

Vibrant Health Reports Section 1 INTRODUCTION

Hello Vibrant Health Seeker Enthusiasts!

Please...you owe it to yourself...to sit down quietly...without interruptions...as soon as possible...and read through this information...and give it serious thought.

I've spent many years in the field of holistic natural health in an effort to keep my own body as healthy as possible while also helping others to do the same. I am a Certified Advanced Metabolic Typing® Advisor, a Natural Holistic Health Counselor-Coach, have a Doctorate in Naturopathy, and have written an extensive 475 page book on natural holistic health. When you read my book *We Hu-Mans, Living In Our Full Potential*, you will see how committed I have been in my own self development since I wanted to overcome the severe health conditions I saw in my own family. It was so powerful an influence that I made an inner commitment to myself to strive to understand the workings of what makes good health: physically, emotionally, mentally and spiritually.

In an effort to distill the enormous amount of natural health information I have processed through my mind over the years, I have compiled here for your convenience what I feel is the first part of essential, foundational vibrant health building knowledge, concepts and wisdom to integrate into your understanding of health IF your goal is to also understand how you can gain or maintain vibrant health year after year. Much of this "good" health building information is timeless wisdom that has been known for thousands of years, but has been overshadowed for decades in the modern, fast paced, socio-engineered civilization.

As a result of losing sight of natural "good" health building practices, illness, disease and poor health conditions have become the norm, and so many people are tragically in constant pain and anguish. I have sincere interest in striving to bring forth natural health wisdom that can alleviate much of humanity's despair. This is the first of four parts of a natural health book that will give you essentials on how to organize your life so it is vibrant health based with an exciting corresponding website resource for your easy reference and referrals to some of the finest, purest health information and supplements available on the planet!

As we know so well, this world is full of complexities, many opinions on endless topics that seem overwhelming. Right? Who should we listen to? So many "talking heads!" Who should we believe?

What I am about in my vibrant health sharing of knowledge and wisdom is

wanting to pass along...share caringly in an upbeat manner...important natural health knowledge, information and wisdom to those of you who sincerely seek it. There is great value in making a personal *mature* commitment to take responsibility for learning what's necessary to put your own "vibrant health building" plan into action.

I hope you will enjoy reading through this 1st Part of 4 Sections as much as I have enjoyed putting together this timeless, valuable natural health series where I have distilled down for you the simple, essentials that are easy to understand and put into action to elevate your life far and above the average!

Vibrant Health To You!
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Vibrant Health Reports Section 2 FOOD!

Hello Vibrant Health Seeker Enthusiasts!

In 1984 I flew to Dallas Texas to attend a lengthy Metabolic Typing® seminar that opened up my mind to the incredible possibilities for optimum health building when the program was in its infancy stage, being developed by its Founder, Dr. William D. Kelley.

There were about 50 people in attendance, most in their older years who had been dealing with serious, life threatening illnesses and diseases. I was the youngest one there (very young back then!), but I mainly wanted to feel healthier and figure out how not to get the flu and “get sick.” I was starting a business, and didn’t have time to not feel well. Many told their stories of how at the seminar the previous year they had been close to death, but following the Metabolic Typing® dietary and healthy lifestyle recommendations had eliminated or greatly alleviated their serious illnesses or disease. It truly was enlightening to hear their testimonies, and a pique experience as I entered the natural health world.

I followed the Metabolic Typing® program “religiously” for several years, and then went on to learn other things about the natural health world. Years later, in 2008 I felt a calling to check back in to Metabolic Typing® and see how it had “evolved.” I was amazed and delighted. Through the many years Dr. Kelley’s protégé, William Wolcott had worked wonders and created an incredible optimum lifestyle program. I became a Certified Advanced Metabolic Typing® Advisor. I whole-heartedly support the Metabolic Typing® program and its wonderful activities helping many thousands of people worldwide overcome serious and life threatening illnesses and disease and attain healthier and healthier lifestyles.

As I have experienced Metabolic Typing® personally, counseling others in the Metabolic Typing® program over many years, here are some of the consistent problems I encountered with people working with the Metabolic Typing® program:

- For most people new to the Metabolic Typing® optimal health building program, there is a HUGE amount of “new” information to organize, read through, learn, implement and incorporate into their lives in usually a short, compact 3-4 month period which depends upon how the individual Certified MT Advisor has his or her

own program organized. So there is a steep learning curve for most people that can be overwhelming and discouraging.

- For most people in our fast paced involved world, the Metabolic Typing® program is very difficult to carry out in an every day, ongoing habitual pattern that becomes a long term way of life.
- The Metabolic Typing® program is very difficult to maintain IF one is living and socializing with others regularly who are not on the Program.
- Usually, for most people, there are an overwhelming amount of changes necessary in that 3-6 months learning time, and most people have a hard time keeping up with it IF their lives are busy.
- For many people, the cost of the Metabolic Typing® program is more than they can afford easily either on a one time learning basis or ongoing as a way of life.

I came to the conclusion that most people really need basic, foundational nutrition and natural health knowledge and wisdom which seems like we “should” have received in our basic educational school days, but didn’t.

From my past decades immersed in the natural holistic health field, I have taken THE most important nutrition and natural health concepts, principles, practices and knowledge related to Natural Nutrition and assembled it in 4 Vibrant Health Reports. It can be your easy Ready Reference Guide. These 4 Essential Vibrant Health Reports & Corresponding Website are titled:

- Vibrant Health Reports #1 INTRO
- Vibrant Health Reports #2 FOOD!
- Vibrant Health Reports #3 SUPPLEMENTS! (nutritional)
- Vibrant Health Reports #4 INFLUENCES! (nonbeneficial & beneficial)

There’s a lot of wonderful “vibrant health” building wisdom within so enjoy the journey!

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Vibrant Health Reports #3 SUPPLEMENTS!

Hello Vibrant Health Seeker Enthusiasts!

As I was growing up I watched my mom take a high potency multi-vitamin supplement she bought at the local drug store that her doctor had recommended. Then, I didn't know the difference between synthetic and natural vitamins. I'd sit at our dining room table and read the ingredients on the label in tiny print. Those names sounded so unusual, and I knew somehow they were important! Since my mom had quite a few health concerns, she took them as directed every day. I often wondered if they were doing her any good since her health concerns didn't seem to get better.

In my early 20's I started reading books on vitamins, minerals, nutritional supplements and herbs. I'd wake up at about 5 AM and read these health books for a couple of hours before starting my day out in the world. The field of nutrition really fascinated me, and I started experimenting with myself using different vitamins, minerals, herbs and nutritional supplements I found at our local health food store. I got to the point that if I felt like I was getting sick I could take certain vitamins, minerals, herb teas and the next day I'd feel fine. That was really exciting to see that my knowledge put into action could affect how I felt! Wow! That was a great "Ah ha!" time for me. I wanted to learn more, so I could become healthier, and help my family and friends solve some of their health problems.

My bookshelves became filled with all kinds of nutritional and natural health books. This obsession with reading, learning and testing them out on myself and recommending them to family and friends became a way of life for me.

One of the great gifts we have in today's world of so much readily available information is that you really don't have to take years to read, think, analyze, ponder, question, wonder...you have those sources...like me...who have already done that for years... simplifying a tremendous amount of information and knowledge about natural health and nutritional health care so you have the essentials easily available.

If you recall, in my Vibrant Health Reports #1 Info, I explained the differences between Organic and Inorganic. The part plants play in the "Web Of Life" on Earth is that they take in – absorb - inorganic minerals and substances and convert them to

organic substances that our human bodies can use – utilize. Our human bodies do not have the ability to convert inorganic substances into organic substance that our bodies require to carry out their multitudes of activities. This is why it is so important to make sure the nutritional supplements you buy and take are made from organic plant and food based sources rather than synthetic based with fillers and inorganic substances that just irritate the body tissues and impede the body's necessary metabolic activities.

Now I know that all those synthetic high potency multi-vitamin supplements my mom took every day were really just aggravating her body's internal activities, but then we didn't know the difference. Through the years though I was able to steer her into the bio-available food based nutritional supplements, and she used to say how she knew they greatly helped extend her life.

So I share with you here in this Vibrant Health Reports #3 SUPPLEMENTS! what I've come to know, take regularly myself, and so whole heartedly recommend to the people closest to me...and now to you. So find a comfortable place where you can read this Report without interruptions and distractions. My hope is you will be inspired!

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Vibrant Health Reports #4 INFLUENCES

Hello Vibrant Health Seeker & Enthusiasts!

Although this Report was difficult to write because it brings “front and center” to my mind the many harsh and sad unhealthful influential realities that presently exist in our world today and greatly affect the general health of our society and world, if you are truly a sincere “truth seeker” of natural health knowledge and wisdom then you will appreciate the vastly important information contained in this Report.

The purpose of this Report is to inform and bring awareness to the many harmful influences in our foods and environment that are adversely affecting human health. You will find information on 15 general topics that are harmful to the natural healthy functioning of our human bodies. Unfortunately, these are not the only ones, but serve as a basis of sharing many important influences that adversely affect our health. They include MSG, food preservatives, microwave cooking, toxic chemicals recycled into fertilizers, food irradiation, sulfites, artificial sweeteners, nitrates and nitrites, hydrogenated oils, genetically modified crops, food borne contaminations, vaccinations, radiation exposure, harmful environmental chemicals and destructive mental and emotional influences.

It may all seem overwhelming and very discouraging like there’s no hope for really healthful living conditions on this Earth as it presently exists. Keep in mind though that while we, as individuals, do not have the ability to change or correct many of our harmful environmental influences that the powers that run the operations and functions of our countries have forced us to live in and with, we each do have the opportunity to make every effort within our power to buy and eat the most natural and pure foods and beverages we can, and create more healthy lifestyles and environments within our home, work and recreation.

Yes, our foods are adulterated by many of the harmful influences added to our general food supply, but just by striving to eat organically or as pure naturally as possible, we can greatly lessen at least 10 of the 15 harmful influences listed in this Report. This is well worth the effort in our desire to obtain and maintain vibrant health!

Being aware of these harmful effects on our food sources allows us to feel we have a general, educated knowledge of what these harmful influences are because this

understanding will help us make wiser, more intelligent health-building decisions in the food and lifestyle choices we make each day.

At the end of this Report you will find a list of *beneficial* influences for your health in your personal life, home and work which includes suggestions for better digestion, circulation, clothing, electromagnetic, elimination, air, hair, skin, household cleaning agents, hygiene, immunity, lighting, pain, plastic storage containers, rest-sleep, routine, sanitation, stress reduction, sunlight, teeth, water and water bottles.

From the "positive," constructive, proactive perspective, these many unhealthful conditions present challenges for creative minds to find solutions! Happily and thankfully, there are so many good intentioned, well informed human beings working towards healthful solutions so that our earthly home can be healthier and more peaceful! And it truly can become an exciting, empowering and enlivening experience...day after day...to know you...and we...are taking steps...sometimes baby steps...sometimes gigantic steps...towards being so much healthier and happier! So join in and become part of the well educated and aware, healthy-minded people living in solution!

I live close to one of the nation's greatest supermarket chains, Whole Foods Markets, that strives to bring to North America much healthier, purer foods and beverages than the average supermarket of today. One of my most heartfelt satisfactions is to walk through there and see how MANY, MANY people are shopping there, and it is a great testimonial to how many people recognize and know how important it is to provide healthy foods for themselves and those they care for! So thank you to all of those committed people...from the organic farmers who plan and implement how to best produce the foods they know we need...to the owners of health food stores who sacrifice so much in their financial resources to make it possible...to the many who serve us personally with a sincere smile of caring...all those thousands of people who see the light of natural health knowledge and wisdom and work hard to bring us good foods and beverages so that we have the opportunity to better and better our health!

If you are starting with Vibrant Health Reports #4 INFLUENCES, welcome! If you are returning to these Reports after reading and studying my previous Reports #1 INTRO, #2 FOOD! or #3 SUPPLEMENTS, I think you have come to see how I've shared a lot of vital vibrant health building information in an effort to allow you to have a "ready

reference" on hand with which to design and implement your own very sacred and exciting health-building journey!

Vibrant Health Blessings To You!

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