

Newsletter "The Source"

BODY HEALTH

By Richard Van Donk

***Strengthen the Body and you strengthen the Mind,
Strengthen the Mind and you strengthen the Body.***

HEALTH - Good health will give you the vitality and energy to live the life you choose. What you put in your mouth and your mind will and does affect your well being. Disharmony (Dis-Ease) occurs as a break in the natural life process when pollutants and toxins are put into the organism through external energies, liquid or solid substances, or mental thoughts that release chemicals into the body and affect the nervous system. Make it a goal to firm up and lose those unwanted pounds this month. Be an example of health in every way.

DIET /VITAMINS - Feed your body proper fuel- No junk food, No sugar, no white flour, very little dairy, Limit or eliminate red meats; especially pork, supplement what you no longer get from food (only use vitamins that smell good to you. Eliminate unwanted colon matter with psyllium husks or finer fiber and take full spectrum digestive enzymes. Trace minerals are very important and are leached from food by cooking and soil erosion (liquid are best). Drink pure water as the body is 86% water forming a celluloid crystalline substance. Commit this month to tuning your body like it was a well tuned Ferrari ready for the race of its life.

MASSAGE - Stretching

Keep your body in ultimate physical health. Maintain the spine, keep it erect. Stretch and lengthen all of your muscles. Do a daily self muscle massage especially of the hands and on the bottoms of the feet. Stimulate your nerves with a nerve massage. Get someone else to give you a deep soothing massage this month. You'll thank yourself.

MEDITATION -Meditation gives oneself a personal rejuvenation, a connection to the soul. It will help cleanse your inner space and provide a daily access to the divine within you and a better clarity of the world outside. Meditation does not have to do with religion. There is no sin in going inside your being, slowing the outside world down and meeting your inner being face to face while learning to love and accept your divine presence. Your breath is your propulsion system giving you health and vitality. Do not cloud it with smoke. The word spirit comes from the Latin word *espiritus* meaning to aspire or to breathe. There is a big clue here. More breath, more spirit. Sit upright and still. It's as simple as just being your breath, one breath in and one breath out. Riding it in and out

."The body you take care of today is the body you live in tomorrow".