



A PATH TO BETTER HEALTH

Introduction to Natural Health

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How to follow a Natural Health Program

Natural Health can be simple. It is based on nature and balance.
Nature is energy, nature is life.

Life creates life.

We are part of nature and we need to obey the rules of nature.
Our bodies are made of trillions of cells and we are alive because these live cells build and cleanse constantly. They grow and multiply in the interstitial fluid. These fluids need to stay in a balanced pH (potential of hydrogen).

We can measure easily our urine and saliva pH with our pH paper and we can write it on a chart.

** Our saliva pH measures our level of assimilation and building.

** Our urine pH measures our level of elimination and cleansing.

They should vary together between 6.4 and 6.8 (See page 9).

If we do not have a balanced pH in our body fluids, our cells go into a state of **irritation, inflammation and degeneration.**

This causes the general situation of diagnosis in our country as follows:

We die prematurely of heart disease, cancer, stroke, chronic lung disease, pneumonia, diabetes, HIV, hepatitis etc.

General Situation

Several factors contribute to our collective, poor national health: among these are high levels of stress, a sedentary lifestyle and diets high in cholesterol and low in fiber. These controllable factors and habits have been linked to several diseases and conditions, including some of the primary killers of people in the U.S. The table below shows the leading causes of death in the United States.

Disease/Event		Percentage of Total Deaths
1	Heart diseases	31.7
2	Cancer	23.3
3	Stroke	6.9
4	Chronic lung diseases	4.6
5	Accidents	4.1
6	Pneumonia and flu	3.6
7	Diabetes	2.7
8	HIV infection	1.3
9	Suicide	1.3
10	Chronic liver disease and cirrhosis	1.1

WHAT ARE YOUR ODDS?

- Diseases of the Heart: Nearly two out of five Americans-including men and women will eventually die of heart disease.
- Cancer: Nearly 50 percent of men and approximately 33 percent of women in this country will find themselves diagnosed with cancer sometime during their lifetime.
- Stroke: One out of every 15 deaths in the U.S. is the result of a stroke. For those over 55, the incidence of stroke more than doubles in each successive decade. Among Americans ages 65 to 69, about 1 in 20 men and 1 in 50 women die from stroke.

According to a 1997 survey, Americans feel their greatest personal health concern is:

Concern and Percent of people who mentioned it

1. Weight: 19% - 2. Heart problems: 8%
3. High blood pressure: 7% - 4. Arthritis: 5%
5. High cholesterol: 5% (*Top five responses listed*)

DID YOU KNOW?

- * 66 percent of Americans say they would prefer to change their diets to treat a health problem rather than take medication.
- * Almost two-thirds of Americans (64 percent) take either prescription drugs or over-the counter medication.
- * 43 percent of Americans self-medicate to avoid paying for a doctor visit.

REFERENCES

- 1 Carper, Jean, *Miracle Cures*. New York: Harper Collins, 1997, 14.
- 2 *Discover Magazine*, Nov. 1998, 78.
- 3 *National Vital Statistics Report*, VOL. 47, No. 9, Nov. 10, 1998.
- 4 American Cancer Society and American Heart Association.
- 5 *Parade Magazine*, Sept. 1997, 4.

CREATING LIFE

To create life with a balanced pH at the cellular level (balanced Assimilation/Elimination), we need Live Thoughts, Live Light, Live Air, Live Water and Live Food including Nutrients.

LIVE THOUGHTS

To create live cells, we need daily exercises of positive thinking and looking at ourselves as being balanced and healthy. We need to positively want to stop putting poison into our mind, into our body and into our world. Live thoughts are based on a balanced nervous system.

LIVE LIGHT

To create live cells, we need sun light, not electrical light. It is important to go outside in the sunlight. Try to spend 2 hours outdoors daily. Stay with your back in the morning sun for 10 to 15 minutes daily. It helps metabolize our Calcium with the vitamin D. Protect yourself from electromagnetic energy with diodes on the body and on appliances, telephones and computers.

LIVE AIR

To create live cells, we need Oxygen. It needs to reach all our cells to the extremities of our body. There is more oxygen under trees and by the sea shore. Deep Abdominal Breathing exercises outside 2 or 3 times a day. Raw Sea Salt baths are helpful in nourishing the body in oxygen. Sea water is rich in oxygen and all the minerals that our body needs. If you have pollution around you, install an Oasis Air Purifier in one room or the all house or office.

LIVE WATER

To create live cells, we need pure mountain mineral water. This water carries small quantities of minerals that are needed by our cells. This water comes from the mountains and very deep springs. It has been evaporated from the seas and lakes, fallen back on earth through rain, snow and hail, run through rocks and charged itself with energy and minerals. This pure water will bring life to all our cells. It is important to sip slowly this pure water and not gulp it down fast. We need to drink slowly this pure water the way nature has created it, carrying the energy of the universe and minerals from the earth. We advise sipping from 1 to 2 litres of Celtic or Evian or Volvic water during the day. Evian water has a pH of 7.2. It has 309 mg per liter of dissolved solids. Celtic water is a very light water with a very good pH.7.5. It has only 50mg of dissolved solids at 180°.

LIVE FOOD

To create live cells, we need to give the best organic food possible to our body. The human being (similar to the chimpanzee) needs to eat a diet of at least 75% vegetables and fruit and if possible, ½ of it needs to be raw. We need to eat slowly and chew at least 7 times before swallowing. It is better to choose our food among the list that is good for our blood type. We need to avoid processed foods and drinks. They will give us an acidic pH.

Unfortunately, we have been putting poisons into our minds and our bodies without consciously knowing it. When we see that our pH is not balanced, we need to go back to our list of LIVE needs....

Disease symptoms are simply the body's efforts to remove waste. For this it is using our channels of elimination:

* **the Respiratory system (lungs)**

* **the Intestinal system (bowels)**

* **the Urinary systems (kidneys)**

* **the Skin**

* **the Menses for women**

For the human body to remain healthy, it must burn fuel cleanly to radiate the energy the body needs. When the body is fed junk food, excess waste material accumulates and clogs the system, obstructing body functions and giving rise to various manifestations of disease (which means literally "a lack of ease").

** If the body removes toxins through the bowels, the result can be odors, nausea, vomiting or diarrhea.

** When it eliminates toxins through the skin, rashes, pimples, hives, acne, itching and body odor can occur.

** When the body removes waste through the respiratory tract, the result is a runny nose, watery eyes, sneezing, post-nasal drip, earache, sore throat and respiratory congestion.

** Elimination of toxins via the kidneys may result in frequent, burning urination.

** Elimination through the menses may result in odors, clotting and hemorrhage.

More chronic symptoms such as pain are manifest when waste is not released. Toxins accumulate and settle in the eliminative organs, where they begin degeneration of tissue, causing the body to no longer function as it should.

Healing Crisis

Dr. Constantine Hering (1800-80) an American homeopath devised The Laws of Cure as three: Symptoms move from the top of the body downward, from inside out, from the most important organs to the least important. Hering believed that a cure occurred in reverse order to the onset of symptoms. In their book "The Complete Guide to Homeopathy", Dr. Lockie M.D. and Dr. Geddes M.D. say that "people generally feel better emotionally before the physical symptoms disappear". The homeopathic physician Constantine Hering defined Hering's Law of Cure, which essentially states that the body heals from the inside out, from the top down, and in reverse order as the symptoms appeared.

From the inside out means that as we strengthen the body, it will push irritating toxins out of the body to get rid of them. Most of us today interpret the idea of "from the top down" meaning that healing must start in the head. It must start with a change of attitude. Even when discussing changes in nutrition and the use of supplements, most people won't do these things until they have a change of attitude, until they have a desire to get well, until they believe the tools are available. So, healing has to start in the mind with Live Thoughts. The toxins need to come out with cleansing and we need to strengthen the weakest system first to go back in reverse order to the first problem of our body.

Because our cells are made to create life, our body needs to live for the next second regardless of what is bound in the future and what is needed in the next second. So it will borrow all the minerals and nutrients that are needed to maintain a balanced pH. So if the cells are irritated, a medication can suppress the baby colic or the runny nose. The medication suppresses the symptom. Then after suppressing all symptoms of irritation, the cells become inflamed. A stronger medication suppresses the indigestion or the bronchitis symptoms. Then, we take medications to suppress the symptoms of flu or the urinary tract infection. After suppressing systematically all inflammation symptoms, our cells go into a state of degeneration (cancer, diabetes, heart attack etc.)

In reverse order as the symptoms appeared

In reverse order as the symptoms appeared means that as you strengthen your body, you will again experience the symptoms you once suppressed, as explained above.

As we start on a Natural Health program, we first experience relief from the current symptom. But as we enjoy the relief, we will discover a recurrence of the respiratory problems, then of the digestive problems. In other words, the body will retreat through the various suppressed symptoms from the most critical symptoms to the least critical symptoms. This is the true definition of a "Healing Crisis".

In Natural Healing, rather than trying to suppress symptoms and block the ability of the body to eliminate irritations and inflammations, we aid the cleansing process. We do this by taking herbs and supplements that support the eliminative functions of the body. We recommend that everyone do at least one two-week cleanse each spring and fall, after the New Year celebrations and after Labor Day (fall).

Most people will enhance a health building program by starting with a good cleanse.
However, cleanses are not recommended for people who are extremely weak, thin, pale, anemic or emaciated. In these cases, a building program is needed first.
Cleanses should also not be done during pregnancy or nursing. It is better to consult with a health practitioner.

pH Balancing Simplified

Our society is plagued with a torrent of health concerns. Many herbalists and nutritionists now believe the explanation for this may come down to two small words: **acid** and **alkaline**. For the majority of people, it is ongoing self-generated acid stress that underlies most symptoms.

AN IMPORTANT ISSUE

High acidity can affect all major body systems, especially the digestive, intestinal, circulatory, respiratory and immune systems. A pH-balanced environment maintains proper metabolic function and allows the body to function optimally. It also maintains alkaline reserves that are used to meet emergency demands.

UNDERSTANDING PH

pH is a measure of the acidity or alkalinity of a solution. The lower the pH number, the more acidic the solution is. The higher a pH number, the more alkaline the solution is.

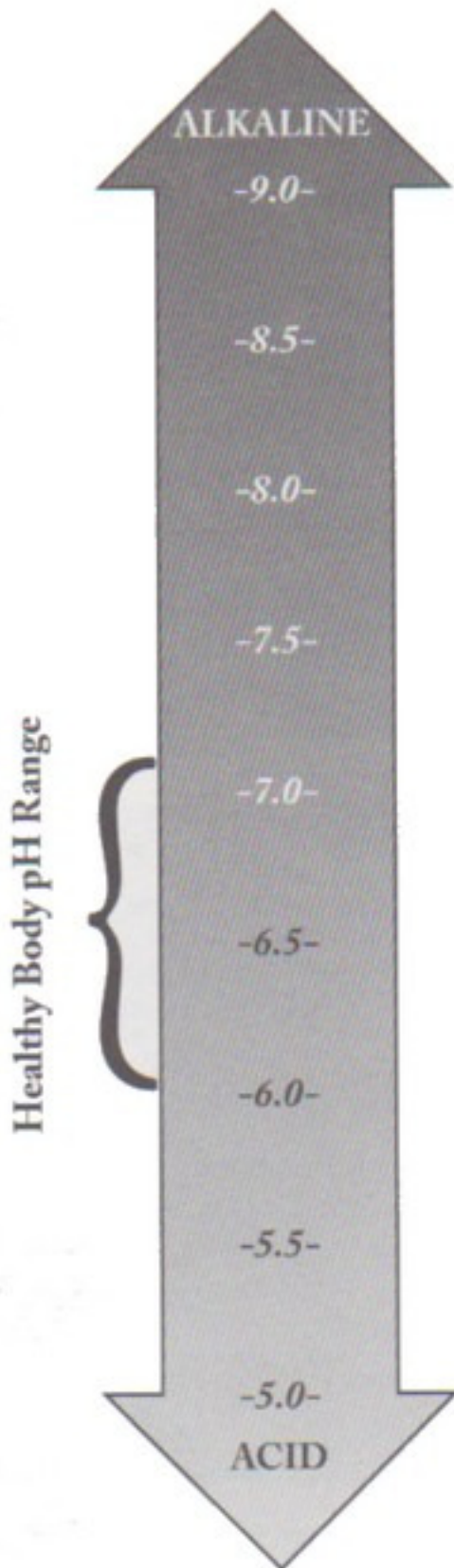
YOUR BODY'S CHEMISTRY

Water is the most abundant compound, comprising from 90% of the human body for babies, to 70% for adults and 50% when we approach death. The body has an acid-alkaline ratio called pH (potential of Hydrogen), which is a balance between positively charged ions (acid forming) and negatively charged ions (alkaline forming).



The body continually strives to balance pH. During times of imbalance, however, our body systems can become weakened and these weaknesses may manifest themselves outwardly. Because our bodies naturally use hydrochloric acid to break down foods and nutrients, the optimal saliva and urine pH for our bodies is slightly acidic, around 6.4-6.8.

Check the pH of your saliva and your urine using a pH paper such as the one below.....



TEST YOUR ACIDITY OR ALKALINITY WITH OUR RECOMMENDED pH paper:

It is important for you to test your pH level to determine if your body's pH needs addressing. By using our pH test paper, you can determine your pH factor quickly and easily in the privacy of your own home.

- * If your **urinary pH** fluctuates between 6.0-6.4 in the morning and 6.4-7.0 in the evening, your body is functioning within a normal range.
- * If your **saliva pH** stays between 6.4 and 6.8 all day, your body is functioning within a normal range.

The best time to test your pH is about one hour before a meal or two hours after a meal.

HAVE YOU CHECKED YOUR PH TODAY?

WHAT YOU DON'T KNOW ABOUT YOUR pH MIGHT SURPRISE YOU

HIGH ACIDITY IN THE BODY

Most people who have unbalanced pH are "acidic." This condition forces the body to borrow minerals-including calcium, sodium, potassium and magnesium-from vital organs and bones to buffer the acid and safely remove it from the body.

This process can weaken these organs and bones over time.

HIGH ALKALINITY (alkalosis) IN THE BODY

Though relatively uncommon, high alkalinity in the body causes many of the same kinds of mineral problems as acidity.

It often takes longer for a person who is

"alkaline" to achieve balance than one who is "acidic."

Alkalinity may lead to:

- Digestive system sluggishness.
- Intestinal system concerns, chronic indigestion, including poor elimination, hard dry stools.
- Respiratory system compromise, asthma.
- Immune system concerns.
- Urinary system weakness.
- Nervous system exhaustion and over-excitability, even seizures
 - Night coughs
 - Sore muscles, creaking joints, bursitis, bone spurs
 - Drowsiness, protruding eyes
 - Hypertension, edema, thick blood, too rapid blood clotting, menstrual problems
 - Allergies, night cramps, thickening of the skin with burning itching sensations

HIGH ACIDITY (Acidosis) IN THE BODY (below a pH of 6.4)

This condition may lead to serious health concerns and affect body systems.

- Intestinal System, dry hard stools with burning sensation in the anus,
- Alternating diarrhea and constipation
- Burning in the mouth, bumps on the tongue, difficulty swallowing
- Headaches
- Low blood pressure
- Frequent sighing
- Cardiovascular weakness.
- Insomnia
- Water retention
- Recessed eyes
- Weight gain.
- Bladder and kidney concerns.
- Skin disorders: acne, eczema, boils.
- Immune deficiency.
- Acceleration of free radical damage.
- Structural system weakness, including brittle bones and hip fractures.
- Joint discomfort and other discomfort associated with lactic acid buildup.
- Rheumatoid arthritis
- Low energy.

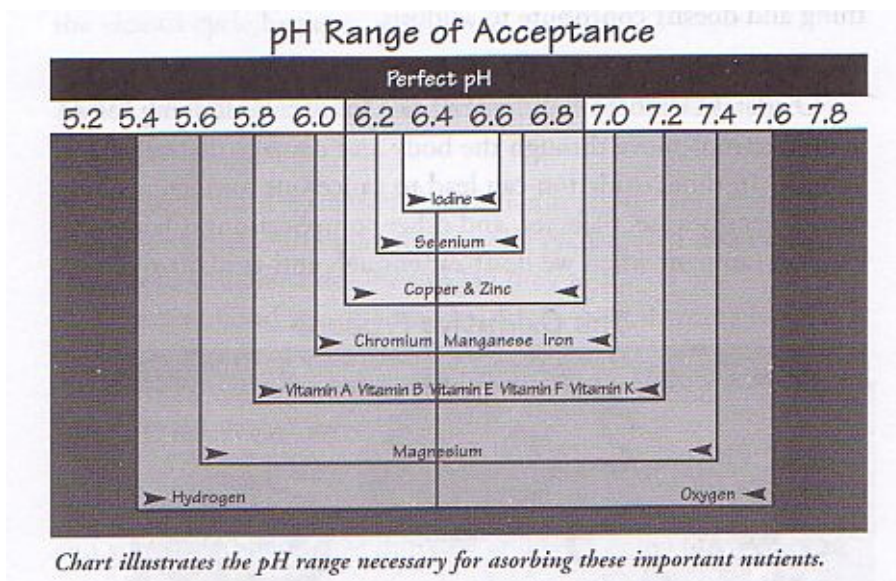
With a constant acidic pH, cellular metabolism stops and cells are poisoned and may die.

URINE PH

The results of urine testing indicate how well your body is assimilating minerals, especially *calcium, magnesium, sodium and potassium*. These are called the "acid buffers" because they are used by the body to control acid levels. When acid levels begin to increase, the body becomes less capable of excreting acid. It must either store the acid in body tissues, or buffer it-that is, borrow minerals from organs, bones, etc., in order to neutralize the extra acid.

The Body's Acid Management-Acids Do Not Stay in the Blood

1. Excretion of acids: colon, kidneys, lungs, skin
2. Buffering of acids: calcium, magnesium, sodium, potassium
3. Storage of acids: tissue: joints, muscles, arteries



Important Note: Our cells will extract nutrients from the blood ONLY when the correct pH is maintained.

About Basic Food Combining

In general, we need to eat animal protein with vegetables, starches with vegetables, and fruit alone!

But the key to good digestion is to choose foods that are the most like us, that is, high in water (70%), rich in naturally occurring oils (20-30%), low in protein (5-7%), and even lower in sugars (0.5-3%).

Cold pressed oils can be combined with vegetables, starches, and vegetable protein, and some low sugar fruits (lemon, lime, non-sweet grapefruit, tomato and avocado)

We should eat low-sugar/high water vegetables with plant or animal protein, starches, raw cold-pressed oils.

Following Dr. Bernard Jensen's "Green Man" chart, we should prepare our plate, large or small filled this way:

$\frac{3}{4}$ vegetables + $\frac{1}{4}$ meat or fish

OR $\frac{3}{4}$ vegetables + $\frac{1}{4}$ beans

OR $\frac{3}{4}$ vegetables + $\frac{1}{4}$ grains or nuts

OR $\frac{3}{4}$ green salad + $\frac{1}{4}$ root vegetables

A plate of fruit should be eaten alone or with $\frac{1}{4}$ nuts

In a state of imbalance, we should avoid grain-flour, dairy, salt, sugar, heated fats, and, among vegetables, eat moderate amounts of carrots (11% sugars), beets (13%), and high sugar squash, avoid potatoes and oranges.

WE SHOULD CHOOSE FOODS FROM OUR BLOOD TYPE LIST

PREPARATION FOR DRIED FOODS

How to eliminate negative microorganisms and tannins from our dried foods and revive their dormant enzymes:

Our crops of grains, cereals, nuts, dried fruit and legumes are often kept a long time, sometimes more than a year. They sometimes travel around the globe before they are packaged or processed.

We need to consider that they are often packaged or processed in plants that package many foods with the same equipments.

In order to feed our living cells with **LIVE FOOD**, we need to proceed to a little preparation with our dried foods.

WASH dried foods with Nature's Sunshine Concentrate and hot water, let soak a few minutes, rinse 3 times with hot water,

SOAK in pure cool water in glass jars in the refrigerator:

- ** Overnight for nuts and fruit
- ** 2 or 3 days for dried legumes and grains.

The point is to eliminate their tannins and micro-organisms, let their enzymes wake up and start their natural process.

After cleaning off most micro-organisms and reviving the enzymes, we may eat the nuts and fruit as is. We may also use them to prepare recipes of dressings, creams, smoothies and shakes.

For dried legumes and grain, we may want to use them in soups or stews. It is important to always cook at low heat in order to keep the nutrients alive.

It is also important to remember that we need to keep our pH balanced with 75% vegetables because most other foods create acid ash in our human metabolisms.

HAVE FUN LIVING HEALTHY AND HAPPY!