

# 8 Keys to Optimal Health

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*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.  
3 John 1:2*

**Key #1.** Make a decision to care about your health.

**Key #2.** Drink life. Everyday you need pure water and fresh unpasteurized fruit and vegetable juices. The minimum on these vary depending on your age, weight, activity level, metabolism health and climate. Average is eight cups of pure water and two cups of fresh fruit and vegetables juices.

**Key #3.** Eat life. Eat some living foods everyday. Cooking kills the enzymes and breaks down some of the fiber of food. Add a multivitamin and/or superfoods. Vitamins, minerals, aminos are the bricks, enzymes are the workers that build the structure.

**Key #4.** Consume less animal products. This includes meat and dairy products. All ingested cholesterol comes from animal foods. Animal foods have no fiber at all.

**Key #5.** Break addictions. This includes: drugs, smoking, caffeine (drinks, coffee, chocolate), salt and sugar. Stop adding additional salt and/or sugar to your food.

**Key #6.** Exercise. Doesn't really matter what type of exercise it is as long as you get your heart rate up and do it at least 3 times a week for at least 20 minutes each time.

**Key #7.** Give the body, mind, and spirit rest. By getting eight hours of sleep a night, take regular vacations, trust God and stop worrying so much and forgive those that have wronged you.

**Key #8.** Cleanse your environment. Use natural products in your home and on your body.

## **Products that I use personally everyday and mentioned**

"Crystal" roll-on deodorant available at Walgreens and most health foods stores. [www.thecrystal.com](http://www.thecrystal.com)

Dove soap – white. Available at any grocery store.

"EcoPCO ACU" natural insecticide.

[www.pestproducts.com/ecocontact.htm](http://www.pestproducts.com/ecocontact.htm)

Elite Services pest control. [www.elitetpc.com](http://www.elitetpc.com)

Whirlpool Whispure Hepa air filters. Available at Lowes.

[www.whispure.com](http://www.whispure.com)

GE "Smart water" water filters. Under the counter or refrigerator versions best. Available at Home Depot.

Miracle 2000 liquid multivitamin or Vitarol capsules.

Most health food stores. [www.miracle2000.com](http://www.miracle2000.com) [www.vitarol.com](http://www.vitarol.com)

Breville Juice Fountain Professional Juice Extractor JE900.

<http://shop.store.yahoo.com/dotcoms/brjufoprjuex.html>

Arden's Garden fresh juices (I drink "Supergreen" everyday).

Available at Publix. [www.ardensgarden.com](http://www.ardensgarden.com)

Eggland's Best eggs. Available at most grocery stores.

[www.eggland.com](http://www.eggland.com)

Smart Balance buttery spread. Available at most grocery stores.

[www.smartbalance.com](http://www.smartbalance.com)

Cold pressed olive oil. Available at most grocery stores.