

## HEALTH TIPS

**WATER** - Drink eight glasses water each day. Filtered or distilled water is best. DRINK NO SOFT DRINKS...JUST WATER, because it 's the only thing good for you. Water removes toxins from our bodies, and helps us maintain our health.

**JUICING** - Buy a juicer and juice carrots, celery, and other veggies daily. Barley-green is a good product to use every day.

**EXERCISE** - Get 20 minutes aerobic exercise daily. Be sure you breathe deep when exercising-it feeds the cells nutrition & oxygen; keeps us healthy. We have no excellent health without exercising.

### SUMMARY

1. Eat a large green vegetable salad each day.
2. Eat no hydrogenated oils - margarine, chocolate, etc.
3. Less than 25 grams of SATURATED FATS each day.
4. Coffee is a habit-forming drug. It is a toxic stimulant. It will damage your mind and body.
5. Eat very little SUGAR . Read labels. No Soft Drinks . or any drinks with sugar or additives. Read Labels.
- 6 Absolutely no DIET DRINKS
7. Watch for the food coloring and dye. Check labels.
8. Juice carrots & vegetables. Barley-green is good for you. .
9. White flour, white rice, white salt, and white sugar . Use \* very little of these if you stay healthy over a long period of time.
10. Detox your body every three to six months.

Ask yourself the question, " How did sickness get into me? "

1. Sin? Or was it:
2. Diet (if you are committed to the Lord check all areas closely.
3. Stress?
4. Toxic Atmosphere

[www.hacres.com](http://www.hacres.com) Switching to this style of eating will eliminate 80 percent of all your sickness according to George Malkmus.

[www.nancyappleton.com](http://www.nancyappleton.com) Cane Sugar is a cousin to cocaine. It is an addictive poison to your mind and body. Most people are addicted to it.

[www.feingold.org](http://www.feingold.org) If you have a child or grandchild that is overactive, has learning problems, behavioral problems, or can't sit still, make sure you check this program out. It is one of the best!

[www.aspartame.com](http://www.aspartame.com) Check this website and it will help you to stop using aspartame.