

HEALTH'S 10 COMMANDMENTS

(This information was furnished to me on my first 40 day and 40 night visit to Mt. Sinai. I believe these "Health's 10 Commandments" are what fits with God's design and/or your biology's requirements. Do these or risk getting seriously hurt. Ultimately, these commandments are really "*invitations for your consideration.*")

You are genetically strong and designed to be well, not ill. **If anything goes wrong with you, look in the mirror and ask yourself "What am I doing to make this happen?"** You are in charge, things don't just "happen" to you; you set yourself up to get knocked down - in all reasonable probability.

2. "*You chose it, accept your choices, experience the consequences, learn from it and change – or don't.*" "I am not angry with you, but here is the truth: you are the person who has gotten yourself into this mess, your judgment is not to be trusted." Follow the rules.
3. *All drugs are poison.* Even the ones that I prescribe including vitamins, minerals, herbs, and supplements. Be well, use as few as possible.
4. You can never be too rich, have too many black shoes, or be too thin (at the 99.9% level). Ideally, 11-22% body fat for men, 11-27% for women = skin, (well developed) muscles, bone. No pinchable fat. Dress in natural fabrics: cotton in the summer; wool in the winter; linen, silk, and bamboo.
5. The *Food Mantra* is your guide of how to eat: "fresh (fruits and vegetables), whole and unprocessed (grains and beans), organic (everything), fiber (everything)." Do this 90-95% with anything once in a while. If you are lean/"cut"/trim, you may have a palm-sized serving of animal protein, up to 2-3 times a week.
6. Breathe *clean air* (don't smoke).
7. Drink *clean water* (essentially only water and weak herb tea). Save room for occasional wine or high quality beer = 4 a week or less.
8. *Exercise*: walk 3-5 miles a day, 5 days a week. Do some weight training twice a week. Machines are fine. Have clear lines of definition and demarcation (CLOD/D) when you look down at your abdomen.
9. Keep a positive, serving, and persevering attitude. Live the Boy Scout rule, "Leave the campsite a better place after you've left than it was before you came." This implies service to others is the correct focus and not dwelling on one's self.
10. "Judge not, lest ye be judged...let he who is without sin cast the first stone." I am not, and you should not, be here to criticize but be here to evaluate, educate, and serve. As when beginning to read the Koran, "Read as much as is comfortable for you."

These commandments are really just guidelines:
You are free to help or hurt yourself.