

GOLDEN RULES

OF

HEALTH

by

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IMPORTANT

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- Stop putting poisons into your body
- It takes five to seven times more nutrition to rebuild and repair the body than it takes to maintain a healthy body
- Nothing heals in the human body in less than three months. To those three months, add one additional month for every year that the condition has existed
- Observe moderation in all things
- Be in harmony with nature
- Synchronise with the unfolding universal energy
- Take responsibility for yourself and for your health.
- Eat as much raw food as possible
- Exercise regularly for the rest of your life
- Practice and learn to completely understand Herrings Law of Cure: *'All cure starts from within and works outward, from the head down, and in the reverse order as that in which the symptoms have appeared.'*

End

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