

## Class 4: The Healthy Lifestyle

### The Foundation on Which We Build

"...I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live:"—  
Deuteronomy 30:19

#### What Is a Healthy Lifestyle?

- Before we can begin to live a healthy lifestyle, we need to understand what a healthy lifestyle is. Put simply, a healthy lifestyle is living in conformity with what our body, mind, and spirit need in order to work to the best of their ability.
- A healthy lifestyle includes a healthy vegan food program; exercise & movement; positive emotional habits—love, laughter, and a healing spirit.
- Staying away from things that degrade our physical, emotional, and spiritual well being. This includes bad foods, destructive habits, negative emotions, and even negative people.
- We are not trying to "cheat death" by living a healthy lifestyle. We simply want to be at our best for all the years we do live. For what good would it do to live 100 years if we spent most of it feeling sick, tired, and angry?
- A healthy lifestyle should be rewarding, fun, simple, and contagious.
- Don't confuse a healthy lifestyle with a depriving lifestyle. Yes, we should stay away from things that cause disease, but we can have a rich, happy, full, satisfying life just the same.
- Don't confuse a healthy lifestyle with the "magic cure-all" programs. Choose a program that rings true to God's instructions and appeals to common sense. Your program should be in harmony with the Natural Laws of health.

#### How Do I Start Living a Healthy Lifestyle?

- All change starts in our mind. This means a change in attitude. We need to look at making healthy changes as an "adventure" not as punishment or deprivation.
- Make changes you can live with! We would think it absurd to start marathon training our first day of exercise. So it is with a healthy lifestyle—make "slow, wide turns."
- STOP doing the things that make you sick and START doing the things that make you well. Replace the bad habits with good ones. Always try to find healthy replacements that will transition you to better health.

- Get the facts! Don't believe what people tell you (even us). Look up the facts, statistics, and research for yourself.
- "Gotta Wanna" is the motto for improving your life. If you don't want to make these changes we recommend that you don't!
- Find people who will support you and avoid those who condemn it. You don't need the extra stress and abuse. This is work, and it will be ten times harder with negative input from those around you. If you must be around people who don't believe in your new lifestyle, just try to avoid the subject—they will probably be glad to.
- Make plans: short term and long term. For example, in the short term, you might start by changing to a vegetarian diet or even significantly cut back on meat intake each week. In the long term, plan for a total health-building lifestyle including an optimum diet, exercise, a new job (if necessary), and more time with loved ones.
- Have goals—personal, family and job related. Write them down! Keep your personal goals personal. This is because you don't want anyone to inhibit your goals (either accidentally or intentionally). Also, if you keep them personal your family and friends can't be "blamed" if they do inhibit your goals. You will be responsible for achieving your own goals.
- Your plans and goals should complement each other as well as foster a positive lifestyle. Don't have conflicting plans and goals.
- Be prepared. Count the cost beforehand. Find out where to get organic produce, locate health food stores, budget the replacement of meats and dairy with more expensive organic produce, decide when the best time for a cleansing will be in your schedule, and avoid temptations when you begin such as the holiday season.

"For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?" Luke 14:28

- Realize that no one can start for you! You will wait for a very long time for someone else to change your lifestyle—it simply won't happen.

## How Do I Maintain a Healthy Lifestyle?

- It is easy to start things without finishing them. How many times have you heard a smoker say: "Its easy to quit smoking, I've quit hundreds of times." Making positive changes that last your entire life requires planning and effort. Here are some tips that will help:
- Learn and understand why you're making changes in your lifestyle. If you understand what the changes are for and why you're doing them, it will be easier to make them.

"An hypocrite with his mouth destroyeth his neighbor: but through knowledge shall the just be delivered." Proverbs 11:9

- Constantly assess how you feel during these changes. Are you more active, have you lost weight, do you think more clearly, are you happier, do you feel closer to God?
- Don't be too hard on yourself if you "slip" a few times. This will cause unnecessary stress and can make you bitter towards a healthy lifestyle.
- Don't be discouraged by slow results or by other people's horror stories: "I thought vegetarians were skinny—how come you're still fat?" "Don't all vegetarians get gray hair." "You have to be careful about taking those herbs!" "How come you're so into health, and you're sick all the time? I almost never get sick." There are thousands of reasons why they don't want to change, but if you've made the decision, don't let them influence or discourage you!
- Be positive about the changes in your life. Even if you get detoxification reactions, know that this is "transitional." Laugh at yourself and make sure not to be too serious. If this isn't fun, you're not doing it right!

## Steps to a Healthy Lifestyle

These are some suggested steps to take:

Clean your bowels using Lower Bowel Formula (LBF) #1. Plan ahead so that you start on a day when you'll be home—this is so you can know what to expect. Eventually, in a few weeks or months, you can use LBF #2 to further clean the bowel.

Wean yourself off of meat and dairy products. If you are sick do it quickly, if not, gradually reduce and replace meat with vegetable proteins and dairy with soy/rice milks and cheeses.

Gradually replace bad food items with healthy ones. If you don't buy it, it won't be there to snack on!

Get a juicer and use it every day (at least once).

Get some exercise. Start by doing what you can do. Walk, run-walk, lift light weights, swim a few laps, deep breath, or just stretch. Do more today than you did yesterday—at least do something. DO NOT OVER DO IT! Stay away from the gym if you feel pressure to look good right from the start. Forget about the "beautiful people" with "perfect bodies." You're embarking on a journey, and its your business how fast you get there, and how far you go.

Get some super nutrition (such as Nature's SuperFood).

Do a detoxification program (such as H.E.A.L.'s 5 day Cleansing & Detoxification Program). Periodic cleansing is the key to a long, healthy life.

Learn 1,000 jokes and laugh.

Stop watching television—especially the news. Accentuate the positive and minimize the negative influences in your life. Avoid negative people, books, videos, etc. Especially if you're sick!

Wear cotton and other natural fibers so your skin can breathe.

Eat more raw, fresh foods and cook only in stainless steel or glass. Work towards a food program consisting of 80% raw foods and 20% cooked or 80% alkaline forming foods and 20% acid forming foods.

Drink plenty of water—distilled or purified.

Ground yourself by walking barefoot.

Use positive affirmations to program your subconscious mind. Tell yourself positive things each day.

Help other people when you can.

Throw out 1/3 (or more) of everything you own.

Talk about poop! Constipation and toxic bowels are contributing to the excessive amounts of disease in America. We need to stop being so *sensitive* and start being *sensible*!

Make positive changes in your life—or at least have plans to make them. DON'T BE A VICTIM. Take control of your life today. These changes may hurt some people's feelings, you may lose some friends, you may even lose your job, but God will bless each change you make to better your life.

## A Few Famous Vegetarians

Not that these people should be an influencing factor in your health, but it is interesting to note how many people—from all walks of life—are (or were) vegetarians.

Jeff Beck  
Sinead O'Connor  
Ozzy Osborne (? yes)  
Michael Bolton  
Leonard Nimoy (Spock)  
David Duchovny (X-Files)  
Larry Hagman  
Ricki Lake  
Rosanna Arquette  
Drew Barrymore  
Kim Basinger  
Ted Danson  
Michael J. Fox  
Brooke Shields  
Alicia Silverstone  
Eric Stolz  
Bob Barker (Price is Right)  
Dennis Weaver  
Mary Tyler Moore  
Jennie Garth  
Grace Slick  
Christie Brinkley  
Chelsea Clinton  
Steven Jobs (Apple Computer founder)  
Ralph Waldo Emerson  
Henry David Thoreau  
George Bernard Shaw  
Leo Tolstoy

Mark Twain  
H.G. Wells  
Leonardo Da Vinci  
Charles Darwin  
Thomas Edison  
Diogenes  
Albert Schweitzer  
Sir Isaac Newton  
Pythagorus  
Socrates  
Nikola Tesla (Inventor)  
Mahatma Gandhi  
Plato  
Henry Ford  
Susan B. Anthony  
Martin Luther  
Voltaire  
Hank Aaron  
Kathy Johnson (Gymnast)  
Edwin Moses  
Martina Navratilova  
Robert Parish (nba)  
Marv Levey (Buffalo Bills)  
Anthony Peeler (NBA)  
Dave Scott (five time Ironman Triathlon winner)  
Bill Walton  
Billie Jean King  
Killer Kowalski (wrestler)

Jack LaLanne (Fitness guru)  
Elvis Costello  
Dave Davies (Kinks)  
Bob Dylan  
Melissa Etheridge  
Peter Gabriel  
Joe Jackson  
Billy Idol  
Indigo Girls  
Bryan Adams  
The Captain & Tennille  
Annie Lennox  
"Weird" Al Yankovic  
Jerry Seinfeld  
Brigitte Bardot  
Dustin Hoffman  
Anthony Perkins  
Woody Harrelson  
Richard Gere  
Belinda Carlisle  
Brad Pitt  
Candice Bergen  
Marina Sirtis (Star Trek)  
Meredith Baxter  
Vanessa Williams  
Rhea Perlman  
Voltaire

*Dr. Benjamin Spock:* Yes, in his later years, after having his own health problems and then going meat free, he updated the seventh edition of *Baby and Child Care* to recommend avoiding meat and dairy for babies.

*Jeff Giuliano:* The former Ronald McDonald got tired of putting a happy face on animal suffering and poor nutrition.

## Famous Quotes on Vegetarianism

"I have from an early age abjured the use of meat, and the time will come when men such as I look upon the murder of animals as they now look upon the murder of men."—Leonardo da Vinci

"Nothing will benefit human health and increase chances for survival of life on earth as much as the evolution to a vegetarian diet."—Albert Einstein

"While we ourselves are the living graves of murdered beasts, how can we ever expect ideal conditions on earth." -- George Bernard Shaw

"You put a baby in a crib with an apple and a rabbit. If it eats the rabbit and plays with the apple, I'll buy you a new car."—Harvey Diamond

"Think of the fierce energy concentrated in an acorn! You bury it in the ground, and it explodes into an oak! Bury a sheep, and nothing happens but decay."—George Bernard Shaw

"For as long as men massacre animals, they will kill each other. Indeed, he who sows the seed of murder and pain cannot reap joy and love."—Pythagoras

"I will not eat anything that walks, runs, skips, hops or crawls. God knows that I've crawled on occasion, and I'm glad that no one ate me."—Alex Poulos