

HEALTH



life

C.L.E.A.N. LIVING WORKSHOP

Private

Designed & Delivered by

Dr. Mike Van Thielen

PhD. Holistic Nutrition – Author – Motivational Speaker

Owner Health Freedom, Inc.

www.Health4Life.info

Welcome!

I'd like to personally welcome each of you to my private Health 4 Life Workshop. Your presence signifies you are ready to REGAIN CONTROL of your health and achieve optimal health and happiness.

Access to success is attitude, and regaining optimal health is accomplished by applying the knowledge you gained in the 'HEALTH 4 LIFE – User Manual' book and being proactive. Knowledge, awareness and excitement are not enough to reach success. You will need skills, self-control and self-discipline.

Without a plan to succeed and without setting firm goals, you actually plan to fail by default.

You are a creature of habits and without stepping out of your comfort zone, nothing will change. Only you can make changes to your life and relieve yourself from your own restrictions. But this takes courage, conviction, and some risk taking. It also takes perseverance to succeed and to overcome all obstacles on your way to success.

It's about being focused on the end-result and refraining yourself from complaining in order to prevail. It's about doing NOW what others won't do so that you can have LATER what others never will have: health and happiness. It's an investment now to reap the benefits later.

I want to help by offering a straight-forward Action Plan and equip you with the tools and skills you need to regain control of your health and change your life forever.

So TODAY is the start of a New, Improved YOU. My plan works – all the time – guaranteed. You already decided to start... now decide to never quit!

Connect with the other extraordinary people here today and engage with them. They also aspire to be healthier and happier.

My personal respect and thanks go out to all of you. Welcome to my private workshop

Your HEALTH mentor,

Dr. Mike Van Thielen.

LIVING

C.L.E.A.N.

**Principles and Action Steps for
REGAINING CONTROL
of your HEALTH.**

NOTE

Prior to starting the Action Plan, it will be beneficial to read my book '**HEALTH 4 LIFE – User Manual**'. Unlike any other book on health and wellness HEALTH 4 LIFE is the first, practical USER MANUAL showing you how to regain and sustain optimal health. Your car, your appliances, your electronics etc.: they all came with a USER MANUAL, but YOU didn't...

I will personally COACH you and passionately entertain you as you begin to learn and UNDERSTAND the REAL TRUTHS about HEALTH. In a bold, straight-forward, common-sense format, you will learn:

- HOW your body REALLY works.
- The Cause of ALL Disease, which is only one.
- That optimal health is NORMAL and disease the exception.
- The Natural Laws of Human Life, and HOW to RESPECT them.
- The 5 CRITERIA to REGAIN, SUSTAIN and MAINTAIN HEALTH.
- The TRUTH about Supplements
- HOW to TAKE CONTROL and SUCCEED in your quest to HEALTH FREEDOM.

The knowledge you gain in the book allows you to understand the 'WHY' behind our Action Plan, and therefore increases compliance and success.

Attention!

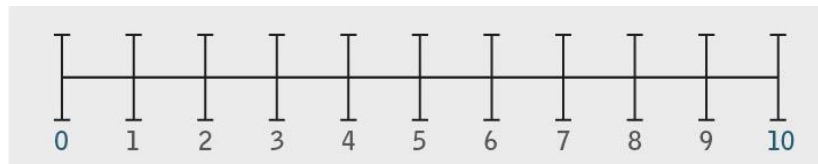
PLEASE COMPLETE our **HEALTH AWARENESS ASSESSEMENT** on the following 3 pages prior to proceeding:

HEALTH AWARENESS ASSESSMENT

PLEASE COMPLETE THIS QUESTIONNAIRE PRIOR TO THE START OF THIS EVENT. BE AS HONEST AND AS REALISTIC AS YOU CAN (NO NEED TO IMPRESS ANYONE). YOU DO NOT REQUIRE PUTTING YOUR NAME ON THIS FORM AND YOU DO NOT REQUIRE SHARING THIS INFO. THIS IS JUST FOR YOU, IN ORDER TO CREATE AWARENESS ON YOUR CURRENT HEALTH.

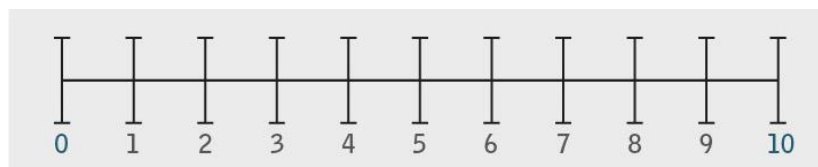
Circle the number that corresponds with your answer. On 3rd and last page, calculate your total score.

1. How do you think you look physically? How is your facial/body symmetry, muscle tone, flexibility, strength, complexion? 10 = perfect, 0 = I'm ashamed.



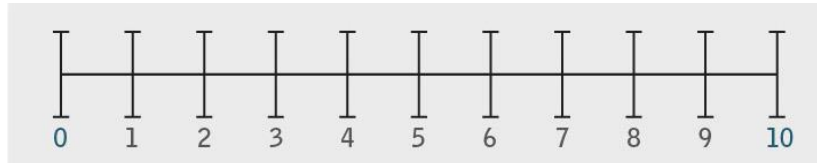
A horizontal scale from 0 to 10. The scale consists of a horizontal line with vertical tick marks at each integer. Below each tick mark is a number from 0 to 10. The numbers are: 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10.

2. How good are you able to control your emotions and feelings? Are you affected by other people's opinions and external situations? 10 = I'm in total control (inner peace), 0 = I have no control over my feelings and emotions.

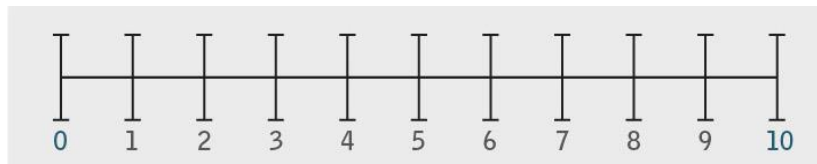


A horizontal scale from 0 to 10. The scale consists of a horizontal line with vertical tick marks at each integer. Below each tick mark is a number from 0 to 10. The numbers are: 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10.

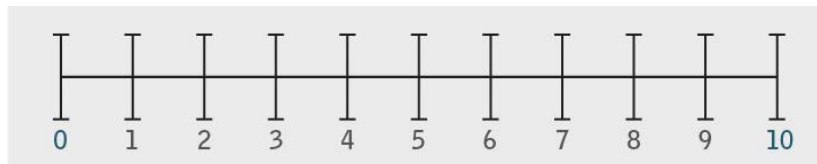
3. Do you listen to the warning signs of your body? For example, if you have pain do you rest and stop working? Or if you aren't hungry but someone offers you something delicious, do you eat it? If you are tired, do you continue to watch your TV program or do you go to bed? Do you eat breakfast even if you are not hungry? Etc. 10 = I always do what my body tells me to do, 0 = I do what I have to do and ignore the warning signs of my body always.



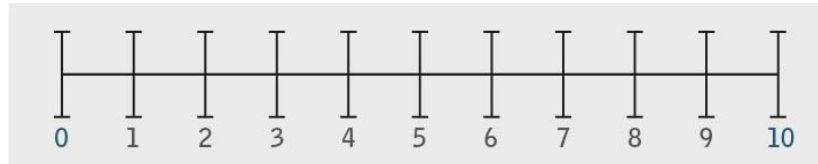
4. Do you rest and sleep enough? If you do, you never feel tired or fatigued and exhibit abundant, vital energy. 10 = Never tired, lots of vital energy, 0 = always tired and fatigued.



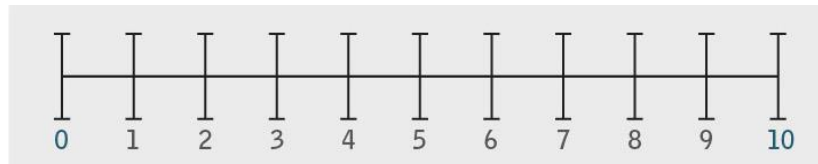
5. Do you live a self-centered life, worrying about yourself and what makes you happy, or do you focus on helping others (working at a soup kitchens, random acts of kindness, or community services)? 10 = I actively help others daily, 0 = It's all about me.



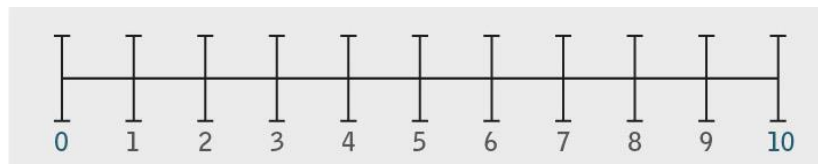
6. How active are you? Do you live an active lifestyle? This doesn't mean going to gym though, it means whether you walk, play ball with the kids, go bike, canoe, or play some sports, dancing lessons etc.....any physical activity. 10 = more than 1 hour each day, 0 = no physical activity.



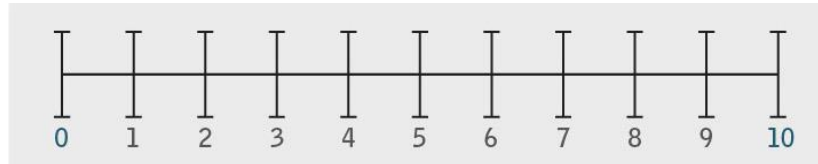
7. How much of your mental (brain) potential are you currently using? Are you constantly and actively working on personal development and improvement? Are you learning and reading, and expanding your skills and knowledge? 10 = daily, 0 = not at all.



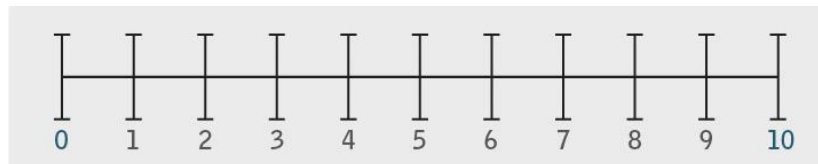
8. Are you eating clean, wholesome, organic foods? Are you drinking clean, purified water and nothing else (no coffee, sodas, juices etc.)? Are you breathing in clean air? 10 = always and all the time, 0 = never.



9. Do you take supplements? If not, circle 0. If you do, how sure are you that they actually provide you with ALL the essential nutrients for your body? 10 = 100% sure, 0 = 0% sure.



10. How happy are you? 10 = my life couldn't be better, 0 = sad, disappointed, depressed.



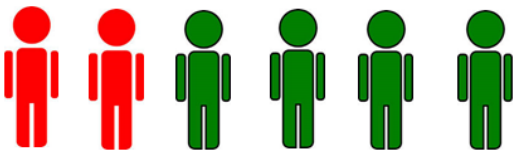
TOTAL SCORE
(add up your scores):

/100

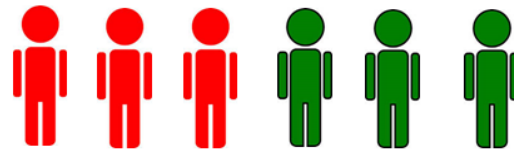


1/3 of us will suffer from heart-disease, and almost **1/2** of us will have to deal with cancer during your lifetime.

Heart Disease



Cancer



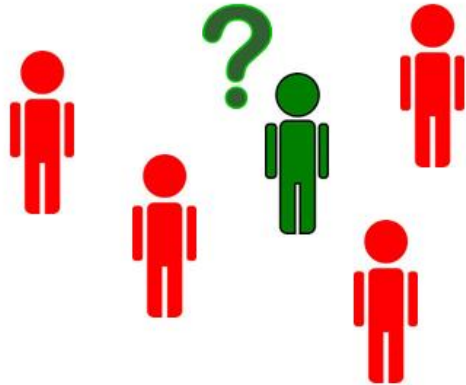
In addition to heart disease and cancer, there are many other so-called diseases that will cause you to prematurely die.

Furthermore, it's a fact that less than 20% of us (or 1 out of every 5 persons) will die of natural, old age. That means that over 80% of us will die prematurely because of a disease, something that easily could have been prevented.

NATURAL, OLD AGE



The real problem here is that we all think that we are the 1 out of 5 persons, the one living in balance, the invincible one. Well, I got news: 80% of you are wrong!



If you are considered healthy right now or you consider yourself healthy because you are not diagnosed with any so-called disease yet or you are not taking any prescription drugs yet, one day soon you will suffer! The first sign may be a simple rash or a deadly cancer.

So besides wanting to be healthy and perform better, we need to be wise. In order to be in the top 20% (be that 1 out of 5 persons), we need to regain control of our health and achieve optimal health through lifestyle change.

Let's take a look at your **HEALTH AWARENESS ASSESSMENT**. You were put on this planet as a perfect creation with an almost unlimited potential. You were offered a great gift with a great purpose.

Therefore you should be performing between 90-100% of your maximum potential, correct? So at what level are you performing right now? Look at your score.... And know that the average person overestimates him or herself 20-40%, so let's subtract another 20% of your current score...now, that's more realistic!

Shouldn't you be ashamed? Shouldn't you be in much better health, shouldn't you be learning and investing time in personal development? Shouldn't you be helping others more often? Shouldn't you be setting the example for your loved-ones? Bottom-line, shouldn't you be performing at your maximum potential?

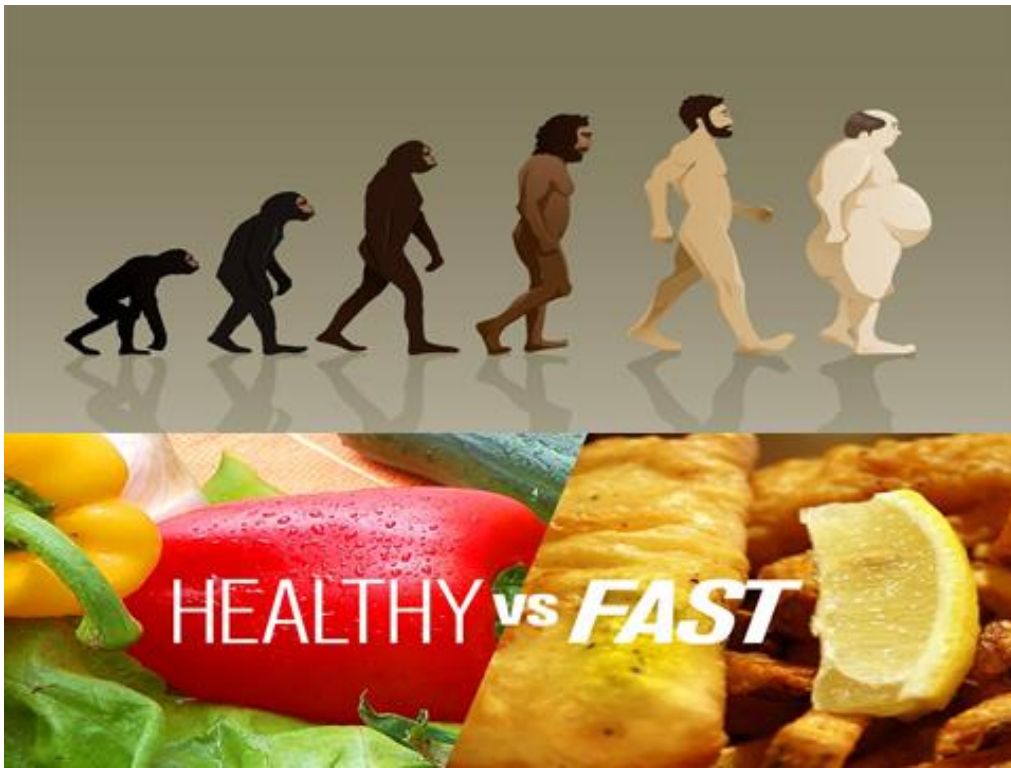
Our modern **health standard** is ridiculously low and represents a false picture of health. Today people are sick and far from perfect health, and those whom we call healthy are nothing more than less sick than the average person...

All you have to do is open your eyes and look at animals in the wild, or compare us with primitive men or cavemen. Look at thousands of wild fish or eagles, or antelopes, or lions or gorillas, or whatever, and find that they are all sound and healthy.



These wild animals in nature are beautifully and symmetrically developed and present a uniform type, totally free of all disease known to man. Have you ever heard or seen a wild lion, gorilla or eagle with diabetes, a-fib, pneumonia, cancer, Alzheimer, COPD? Have you ever seen a fat one? Not only do these wild animals not suffer from any diseases, they don't exhibit any deformities.

Now let's look at us...

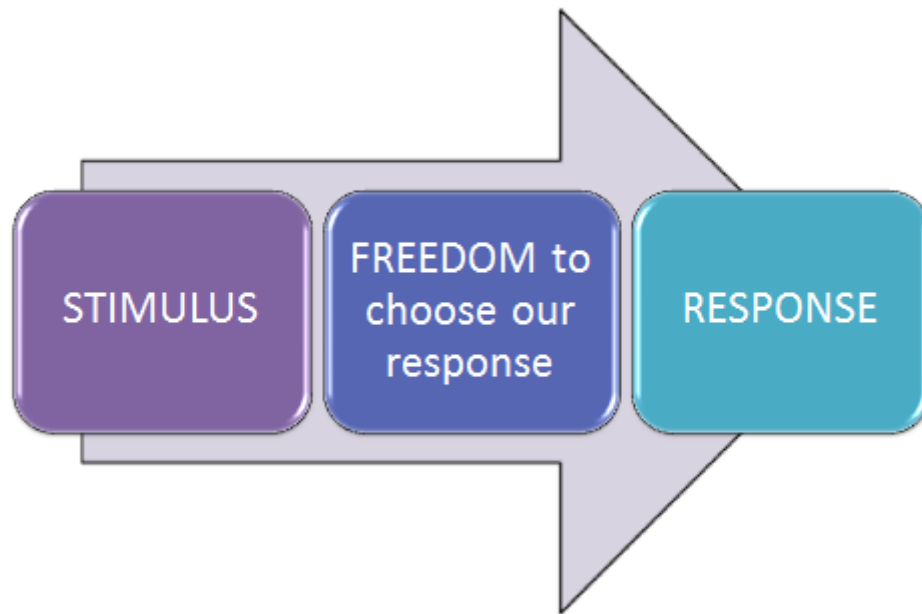


Deformities and defects are everywhere, and beauty, strength, and symmetry are absent in both sexes. We are rapidly becoming a race of bald heads, false teeth, hearing aids, glasses, assistive devices, prosthetic legs, obesity, pimples, blotches, fatigue, weakness, fear, worry, restlessness, insomnia, war, crime, irritability, addiction, sickness and so on. These observations along with the presence of hospitals, doctor's offices, drug stores, prisons, coffee shops, whore houses, health magazines, asylums and sanitariums are all evidence and prove that man's health standard borders on death.

We rely on cosmetic products, make-up, hair dressers, beauty salons etc. to make us 'beautiful' and hide our real appearance. Both sexes seem to be content with imitation. Even so called beautiful women are like masterpieces in oil (they look good from far but far from good), and the average, middle-aged man has problems with getting intimate. Cavemen and Indians (before white man changed their way of living) lived long, exhibited well developed muscles, a powerful bony framework, great strength, vigorous health, sound and strong teeth (without the aid of a tooth brush or tooth paste), and didn't know of any disease.

Mankind today has degenerated far below this normal and natural health standard. As long as the average man is able to get out of bed in the morning, and is able to eat three meals per day (which is two too many) with the aid of various condiments (sauces, dressings) to whip up his appetite, and with the use of coffee, soda, tobacco, alcohol and other stimulants gets himself through the work day, he is considered healthy. His friends are satisfied with his 'healthy' appearance. If however, he should get sick and suddenly die, they exclaim "how sudden! He was a picture of perfect health." A picture, indeed! How low the standard!

Do you know what **separates us** humans from wild animals? The freedom to choose our response... It's our greatest power! And as stated in the Spider Man movie: "with great power comes great responsibility"... and responsibility is simply the ability to respond.



Animals have an instinct and they act according to the laws of Mother Nature, they act in their best interest and in the best interest of their species. That's why they are in perfect health. We on the other hand have a choice when a stimulus or situation presents itself, and we have become slaves in choosing the wrong response, over and over again, which has turned into very bad lifestyle habits. Luckily, we also have the choice to stop this non-sense and chose HEALTH FREEDOM!

Our habits are **perversions**, meaning abnormal actions.

We eat synthetic man-made foods instead of natural, wholesome foods; we drink sodas, coffee, red bulls and monsters instead of pure, natural water; we breathe in polluted and poor quality recirculated air instead of fresh, clean air, we wear clothes and mostly live indoors hiding our skin from sunlight, we overstimulate our senses with various technology, we lack activity and we overindulge on food and entertainment, we lack sleep and rest and the list goes on.

We can **blame others for our CRAZINESS**, we can blame our parents, our doctors, the FDA, our government etc.....but it's time to take responsibility. So **TAKE CONTROL OF YOUR HEALTH, YOUR LIFE** and achieve inner peace and happiness, the purpose of life! Live for service and start helping others.

YOU ARE RESPONSIBLE



Health Concepts

TRUTH #1 – HEALTH = NORM, DISEASE = EXCEPTION

Health is the normal, natural state of all organic existence; it is spontaneous and the result of the normal operation of the organs and functions of the living body.

One of the many laws of human life is the law of self-preservation. From the smallest microscopic single cell to the most complex living organism, every particle of living matter is under the control of a vital force or life energy and is endowed with the instinct of self-preservation. All living matter will do whatever it takes, in a very well organized matter, to preserve life and its species or race. Our human body constantly strives for perfect health – ALWAYS – ALL THE TIME.



Disease is indeed the exception. It has been a misconception also. We have been taught since youth that disease is the enemy and that this enemy needs to be

conquered through drugs and surgery. Failing body parts are removed, organs and systems are poisoned and cells are destroyed by the toxic chemicals we call pharmaceuticals.

Our health impairs further and more drugs are prescribed and swallowed to suppress the additional symptoms of imbalance in the body and to counteract the toxic side-effects of the initial drugs. This is a vicious, detrimental cycle that has taken over and we enter our 'golden' years crippled and sick.

The misconception here is that disease is a demon from the outside harassing us. Disease is NOT an attack from the external environment (outside), it's merely a state of health, an outward manifestation of an internal imbalance. It's an attempt of the body to return to normal, perfect health.

Let's illustrate this concept with a few examples:

If our body creates a fever to speed up metabolism and fight a pathogen, virus or 'bug', is it prudent to ingest a drug to suppress that fever? Is it prudent to immerse in cold water?

If we sprain our ankle and our body creates swelling and inflammation to initiate the healing process, is it prudent to apply ice and counteract the body's attempt to heal?

Is osteoporosis a disease crying for drugs or the end-result of the body robbing the bones of alkaline minerals to buffer acids ingested from years of improper diet?

Do we suffer from aspirin or Prozac or Coumadin deficiency? Do we suffer from acupuncture or chiropractic deficiency? Do we suffer from surgery deficiency?

The answer to all questions is a definite 'NO'. The origin or cause of disease is NOT an enemy from the outside but an internal act of physiology by the body in an attempt to stay alive or in perfect health.

WE CONCLUDE THAT HEALTH IS THE NORM AND DISEASE THE EXCEPTION.

TRUTH #2 - THERE IS NO DISEASE, ONLY SYMPTOMS.

I'll illustrate this with an example: poor eating habits cause digestive problems. In these early stages we see attacks of indigestion and gastritis: stomach sickness, acid reflux, nausea and vomiting. Nervous people may present with nervous symptoms such as headaches and insomnia while some women may exhibit symptoms of painful menstruation etc.

We can prescribe Nexium (the purple pill) or malox or any other antacid, but these will only mask the symptoms because we are not addressing the cause of these symptoms: poor eating habits.

The irritation continues and prolonged irritation will cause inflammation and prolonged inflammation then causes more serious symptoms which may include: food retention, anemia, infections and ulceration. So now we may end up with a stomach ulcer. We have ignored the warning signs of our body (the initial symptoms of acid reflux, nausea, vomiting etc. were meant to warn you about your poor eating habits and were all attempts to expel toxins from your body and restore health), and the medicines just masked some symptoms while the situation worsened all along.



The stomach ulcer can be surgically removed but yet again the cause is not addressed. Eventually the chronic inflammation results in thickening and hardening of the mucous membrane of the stomach ending up in stomach cancer at last.

When we look at this example we can conclude several things. **First** and most importantly, we can stop this disease process at any time by taking away the cause: bad eating habits. Science can study pathology (organic change) till doomsday without shedding any light on the cause. Physicians should know that these early stages of disease are purely functional and that no interference is necessary. When the irritation stops, normal functioning is resumed. However, when irritation continues, the pathology evolves. Instead, intervention causes simple acid reflux to turn into a deadly cancer!

So let me ask you: will drugs to stop vomiting or anti-inflammatories help in the early stages? Will surgically removing a stomach ulcer be beneficial? Of course not, it's a waste of time. It's a pure symptomatic treatment, most likely aggravating and worsening the pathology by interfering with the body's healing process.

That's why we don't remove gallbladders, tonsils and appendices just because they are inflamed!

Second: the stomach pain, indigestion, poor appetite, headache, nausea, vomiting, gastritis, heavy menstrual cramps, anemia, stomach ulcers, intestinal ulcers, internal bleeding, cancer etc. are ALL JUST SYMPTOMS. They are ALL expressions and attempts of our body to expel the toxins. If the cause and irritation is not taken away, the symptoms and pathology evolve. These symptoms are not a disease (for example: a stomach ulcer is NOT a disease, it's a symptom) and studying these symptoms is a waste of time, and treating them also.

The same holds true for every other pathology or disease process in our body.

Another way to illustrate this is **autopsies**. Autopsies are performed to find what? The cause of death. Let's say the cause of death is cancer... well cancer is NOT the cause of death, it's merely the last symptoms. The cause of death is decades of abuse to the body, poor lifestyle and eating habits! Let's say the cause of death is a heart attack... again the heart attack is just the last symptom and not the cause of death. The cause is poor lifestyle habits.

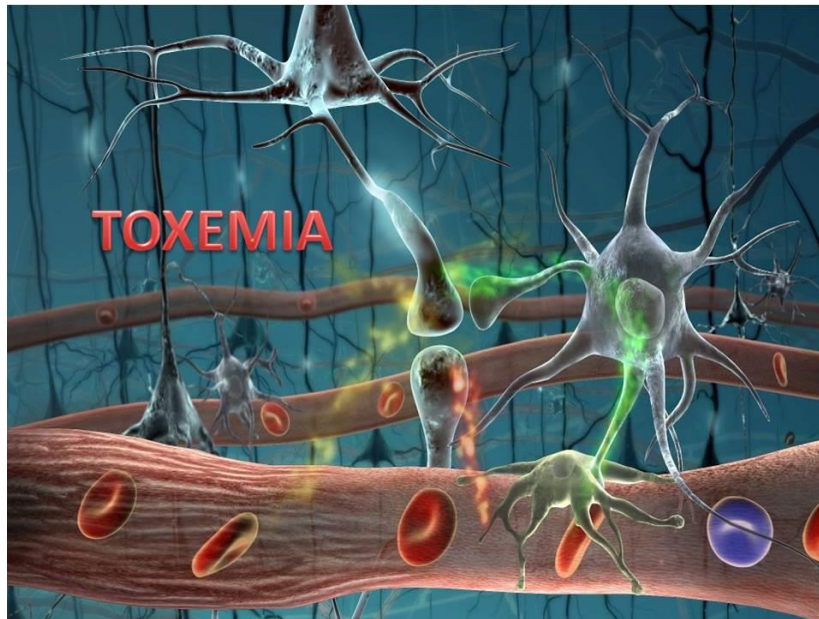
WE CAN CONCLUDE THAT THERE IS NO DISEASE, ONLY SYMPTOMS and that these SYMPTOMS are merely attempts of the body to restore health and don't need any interference.

TRUTH #3: There's only ONE cause of all symptoms and diseases: TOXEMIA

So what is TOXEMIA? Well, literally toxemia means toxins in the blood. But let's take a closer look:

As part of our normal functions and processes of the body, cells are constantly being built (anabolism) and destroyed (catabolism). The destroyed tissue is toxic matter and in a healthy body this toxic matter is eliminated from the blood and the body.

However, when we are exposed to much more toxins, the body is unable to keep up with the elimination of the toxins. The toxins then accumulate in our blood and body, and that's called TOXEMIA.



So what are the main causes of excess toxins we ingest you may ask?

First of all, we live in a **toxic environment** – towns and cities – and are exposed to polluted air and water and all kinds of environmental toxins such as exhaust fumes and chlorine fumes from our shower.

Next, we ingest large amounts of toxins from the synthetic, **unnatural, man-made foods** and drinks we swallow each and every day. We can control this almost 100%!

Then, our **daily stresses**, our out-of-control emotions and feelings cause toxins to be released in our body.

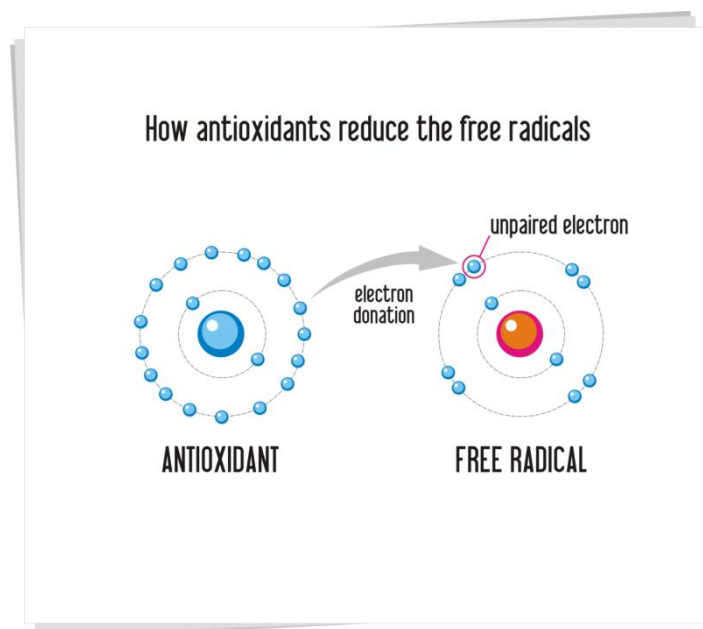
Furthermore, our **elimination system is overburdened** and unable to recover because we overload our digestive system.

It's the TOXEMIA – the toxins in our body – that causes all the symptoms and symptom-complexes or so-called diseases.

The 2 major contributors to TOXEMIA are FREE RADICAL DAMAGE and SYSTEMIC INFLAMMATION.

FREE RADICALS:

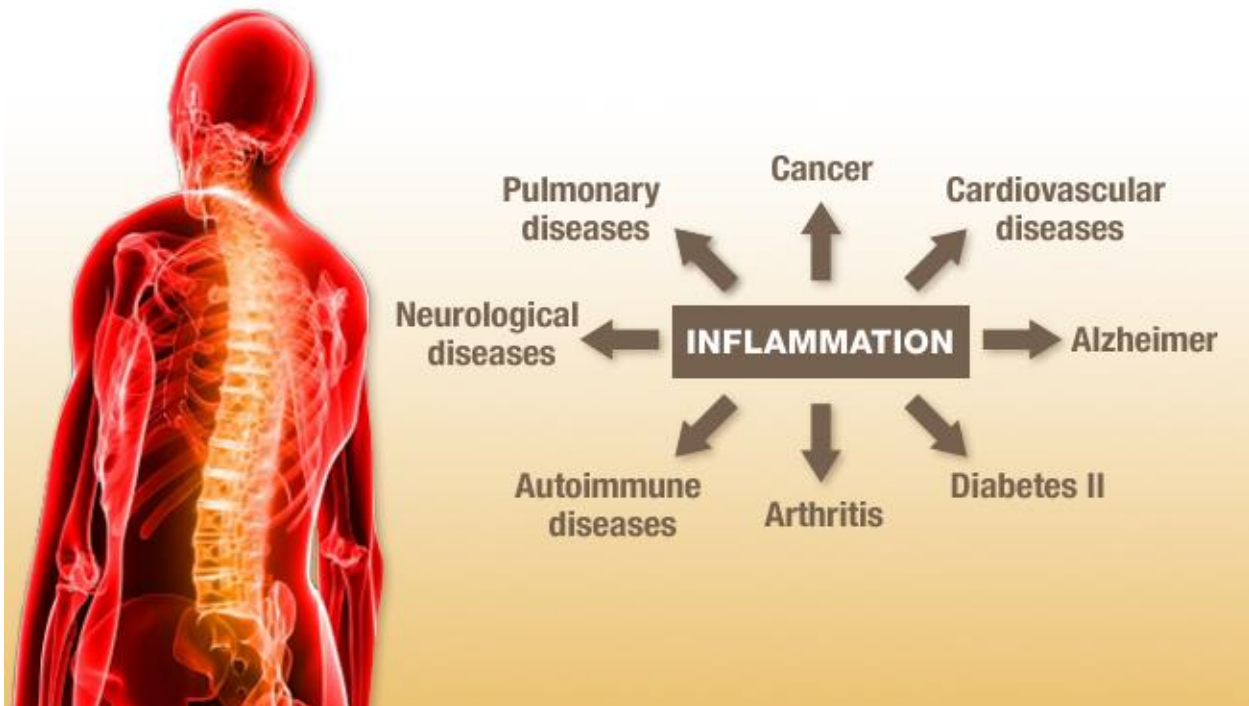
Simplified, the toxins floating around in our body steal an electron from healthy atoms and thus generate these free radicals. Free radicals are unstable and therefore cause substantial damage on a cellular level, impairing function.



The only defenses we have to combat and neutralize these free radicals are antioxidants. These antioxidants donate an electron to the free radicals so they become stable again. Where do we get these antioxidants from? Yes, fruits and vegetables of course!

SYSTEMIC INFLAMMATION:

Even according to conventional, western medicine over 90% of all so-called disease is caused by this systemic inflammation. For example, cardiovascular disease is finally regarded as an inflammatory process much like rheumatoid arthritis and no longer a result of high cholesterol (which is a big hoax by the way). Paul Ridker, a Harvard cardiologist, identified several principal markers for systemic inflammation, including C-reactive protein. The lower the levels of C-reactive protein, the lower the risk for any so-called disease.



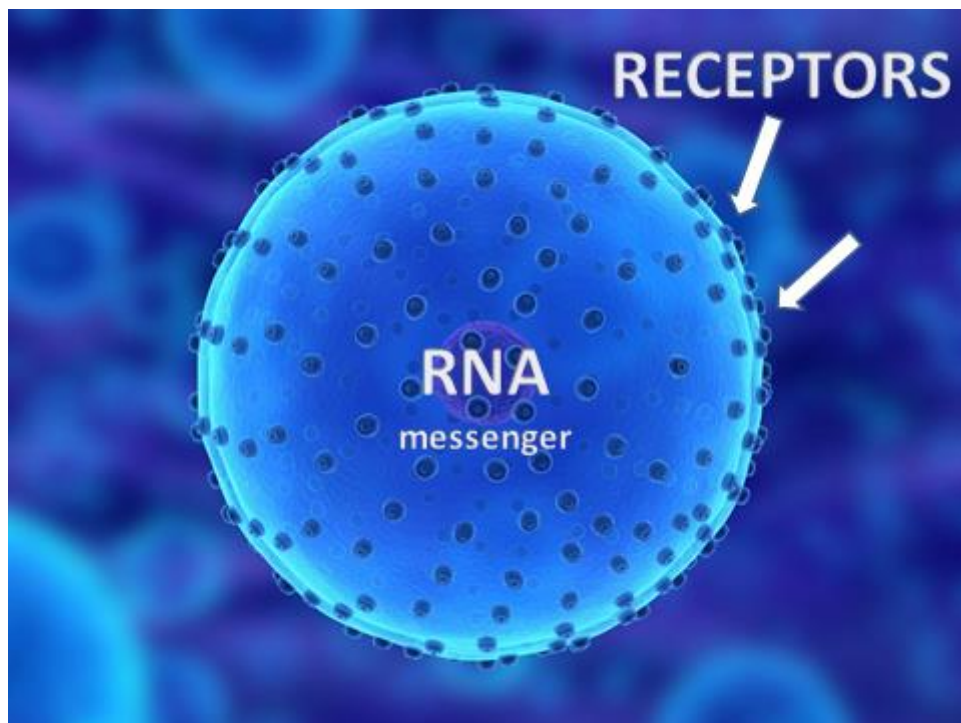
TRUTH #4 - ONLY OUR BODY CAN HEAL ITSELF

I'm quite sure you understand that our body is immensely complex and ingenious, but can you really grasp the complexity of our CREATION? We can build a rocket and put a man on the moon and we can build and control a nuclear plant (not always though) but we are far from understanding the human body.

Lets' look briefly discuss HEALTH on a cellular level:

Our body has an estimated 50-100 trillion cells. That's more than the stars in our galaxy. Now, each and every one of these cells performs a few million chemical reactions per second. So...if you want to know how many chemical reactions there occur in our body any given second, we simply need to multiply 50-100 trillion with a few million. Next time someone asks you if you are busy, you answer: yes, extremely!

Now, each cell has approximately 100,000 receptors on its outer membrane. And the RNA or the messenger of the cell will continuously tell these receptors what the cell needs in order to carry out all its functions, and replenish, repair, and renew itself.



For example, the cell may need vitamin C so the RNA will inform the receptors to get some vitamin C... but if due to our standard American diet or S.A.D., that vitamin C or other essential nutrients is not available, then the cell is forced to utilize less potent, incompatible nutrients.

And what happens if we replace an original with a copy and keep making copies of copies? We can't read it anymore..... same thing happens on a cellular level and we get degeneration and mutation which then translates into disease and cancer.

But what did we learn here? We learned that as long as we provide our body with all the essential nutrients on a regular basis, the cells can stay healthy and function optimally, and we prevent any so-called disease...right?

So we don't have to be health freaks, and it's ok to eat the occasional comfort food but we need to assure that our body receives all essential nutrients daily...

As you can NOW understand the complexity of our human body, do you really believe we are meant to interfere with this creation? Do you believe we are supposed to ingest man-made foods and poisons and drugs to intoxicate that great gift? Do you think we are supposed to remove limbs and organs to the benefit of our body? Of course not!

Do you think we need to understand the complexity of all functions and processes of the body? The answer is: NO. And even if we wanted to, we simply cannot and will never be able to comprehend the complexity and magnitude of the workings of our body.

All we need to do is realize that the body knows what it's doing. The body and every living cell in it, always (from birth to death) strive for perfect health. All we need to do is LISTEN to our body and put our body in the RIGHT CONDITIONS.

LIVING C.L.E.A.N.

So how do we REGAIN CONTROL of our health? How do get invisible? How can we be part of that 20% we talked about earlier? How do we achieve OPTIMAL HEALTH? HOW do we put our body in the RIGHT CONDITIONS so it can heal itself? What are these right conditions? Well, I came up with an acronym....we need to live C.L.E.A.N.



Control emotions and feelings:

Stress and negative emotions such as worry, fear, jealousy and others generate toxins in our mind and body. We need to learn to identify the situations that elicit these negative emotions and then acquire the skills to control them. Remember that we do have the power to choose our response.

Controlling stress, emotions and feelings may be the most difficult task of all but well worth it. In my book and during this workshop, I have outlined exactly how to accomplish this and ultimately achieve inner peace. Inner peace begins the moment you choose not to allow another person or event to control your emotions.

Listen to the warning signs of your body:

Our body tells us exactly what to do in certain situations, if only we would listen. If the body needs rest, we will feel tired and sleepy... so we should rest, instead we tend to stay up and watch the end of our movie. If we aren't hungry but the smell or view or thought of some yummy food crosses our senses, we tend to indulge even when we are not hungry. When we are sick and we don't have an appetite, our body tells us to remain from food so it can fight the pathogen and doesn't need to waste energy on digestive efforts, yet we are told to eat to keep up our strength. When we are in pain, our body tells us to stop doing whatever it is that causes the pain, yet again we usually ignore these signs.

My action plan teaches you to get in tune with the warning signs of your body.

Enough rest, sleep and sunshine:

During rest and sleep our body renews, replenishes, and repairs. Lack of rest and sleep causes poor performance and drainage of vital energy, low immune system and sickness.

Natural sunlight is vital to optimal health and performance. Light stimulates ALL biological processes and functions, and also has many nutritional functions including enabling the body to assimilate calcium, increasing RBC, increasing oxygen carrying power, improve healing...just to name a few. In short, sunlight stimulates circulation and oxygenation which positively affects every single cell and every single function in our body.

Man was a nude animal but clothes and spending most of our time indoors has a significant, negative impact on our health.

Our largest organ, the skin, is also affected and weakened by the lack of sunlight... especially in its elimination efforts of toxins.

Active Lifestyle – NO overstimulation, NO overindulgences

Exercise is vital for cell function and optimal health but exercise doesn't necessarily mean one has to go to a gym or play organized sports. Walking, playing with kids or dog, taking dancing lessons, and any outdoor activity count as exercise. Exercise means movement and movement promotes circulation and oxygenation, just as sunlight does.



Important to realize is that exercise expends energy and is destructive. Therefore exercise needs to be compensated for with adequate rest and sleep, which is constructive by repairing tissue and replenishing the body with vital energy.

Too much exercise or activity with inadequate rest or less than optimal nutrition results in energy depletion, impaired elimination and toxemia.

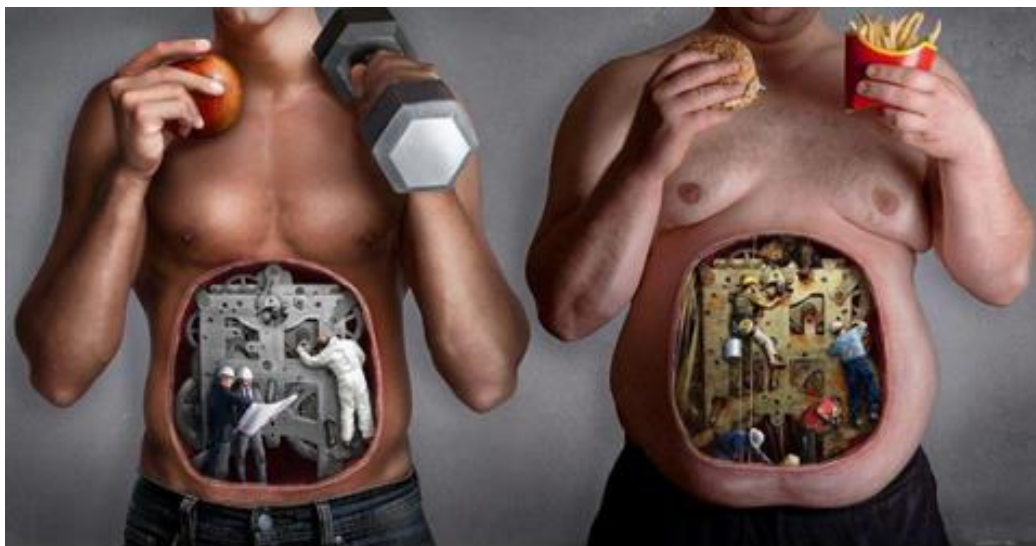
Athletes need to be aware that extra exercise produces extra free radicals which need to be neutralized with extra antioxidants.

Athletes often only focus on improving body physics (the motor) while neglecting quality and quantity of their vital energy which is the driving force (fuel) of the body (motor).

Overstimulation, such as excess input from radio, TV, smart phones, ipads, gaming etc. drains vital energy and contributes to toxemia, as do overindulgences such as overeating, drinking too much, partying etc.

Natural and clean air, water and food.

We need to turn our poor eating habits in some healthy ones. We need to replace man-made foods with natural, wholesome fruits and vegetables. We need to replace sodas, coffee, milk and juices with pure, alkaline water. We need to expose ourselves to more clean air and do everything we can to avoid the inhalation of polluted air. We need to learn the basics of proper eating, including food combining practices and the alkaline food model. And we need to select the RIGHT supplements that can assist us in avoiding toxemia and obtaining optimal health.



YOU ARE WHAT YOU EAT

The saying "you are what you eat" is partially right, but we need to incorporate the other principles of CLEAN Living also.

Also remember that health starts upon conception, so getting your children in the right habits early on is very important. However, it's never too late to regain control of your health... as long as you are alive and kicking, your body will continue to strive for perfect health, no matter what!



What about...

Mother's milk?

Pure water?

Veggies?

Fruit?

LIVING C.L.E.A.N. is a process and our Health 4 LIFE ACTION PLAN shows you step-by-step how to regain control of your health and achieve optimal health and happiness. It works, all the time, guaranteed... unless you don't start. It's not EZ, but it's worth it!

DO WE REALLY NEED SUPPLEMENTS?

Let's dive a little bit more into supplements. I often get asked if we really need supplements...my answer always is a definite yes... and here is why:



All commercial foods and drinks today are loaded with calories, chemicals and toxins, but lack essential nutrients. Even if we would consume organic wholefoods exclusively, we still need high quality supplements... and here are the top 3 reasons:

1. We don't get our fruits and vegetables out of our own garden anymore... we get them (hopefully if you can afford to or they are available) from the organic section at our supermarkets, local health food store or the farmer's market. Therefore, there is a time that lapses between harvesting and consumption. During this time our healthy, organic wholefoods lose many live nutrients. For example: did you know that when you store asparagus for 1 week, 90% of the vitamin C is gone? Did you know that when you pick an apple from a tree, 50% of the enzymes are dead within 30 minutes?



2. Most of our soils are depleted from essential minerals. After WWII commercial farmers started using NPK-fertilizers (only 3 minerals). The body needs 60-70 minerals to function properly.

3. We don't live in pristine areas anymore... we mostly live in cities and town and are exposed to far more toxins than ever before. These toxins are everywhere: in exhaust fumes, the environment, our homes, our water and the list goes on...



So, in addition to a wholesome eating plan, high quality supplements become a nutritional insurance policy. Selecting the right insurance policy is of utmost importance.

Now that we established that we do need supplements, the problem starts... 99% of supplements do NOT work.

In my book I outline the criteria to select the right supplements, including potency, safety, manufacturing practices, bioavailability (how well product is absorbed), completeness, dosage and best type of ingredients (natural versus synthetic), among others. Only 1% of supplements pass these criteria (that's only 1 out of a 100).

I chose the Vemma formula above some professional grade supplements for several reasons:



1) The Vemma formula is a complete formula, meaning that it contains all essential nutrients our body - and every single cell in it – needs on a daily basis.

2) The Vemma formula is all natural, with many organic and wild crafted nutrients. Natural nutrients are recognized and absorbed by our body while the cheap synthetic made cousins just wreak havoc in our body.

3) The Vemma formula is SAFE. The formula contains no artificial flavors, no artificial sweeteners, no artificial colorings, no preservatives, no BPA, No soy, No gluten, No high fructose corn syrup and is non-GMO. In other words: The formula is CLEAN.

4) In addition, the Vemma product line is manufactured in a state-of-the-art FDA-approved facility and the products are therefore manufactured under the most rigorous standards. Raw materials are tested for contamination and ad random tests are conducted to assure the highest quality.

5) The products taste great! That's very important to increase compliance and assure people are consuming the products on a daily basis.

6) The products are liquid. Not only prefer people drinking a high quality supplement versus swallowing pills, capsules or tablets on a daily basis; but liquid formulas are absorb 10x better by our body than these capsules or tablets.



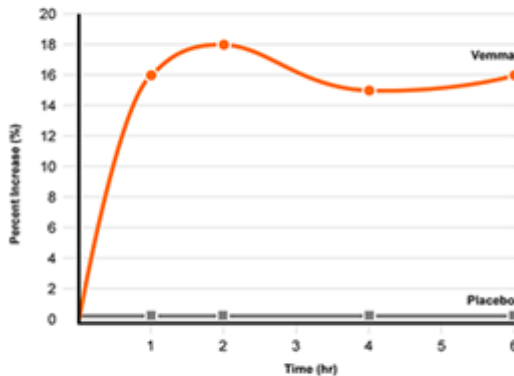
7) Several clinical studies were performed. Conducting these studies is not mandatory and very costly, but BK and his team decided they were necessary to increase the gap between Vemma other supplement companies and to prove that this line of products are very potent and of the highest quality.

Let's briefly touch upon the results:

First, our Vemma formula may well be the most powerful anti-oxidant formula on the market. Scientists at the NIH developed a scoring system, referred to as ORAC, to

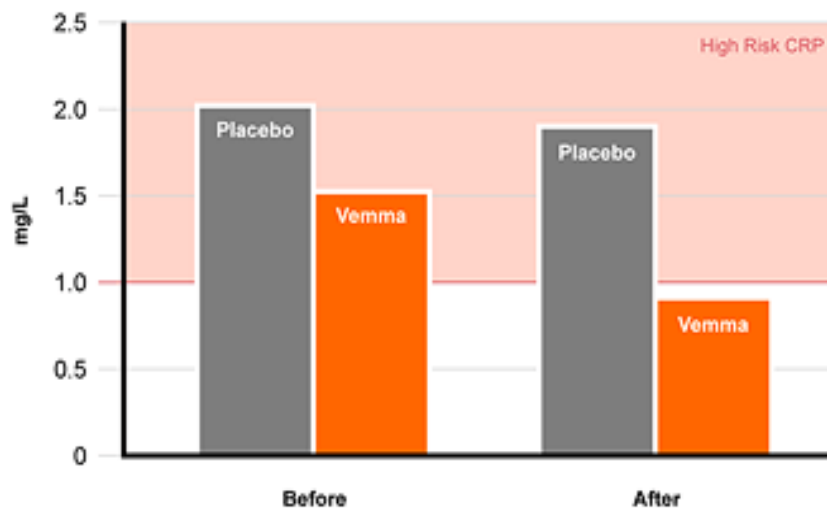
evaluate the anti-oxidant potency of a food, drink or supplement. Our vemma formula received a score of 4800+ which is very high. We don't have time to clarify the importance of antioxidants in neutralizing free radicals, but I promise we'll touch on this subject later!

Clinical Studies



The antioxidant amounts indicated show how **Vemma is highly bioavailable** and **antioxidant rich** compared to the placebo.

Next: Conventional medicine agrees that over 90% of all so-called diseases is the direct result of chronic inflammation within our body. One of the key markers of inflammation in our body is CRP. The vemma formula, based on clinical data, decreases CRP within 30 days. This means Vemma reduces systemic inflammation in our body in a big way.



CONCLUSION:

LIQUID VEMMA PROVIDES YOU WITH AN ALL NATURAL, SAFE, AND POTENT FORMULA THAT EFFECTIVELY COMBATS FREE RADICALS (4800 ORAC VALUE) AND SIGNIFICANTLY REDUCES SYSTEMIC INFLAMMATION IN OUR BODY (REDUCTION IN CRP).

*Now that learned some
TRUTHS about health and
acquired some new
insights... let's get to work
and start LIVING*

C.L.E.A.N.

**By implementing Principles and Action Steps for
REGAINING CONTROL of your HEALTH.**

INTRO

Taking this road to optimal health alone is tough. It would be wiser to take on this task with others: family and loved-ones, friends, or like-minded people. Find support with us and with others implementing this Health 4 Life Action Plan.

Once you are on the road to optimal health, you need to help others by guiding them, exciting them, fostering self-confidence in them, and energizing them. Show them the way, HELP them, GIVE to them freely, pay-it-forward. It's part of your own action plan anyway.

Step by Step Action Plan

The Health 4 Life Action Plan is set-up in a check-box format. Every time you successfully implement an ACTION, you may check off that box. This format allows you to change the order of actions you implement as to accommodate your individual needs. Remember that postponing the harder actions by skipping them will not be beneficial; it only puts more pressure on you at the end. If you can, just follow the plan step by step.

RESTORE

Let's get started. You must complete (1) goal setting, and (2) start NOW in this order. The following phases (3), (4), (5), (6) and (7) address all the recommendations to be implemented and achieve your ultimate goal: LIVING C.L.E.A.N. It's not necessary to complete one entire phase and then move to the next one. I suggest that when you start (3) CLEAN air, water and food, you start completing some sections of all other phases and work simultaneously on them until all your boxes are checked.

It's possible to complete the entire Health 4 Life Action Plan in 15-30 days. Of course, that doesn't mean you regained optimal health at that point... it means you have set up everything correctly and are making all the changes and modifications necessary to regain that optimal health.

Initial health benefits can be felt and observed within the first 10 days and will continue to show as you get through the plan and succeed the implementation of my 5 principles of C.L.E.A.N. living.

1. Goal Setting

□ Explain what health and disease REALLY is and WHY it's easy to regain optimal health without the interference of current medical therapeutics:

□ What was your score on your Health Awareness Assessment? At what % should you be performing? Where do you think your health is lacking and needs major improvement?

□ Write down THE MAIN 3 REASONS **WHY** you want to change your health. Explain and elaborate. Tape a copy on your bathroom mirror and read it every morning.

1.

2.

3.

Write down ALL previous attempts you may have made to improve your health or lose weight. Write down WHY you think each of these attempts failed.

Write down WHAT you will DO DIFFERENT to succeed this time.

Write down your personal strengths and weaknesses in regards to (1) self-esteem, (2) self-confidence, (3) ability to change old habits.

(1)

(2)

(3)

WHAT are the obstacles and FEARS you expect during this life changing journey?
HOW are you going to overcome them?

Are your fears stronger than your desire to succeed? Explain. If your fears are stronger, you won't succeed. How will you cultivate your desire? Are the main 3 reasons why you want to change your health fueling your desire to succeed?

What (other) important but unpleasant tasks in life have you been postponing? Why?

Are you currently doing what you like to do in life? Explain.

WHAT do you really imagine for your future?

Make a list of the people around you that are positive and supportive of you, and who may want to be interested in regaining optimal health also.

-
-
-
-
- Make a list of people that look up to you and whom you can empower (at home, at work, in your community).

-
-
-
- Use a time management technology (I personally use Stephen R. Covey's Time Management Matrix) and start using it. Make sure you establish enough time daily to work on this Health 4 Life Action Plan. Which one will you use?

2. Start NOW

- Go back to (1) Goal Setting and FINISH the entire goal setting section. You MUST write it all down. You may continue to adjust and fine-tune your answers, but you need your initial draft finished TODAY. Tape a copy of the 3 MAIN REASONS WHY you WANT to change your health on your bathroom mirror... not tomorrow, but RIGHT NOW.
- Make a budget and start saving to purchase the following: Commercial blender (I use Vitamix), Water purification system, live plants (don't put them in your bedroom), pH-strips, supplements, books (unless you borrow them from the library), and maybe new cooking utensils. As you will start getting healthier and implement this action plan, you will start saving money on foods. So besides a small initial investment, you will be able to redirect your spending (the savings on food will allow you to purchase your supplements etc.).

- Visit our website at www.health4life.info and get familiar with the site. Enjoy the daily informational and motivational information and videos, and attend the calls and webinars. Get involved and share your experiences and your successes.
- Download (for free) your RECORD KEEPING forms online, and keep track daily.
- Purchase a binder to organize all your forms, lists and records. If you are computer savvy, save paper and keep track online.
- Effective immediately:
 - No more milk (use coconut or almond milk if you wish).
 - Drink water (you may use lemon or lime) and OMIT coffee, alcohol and sodas.
 - Omit desserts.

3. CLEAN Air, Water & Food

There is no time limit on when to implement the recommendations listed below, however my suggested deadline for this phase (3) is 10-14 days. For each of the recommendations below, set yourself an implementation deadline within these 10-14 days. Get to work and JUST DO IT!

- Read Chapter 6 again and make a check-off list of ALL the things you must do to improve air quality. Keep adding to the list as you think of new or better ways (and share them with us online). Implement at least 3 items on the list immediately (e.g. open windows and have air circulating in the house or office, turn off the A/C, eat or sit outside, replace the air filters, remove toxic household products etc.).
- Take 20 minutes (with your family and/or friends if you can) and practice diaphragmatic breathing. Incorporate this breathing protocol 3 times daily and whenever fatigued.
- Purchase a water purification system ASAP.
- Make a list of all the things you must do to improve the quality of your water. Keep adding to the list as you think of new or better ways (and share them with us online). Implement at least 3 items on the list immediately (e.g. alkalize drinking water, install purification system, limit the use of soaps and shampoo etc.).
- Make a list of all the things you must do to conserve water. Keep adding to the list as you think of new or better ways (and share them with us online). Implement at least 3

items on the list immediately (e.g. close tap while brushing teeth, limit your shower time, re-use water for plants, etc.).

- Read chapter 5 again, feeding versus feasting. Make a list (and add to it during the next few days) indicating WHAT situations or emotions trigger your appetite and WHEN they occur.

- Read chapter 12 again, behavior modification. Make a list (and add to it during the next few days) indicating your 'bad' habits AND the strategy you will employ to convert those 'bad' habits into good ones. Implement the items from your previous list (appetite triggers).

- Make a EATING schedule on paper based on the 'BACK TO BASICS' section of chapter 5.

- Review the 'ALKALINE MODEL' section of chapter 5 and follow the implementation instructions (including measuring your pH, shopping for alkaline forming foods, avoiding acid forming foods etc.). Download and print the ALKALINE – ACID FORMING FOODS LIST from our website (for free).

- Now review the 'FOOD COMBINING' section of chapter 5, and download and print the food combining chart from our website (for free). Use magnets to post both the food combining charts and alkaline – acid forming foods list on your refrigerator.

- Review the 'ORGANIC FOODS' and 'CLEAN FOODS' section of chapter 5, and replace some cooking utensils if indicated.

- Using the alkaline – acid forming foods list and the food combining chart, put together your meals for next week. Ideally you only need 1 main meal per day. Breakfast and lunch can be omitted, or replaced with a simple piece of fruit, salad, homemade veggie juice or pea protein shake.

- Organize your meals in advance and make a weekly shopping list (I usually shop during the weekend for the entire week, but I run into the store for fresh fruits and veggies more often, or visit the farmers market).

- Review chapter 13, the truth about supplements, and purchase your essentials. I obviously take the R3 Essentials and Pure Omega 3, but you may purchase other high quality products of course. Just be aware that the majority of supplements don't work and harm your health.

- If you want to get a head start and are determined to boost your health, I recommend to ONLY juice during these 10-14 days while getting organized and making your lists. Load up on all kinds of vegetables (the more variety the better, and buy some you never

bought before) and fruits (80% veggies and 20% fruits is a good guideline). Just juice them and drink them. There is no limit as to how much, so you don't need to feel hungry. Take your supplements with the juice. The first 3-5 days will be very hard (you will crave food), but after the first week things will get easier as you start feeling the initial health benefits.

- Continue to update and modify your lists, and continue to educate yourself on CLEAN AIR, WATER and FOODS.
- Keep track of new, healthy, clean foods you implement in your regimen, and record the unhealthy, man-made foods and drinks you successfully omit (dairy, coffee, soda, alcohol, meat, pastries, hydrogenated oils, salt, condiments, refined sugar, enriched flours, fermented products etc.).

4. Enough Rest, Sleep & Sunshine

- Read chapter 8. For 3 – 5 days, record sleeping and rest habits (time of day, length, quality, reasons for disturbed or incomplete sleep).
- Write a 1 page essay on whether or not you think you get enough rest and sleep, and explain WHY. HOW can you make practical changes to assure enough rest and sleep if needed?
- Make a list of the improvements you can make to assure a better QUALITY of sleep (eg. time when you go to bed, activities prior to going to bed, overstimulation such as noise and light, emotions such as worrying etc.).
- Copy or download my 30 day DETOXIFICATION program and review it. Take out a calendar and set a date within the next 90 days in which you will START this program. The earlier you fast and detox, the better. Schedule accordingly and keep in mind some phases of this program may have to be during a weekend based on your working schedule etc. Also make sure you purchase the necessary foods and supplements prior.
- Review chapter 7 and make a complete list of practical things you can do to get more exposure to sunlight (not heat). These may include: lighter or limited clothing as much as possible (especially inside the house and your back-yard), T-shirts versus long sleeved shirts and shorts versus pants, schedule more outdoor activities (and limit clothing), going outdoors for lunch or dinner, open doors and windows and allow sunlight to enter, open the sunroof, remove sunglasses and hats, etc.

5. Active Lifestyle

- Review chapter 10 and write a short essay on your current lifestyle in reference to exercise and activity. Remember that it's not necessary to engage in sports or organized exercise classes in order to achieve an optimal activity level.
- Write down a list of activities you would love to do and/or learn. You can think about activities you can do by yourself, or activities you can do with your family and/or friends. Outdoor activities would be the best choice of course (air and sunlight). Implement 2 new activities within the next 2 weeks. Activities could be as simple as taking a walk during lunch (since you may opt not to have lunch anymore or consume a light salad only... after that walk), riding the bike to work or to the store, playing ball with the kids or the dog, joining your first yoga class (you should encourage your yoga instructor to offer outdoor classes), learning a new dance, taking the family on a hike or nature trail, or planning a canoe trip etc.

6. Listen to your Body

Listening to our body requires a conscious effort for most of us. We need to start learning to do it. Our biological clock is most likely messed up as well as our sense of hunger and thirst.

- During the next entire week, record all the things your body is telling you and record what your USUAL response would be and what your ACTUAL response should be.

Some examples:

- My stomach feels full but I'm going to eat that delicious dessert anyway.
- My friend offers me a drink while I'm not really thirsty.
- There are donuts in the lunch room at work so I may as well eat one.
- I'm tired but I want to watch the end of this football game.
- I'm exhausted but I'm going to the gym anyway because I need to lose weight.
- I eat breakfast because my doctor says it's the most important meal of the day.
- My boss stresses me out and I'm in fear of getting fired all the time.
- Every time I worry about something, I get diarrhea and feel dizzy.
- I feel lonely and eat for comfort.

- I have back pain but I need to clean my house regardless.
- I have a headache so I'll lie down in the couch and watch a movie.
- I'm constipated and I'm going to eat a pulled pork (acidic meat) sandwich (white bread or enriched flour).
- I'm tired so I'll drink a red bull or coffee (both depressants).
- I'm running a fever so I'll take some ibuprofen or Tylenol.
- I'm sick so I'll take some medicine and eat to stay strong.
- Etc.

Review Chapter 5 and write down WHAT we should drink, WHEN we should drink, and HOW MUCH we should drink. Do you currently exhibit signs of dehydration? Explain. What are you going to do about it?

Make a list of all the things and/or items that may cause overstimulation in your life (eg. electronics, phones, TV, radio, computer, games, noise, sound, light, emotions etc.). Be specific and write down HOW you can limit or eliminate each one of them? Take action!

Make a list of all overindulgences you are guilty of in your life (eg. excess food, drinks, partying, sex, masturbation, exercise, work, drugs, medicine etc.). Be specific and write down HOW you can practically limit or eliminate them. Take action!

7. Control your Emotions

Read chapter 9 again.

Make a list of all the things that stress you out. Write down HOW you are going to eliminate these stressors.

Start your 'JOE' (Journal of Emotions) and go through the 5 steps to complete your list.

Take ownership of your emotions and write down in your JOE in what situations you blame others for your emotions.

Write down at least 4 options you have to CONTROL your emotions. Now choose one option for each emotion or feeling you have listed in your JOE.

- Each day, pick one emotion and consciously control that emotion the next time it pops up. Record your failures and successes. Practice all emotions until you can control all situations.
- Write a 1-2 page essay. Are you a reactive or proactive person? List at least 5 things you can do to become a more proactive person.
- Write a 1-2 page essay. Describe what a self-fulfilled prophecy is. Are you optimistic or pessimistic? Do you have a positive 'YES' attitude or a negative (I complain a lot) attitude? List at least 5 actions you can implement to change your attitude.
- List all false core beliefs you may have. Write down WHY each one of them is false. Work on eliminating these false core beliefs through rationalization.
- List all thoughts and ideas that stimulate negative emotions in your life. How will you control or overcome them?
- Make a list of things you can DO to HELP others. Make sure you do something on this list on a daily basis.
- Read a motivational book and listen to motivational audio regularly (minimum once a month). This can be Anthony Robbins, Steven R. Covey, Napoleon Hill, Jeffrey Gitomer, and hundreds of other inspiring men and women.
- Consider relaxation, meditation, yoga, tai chi, or any other form of activity that may reduce your stress, help control your emotions, and repose the mind.
- Consider BHRT if you suspect hormonal imbalances.

RESOLVE

This second phase of my R3 Wellness model should only be initiated after ALL recommendations of the RESTORE phase are successfully implemented.

Based on your current medical so called diseases and symptoms, you should facilitate the resolution of these.

- Look up what foods and nutrients can help with your symptoms and so-called diseases. Record them. Now look up which whole foods contain these nutrients and add them to your diet in abundance. Supplements may be beneficial but be aware that most of them simply don't work.

REJUVENATE

This third phase of my R3 wellness model is meant to build-up the vital energy reserves and 'sharpen the saw' (habit 7 in Stephen R. Covey's book). Sharpen the saw means that we continue to assess and evaluate our C.L.E.A.N. living efforts and continue to improve upon them.

- Continue to implement regular fasting and detoxification.
- Read the book again and mark the sections, items, or recommendations you are not implementing fully yet or at all. Make a plan on HOW to implement them successfully.
- Make a list of the recommendations in the action plan that you have difficulty with. WHY do you think this particular part is difficult for you to implement? WHAT can you do differently to assure successful implementation?
- Continue to check new information and new recommendations on our website. Which recommendations could benefit you? HOW and WHEN will you implement them?
- Become a certified HEALTH 4 LIFE Consultant (no prior education required) and show others the ONLY path to optimal health.
- Consider becoming a HEALTH FREEDOM FIGHTER (contact us for more information).