

## **What is health?**

Feeling good. Daily balanced energy. Living pain free. Sleeping well. Having the ability to participate in activities. Efficient digestion. Great endurance. Clear vision. Healthy teeth and gums. Living without weight challenges. Mental, emotional clarity and balance. Happiness. The ability to respond to stress with a balanced calm. The ability to release anger, not keep emotional hurt inside. The ability to forgive, move on and love others no matter their differences....

### **Question:**

Do we get headaches due to a lack of aspirin or Tylenol in our brain?

### **Question:**

Is there one magic bullet that can make us healthy?

One product?

One liquid juice drink???

To truly understand health we must address the **whole body**.

**There are 10 body systems (Acronym to help remember: Rub In C Meds)**

R - Respiratory

U - Urinary

B - Bones

I - Immune

N - Nervous

C - Circulatory

M - Musculatory

E - Endocrine

D - Digestive

S - Skin

Remember the Titanic? – 10 chambers – 4 were breached the engineer / architect knew the ship was going down.

10 body systems – 4 in jeopardy – system is going down

**Bio Chemistry –**

**Bio Electricity –**

Skin, bones, cells, molecule, atoms, nucleus, protons, electrons

**NEWSTART A simple daily map to follow for a healthy life:**

N - Nutrition

E - Exercise

W - Water

S - Sunshine

T - Toxins

A - Air

R - Rest

T - Trust

### **Phase I Cleansing:**

Toxins – Swamp

Liver, Kidneys – Peppermint, Lemon, Cleanse, Lemongrass

Lymphatic system – Bath salts, Renew

Digestive – 26 feet of tubing – Exodus and Phenomenade – Whole food

Non-toxic personal care products to replace toxic products

### **Phase II – Rebuild**

High octane fuel – food, Thunder, Earth Tribe Pharmacy, Chocolate (anti oxidants)

Probiotics –

Water

Exercise

Sunshine

Proper rest

Vacation – outdoor activities

### **Phase III – Maintain**

Health is a habit not an event. Each and every day following simple healthy habits in all areas of our lives. All of the Forever Green products enhance our health providing us with simple, delicious, convenient health choices.