

Your body is constantly consuming some fuel (food/beverages) & then “burning” & transforming the fuel into the structure of your body & the energy to make it move.

Your cells are made up from whatever you eat. Remember this concept: Garbage In = Garbage Out

When you use inferior building materials you will inevitable end up with inferior structure & create IMBALANCE. Sckness is the result of the various IMBALANCES & that’s why it’s important to “Break this Cycle” by choosing to create better BALANCE and therefore better health.

When you nourish and hydrate your cells THE RIGHT WAY then the body can easily maintain BALANCE and therefore maintain health.

Juice feasting, i.e. feasting on the rich nourishment of fresh plants and veggies can open up cleansing to happen much faster and more effectively.

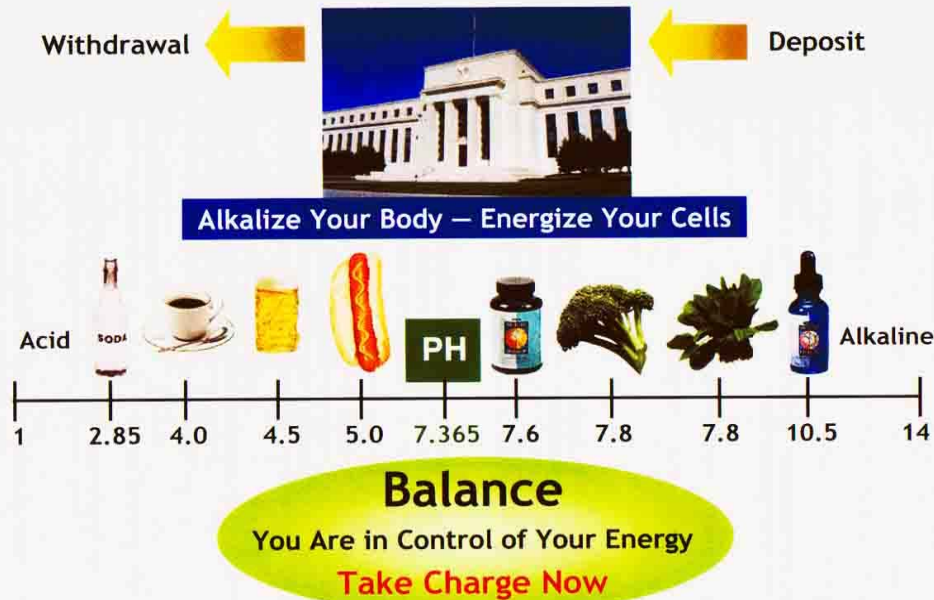
BALANCE is not usually an accident, it is a commitment to one’s own life.

Once you feel how good you can feel, you too may come to realize that...

**NOTHING TASTES
AS GOOD AS
GOOD HEALTH**



YOUR ENERGY BANK



THINK of your food and beverage consumption as like a “Bank Account” whereby you want to put more deposits toward GREAT HEALTH and take withdrawals only sparingly. It is ONLY the raw, living foods of produce and sprouted nuts, seeds, grains and beans that have the “life-force” of enzymes still available for your breakdown of foods. Make sure you consume foods that are directly derived from NATURE as nature created

them. Processed OJ for example is a poor choice for health since it is pasteurized CRAP and simply sugar water to your body and very processed and acidifying to your system..

Remember this: Completely Refined And Processed = CRAP

SUNLIGHT + WATER + EARTH = HEALTH + VITALITY + BALANCE

RICK'S HEALTH TIPS

#1) BREATHE DEEPLY & focus on EXHALING all the ACIDIC CO₂ which is combined with water is CARBONIC ACID with pH of 5.5

#2) SUPER-HYDRATE by drinking 1 liter of water for every 30 lbs of body weight each day with IONIZED water or “structured” with pH drops and green superfoods, (at minimum; use a fresh lemon wedge or a pinch of salt to electrolyte the water and give it electrical conductivity) BEST TO USE IONIZED WATER

3) ALKALINE SALTS of baking soda, Epsom salt, magnesium oxide and calcium or potassium bicarbonate are effective acid neutralizers. Even natural salt for seasoning food will help alkalinity. Learn to balance pH with these alkalizers.

4) HEALTHY FATS & OILS are necessary each day to build healthy cell membranes and keep us elastic. They also are a good source of slow-burn energy for all day vitality and they help reduce acidity in the body too.

After these “cornerstones”, **Chlorophyll is your best blood builder and best source of clean sunlight energy!** EAT LOTS & LOTS of GREEN (chlorophyll-rich) FOODS DAILY! They cleanse while giving you vitality & zest!

CHEW-CHEW-CHEW your food... it's the easiest and most inexpensive way to good health... **and do not drink much during meals**, unless you are drinking veggie juice, as the drinking can weaken digestive activity. **CHEW food until it is liquefied, 30 chews.**

AFFIRMATIONS WORK!

GRATITUDE • GRATITUDE • GRATITUDE

Give THANKS for all your blessings and honor your Divine body with quality food and beverage choices.