

# RULES OF THE BODY

*Most machines have operation manuals. Not following them have dire consequences. The same is true of the body. Not observing the body's rules for life penetrates deeply into the intricate foundation of life and compromises the body's ability to fight sickness and disease. We suffer because of it.*

*When we know and follow the body's rules for life, we empower the body with essential building blocks needed for health. Here are rules we must know, value, and follow.*

## RULE #1 KNOW YOUR BODY

Ignorance is not bliss. Knowing the makeup of your body and what maintenance is required will result in a healthy life. We must first understand that **WATER IS THE BODY'S MOST IMPORTANT BUILDING BLOCK**. We are made of hydrogen and oxygen, approximately 70% of the body. An 86 kg person actually has about 16 gallons of water within his body! We have an "**OCEAN**" of water within us.

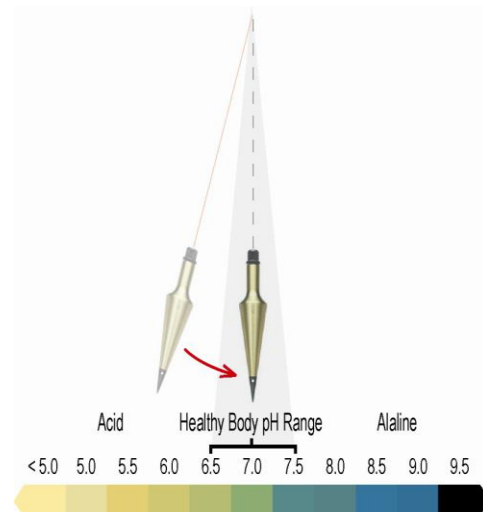


We are not as solid as we think. There is much we need to know concerning this inner ocean.

- What is the condition of this ocean and how do we care for it?
- Does the condition of this ocean affect our health?

## RULE #2 BALANCE THE PH LEVELS OF THE OCEAN

All bodies of water have a balance of H ions and OH ions which is expressed on a scale of 0 to 14. The proper pH balance of the water within the body is 7.0 and **MUST BE MAINTAINED**. Our body must have this balance. When we allow the body's pH levels to go lower than 7.0, an acidic condition begins to occur.



### **RULE #3 FIGHT ACIDOSIS**

As we allow the levels of acidity within the body to increase, we let a destroyer of health loose within us. Although our body constantly fights to control acidity with very complex acidic waste management systems, these systems can be overwhelmed.

When this happens, the result is ACIDOSIS. This dangerous INTERNAL ACIDIC POLLUTION of the “OCEAN” within brings metabolic chaos – and with it sickness and disease of all kinds. As the universe of complexity within us comes under destructive attack, our internal organs are weakened at a microscopic, invisible level, as they become acidic.

Our inner terrain with its inner ocean begins to invite and promote the growth of harmful pathogens of bacteria, viruses, fungi and mold. As these patho-gens multiply, an internal metabolic nightmare is created, and results in sickness, disease and poor health.

We need to find out what we are doing wrong! Here are 5 things we often do that make a big negative difference.

**1. TOO LITTLE DRINKING WATER**

We drink other liquids like coffee, tea, soft drinks or alcohol. However, we simply do not believe or understand the importance of simply drinking clean water. Many other liquids we drink are diuretics and contribute to acidity.

**2. TOO MUCH OF THE WRONG FOODS**

Much of what we eat is acid-forming instead of alkaline-forming within the body. Our internal pH balance is greatly affected by our dietary input. We need to eat more alkalizing foods and less acidifying foods. In the long term, it makes a HUGE difference.

**3. TOO MUCH SUGAR**

The ongoing trend of greatly increased sugar in the diet is very dangerous. Overconsumption of sugar not only leads to diabetic conditions but is also a HUGE contributor to internal acidity.

**4. TOO MUCH STRESS**

Internal acidity is also produced by emotions like anger, bitterness, and other negative emotions. We lose our —peace and spiritual order in this modern lifestyle as we try to keep up with a fast-paced world and lose proper focus on God the creator.

**5. TOO LITTLE EXERCISE**

The body has the ability to control acidity in many ways. However, this ability is seriously compromised by a lack of physical fitness. We must resist a sedentary lifestyle.

The result of this rule-breaking is traumatic to our bodies. The body is constantly fighting to neutralize the onslaught of internal acidity produced by our —wrong steps. As this important battle is lost, the amazing health defense system in our wonder-fully made body begins to crumble.

## **RULE #4**

### **CORRECT YOUR PH BALANCE**

There are many ways to do this. Health practitioners from around the world have been seeking ways to do this for centuries. While traditional medicine does not focus on pH balance, many of the best “remedies” of the ages are actually fantastic ways to balance body pH. We suggest the following two steps.

#### **1. BOOST BODY ALKALINITY FAST WITH BALANCE 7**

A sick body is under acidic attack. BALANCE 7 QUICKLY TRIGGERS BOOST TO BODY'S PH LEVELS and **neutralizes the cascading avalanche of internal acidity** in key areas. This is the first immediate step to take. When the body is sick, it is in a crisis mode and needs radical steps to correct body pH levels. **This is exactly what BALANCE 7 does.** As the immune system regains its balance, it is enabled to better FIGHT disease or sickness.

#### **2. DEVELOP A LONG TERM PERSONAL HEALTH PLAN**

Health requires a long term strategy as well that requires an informed and sustained effort on our part. This will yield results that last for years. Our long term lifestyles and decisions make a difference. We need to do the very opposite of what has gotten us into trouble.

##### **1. DRINK MORE WATER**

Dehydration is a subtle but very common problem. Many do not drink enough water. Drink 8 to 12 glasses every day.

##### **2. EAT MORE ALKALINE FOODS**

Some foods are better for you than others. Make moderate but permanent changes and your body will thank you.

##### **3. TAKE TIME TO REST**

A frazzled stressed-out life without rest RAISES acidity

##### **4. EXERCISE MORE**

Exercise accelerate your body's capacity for long-term for eliminating acidity and maintaining pH balance.

##### **5. EAT MUCH LESS SUGAR**

A choice must be made by all – control sugar intake OR suffer long-term health challenges.

### **WHAT WE DO MAKES A DIFFERENCE**

Every step we take to follow these “rules” of the body works to bring back into balance and ultimate health. As we fight acidity and balance pH, we effectively clean the “ocean” within and enable our shield us from sickness and disease

***AS WE FOLLOW THE RULES OF THE BODY  
THE MIRACLE OF HEALTH RESULTS***