

# BLUEPRINT FOR A HEALTHY LIFE

## Four Cornerstones for a Strong Foundation of Health

### OXYGEN

CO<sub>2</sub> is the biggest ACID (1,000X greater than other acids) your body eliminates everyday. The most important nutrient you body needs is OXYGEN and without this you cannot live for even 5 minutes. Deep breathing exercises can be done anywhere/anytime and will lead to improved health and ALKALINITY. It costs nothing extra to breathe deeply and increase your lung capacity by consciously breathing. **Focus on your EXHALE.** By deep breathing and focus on the exhale, you will be clearing out all the nasty acid and the inhale will automatically take care of itself. Deep breathing has been shown to calm and soothe us when we are stressed and best of all; **the most valuable tool for ALKALIZING health is FREE.**

**REMEMBER TO BREATHE** Cornerstone #1

### IONIZED WATER

Second to Oxygen, the most important nutrient for your health is quality water. Your "healthy" body is ~70% water and even a small 3% drop in your hydration level can create a significant (up to 30%) drop in your metabolic, physical and mental function. You and 95% of all people are slightly (or severely) dehydrated. You should consume a minimum of ½ your weight in ounces of water daily. **Ideally you should consume 1 liter of water per 30 lbs. of body weight.** Your filter organs need water in order to eliminate wastes. Bottled water is usually very acidic & not a good alkaline choice for your health. **FILTERED & IONIZED water is the healthiest purification choice known in the world today.**

Cornerstone #2 **DRINK LOTS OF WATER**

### Cornerstone #3

Often misunderstood, overlooked and even chastised is your consumption of good, natural salts. Your body fluids (blood & sweat) are salty, just like the ocean and you will find a substantial benefit in overall energy if you add natural mineral salts to your daily life. Your body needs sodium in order for your bioelectrical system to function effectively. **Your body relies upon sodium bicarbonate (baking soda) to remain ALKALINE. Use baking soda as a supplement.** Use a "natural salt" for seasoning foods, choose one that is unprocessed and unheated. Natural salts are typically pink or grey/greenish in color and they are more flavorful than common table salt. A good source is [www.realsalt.com](http://www.realsalt.com).

**NATURAL SALT** **USE SALTS EACH DAY**

### Cornerstone #4

The importance of good quality, healthy fats and oils cannot be overstated. Use of a variety of healthy fats/oils (olive, coconut, flax, fish oils, hemp, borage chia seeds and primrose etc.) will allow your body to build healthy cells. Fats/oils will **help remove acids and they are essential for creating healthy cell membranes.** Every cell in your body has a double phospholipid (fat) membrane. Without an assortment of good fats/oils in your diet each day, your body's cellular membranes will be weaker and you will extend much more energy building and rebuilding more new cells due to the lack of strong membranes.

**HEALTHY FATTY ACIDS GIVE YOU BETTER HEALTH, MORE ENERGY & VITALITY**

**HEALTHY FATS & OILS**

Once you have committed to the four cornerstones of your foundation, you can then build your house of health by adding the essential ingredients of Grass JUICE Powders, sprouts, dark-leafy greens, natural foods, exercise and nutritional supplementation. There is no "magic bullet" in supplements, nor is there one in having a completely organic or raw diet. You will benefit by BALANCE, keeping your health in your own hands and learning to make smarter food and beverage (Water is best!) choices. Trust your intuition, only you can really know what is working for you. Follow your heart and this BLUEPRINT to build your ALKALINE HEALTH. **Remember, YOU ARE WHAT YOU EAT, so buy the best quality you can find and EAT FOR YOUR HEALTH!**

### WATER IONIZERS TO RESTORE YOUR HEALTH

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