all of your supplements, according to Dr. Sheldon Deal, by shining a neon-helium laser on the supplements while you hold them in your hand. This puts the energy vibrational rate of the supplements in phase with your body's vibrational rate. Doing this could reduce the amounts you need to take for the same reason.

#### MAXIMIZING YOUR RESULTS

To get the full long term value of any of these five master keys, you need to incorporate all five of them into your life as much as possible. You may see good results with one or two, but you will see *phenomenal* results when you have the synergistic effect of all five working in concert, just as the five players on a basketball team have the most success when playing together as a unified team.

There are two very powerful ways to accelerate your velocity on your freeway to vibrant health and longevity. One is to practice each of the five master keys with the specific purpose of achieving your specific health goal as opposed to doing it just because it is good for you.

For example, if one of your goals is to have normal and stable blood sugar (you currently have diabetes), then when you are drinking water, eating good food, doing your movements (exercise), or taking essential nutrients, do it with the specific purpose and intention to achieve your specific goal of normal blood sugar.

Your second powerful tool is *appreciation*. Use this in two ways. Feel from your heart a deep sense of appreciation when you do something to enhance your health, especially as you eat your supplements.

Appreciate yourself and your body; appreciate whatever you are doing at the moment to attain vibrant health. Be grateful to God who designed your body with the capacity to recover and be healthy!

Also, have an appreciation for the health problem that you currently have. Do this by seeing it as your body's best attempt to compensate for and manage all the stress and issues it has to handle, including toxins and insufficient nourishment.

If you have a very serious life-threatening problem, you need to do three things. First be sure you are connected well with people who care about you.

Second, it is important that you access the perspective of a professional knowledgeable health care provider that you can trust.

Third, do EVERYTHING you can, not just a few things. Use all five of the master keys to vibrant health. You will need more than the maintenance dosage of supplements, in some cases ten to twenty times as much. If you need specific professional advice on what supplements to take and how much, contact the Pharmacist Health Network at [www.callpne.com](http://www.callpne.com) to schedule an appointment or just call 900-CALLPNE.

Most of all the books and resources mentioned, including reprints of the Journal of American Nutraceutical Association (Volume 2, No. 1) with Dr. See's study are available from (888) 666-8942.

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