



Principle 2 - I Am the Acquisition Manager for My Body

The first principle I shared is: “Our body will rebuild itself with the right materials,” which is critical to understand for life-long wellness. This second principle builds on the first one. Let me introduce this principle with some lessons learned from actually building a home.

When my wife and I built our new home, we learned that there is a flow or process to building. First you dig the footings, then you lay in the rebar in proper spacing in the footing. After this is done, you pour the concrete, then you form the walls and roof. When that is done properly, you then put in the plumbing and wiring in the walls while they are still open to work in. Finally you hang the sheetrock and apply the mud to finish it, and only then can finishing things like flooring, cabinets, paint and appliances be installed so that you can have the house completed perfectly to the design.

Your body has a perfect design; a blueprint, just like the home we built, but much more detailed! Like a new home it needs different materials at different times and in various amounts to repair and rebuild based on today’s work that needs to be done. Your body knows what work needs to be done and what materials are needed for that work. The right materials in the right amounts are critical to proper rebuilding or timely maintenance.

While building or remodeling your house you need the correct materials on the day needed and our body is the same. What happens if you need concrete today but instead you have a load of used sheetrock delivered? This is like needing a specific food or herbal formula for rebuilding your body but instead you eat processed food or treats of your favorite variety. This second quality (processed) material is easy to get and familiar but very likely won’t meet the current need. The workers (the cells in our body) are now forced to spend their time and energy clearing junk out of the way and storing or disposing of these second quality materials. If the acquisition manager on a building project brings in second quality materials day after day, the workers get tired and no repair or rebuilding work is done. For example, if I had purchased and had delivered used materials that weren’t right for that day’s construction while our home was being built (let’s say a truckload of inexpensive used cabinets when we were ready to frame interior walls) how would the workers feel? Would the interior walls get framed that day? NO, because there was no framing materials delivered. What would happen to the used cabinets that were unloaded into the job site? Would they be stored out of the way somewhere or maybe just moved directly to the dumpster to get them out of the way since they were not the quality or style needed?

What does all that have to do with rebuilding your wellness? Who is the acquisition manager for your body? You are! We each are the acquisition manager for our own body. No one else can do it for us. Every time we eat something, we are bringing in materials for our body to use, to store if excess or unusable, or to find some way to eliminate.

You manage the purchasing and bringing in materials for the work to be done. The amazing workers that make up our body and serve us do the rest of the work of rebuilding. Just as junk building materials produce an inferior finished product in a home, second rate food going into the body produces inferior health. When I want clear skin and plenty of energy do I know what materials are needed for this to happen? What happens to materials (food) that aren’t needed right now? Excess or unusable materials are stored in fat for some people or stored in joints as arthritis for others, or stored in organs of the body for still others. This process creates disease, irritation, and inflammation.

Your responsibility doesn’t end with the acquisition manager job. You are also responsible for cleaning the job site; I call this idea, “**Haul Out the Trash Daily**” and “**Adequate Water**” intake. I’ll share more on these principles later.

You might be asking “How do I know what materials are needed for my body at any given time and how do I know how much?” First, you can be very grateful that your body is designed perfectly and is very forgiving. The workers are all working for you and are completely dedicated to your well-being. They will serve you when you learn the principles and will begin making you well as quickly as you learn what materials are needed. You *will* feel better. Just keep trying and learning the principles of wellness. In the next few weeks

you will learn how to know what materials are needed and how much. We will also examine principles and materials that will build the beautiful and comfortable home of your body.

Some of the principles that we will look at in more depth are:

Whole plant foods and whole plant herbal supplements to provide the workers in your body with the proper raw materials to build a perfectly healthy body. This is the “**Wholesome Foods**” principle.

Other principles that we will explore are the “**Sufficiency**” principle, which works with the “**Wholesome Foods**” and “**In Season**” principles and ties to the “**Muscle Testing**” principle. Putting these principles together, you can know exactly the right materials and the right amounts of these materials. You will learn not to bring in too much material or your workers must spend their time storing or cleaning out unneeded materials, even if they are first quality products.

The next topic is “**It Is Never Too Late to Improve Your Wellbeing,**”. I will introduce Shane, a neighbor of mine many years ago who had been partially paralyzed for more than 15 years when we met. He was in pain all the time for those 15 years and not able to sleep for more than 30 minutes at a time. Next time I will tell you the rest of the implications of this 15-year-old injury and also of his willingness to change and improve, his wellness outcome, and his rapid rebuilding story.