

# The Laws of Health Workshop

## Introduction

**“May you live to 120.”** - a traditional Jewish blessing.

Your lifespan is based on your body’s ability to repair damage to cellular DNA.

Research indicates that the naturally-aging (without cellular DNA damage) human lifespan is 120 years!

However, the average lifespan for Americans is 78 years, which is only 2/3’s of our potential.

**Q:** Is there anything you can do to re-claim those lost 42 years? (Increasing your lifespan by 50%)

**A:** Yes! The solution is found in **8 simple, free, natural remedies** for a longer, happier, and more fulfilled life!

### Water

- Most Americans are chronically dehydrated.
- Chronic dehydration contributes to heart disease.
- Drink more water. How much?
  - Body Weight (pounds) / 2 = Amount of Water (ounces) / day
    - Example: 150 pounds / 2 = 75 ounces of Water/day = 9-10 cups
  - Drink even more with exercise, warmer environment, fever, or diarrhea

### Exercise

- MOVE MORE (sit less): Walk - short spurts (5-10 minutes) several times per day
- Walk a cumulative distance of 2+ miles/day at 3+ mph (20 minutes/mile), 6 days/week

### Nutrition

- Consume fewer calories (mice doubled their lifespan by reducing their calories)
  - EAT LESS refined ‘junk’ foods – low in nutrients and fiber, high in ‘empty’ calories
  - EAT MORE whole plant foods – fruits, vegetables, nuts, grains, legumes

### Rest

- “Early to bed, early to rise...”
- Sleep 7-8 hours/night for increased longevity (repairs physically and restores emotionally)
- RELAX and spend time outdoors in social recreation

### Sunlight

- Vitamin D is very important for maintaining a healthy immune system.
  - Helps eliminate free radicals produced by toxins in our environment.
  - Helps prevent cancers, heart disease, dementia, and auto-immune diseases.

### Air (fresh, clean)

- Take several deep breaths many times/day
- Preferably outdoors – as far away from ‘civilization’ as possible – beach, lake, forest, park

### Temperance (self-control)

- Completely avoid ‘negative’ things (unhealthy, stressful)
- Use good things in moderation (‘balance and good sense’)

### Trust (in “Divine Power”)

- Trust in God through a personal saving relationship with Jesus Christ.
- A spiritual connection adds years (quantity and quality) to your life. (Blue Zones)

Quiz: What are the **8** Laws of Health? **N**\_\_\_\_**E**\_\_\_\_**W**\_\_\_\_**S**\_\_\_\_**T**\_\_\_\_**A**\_\_\_\_**R**\_\_\_\_**T**\_\_\_\_

**Warning:** The modern American way of life is hazardous to your health. However, by developing a healthier lifestyle based on the 8 natural remedies above, you can live longer and happier to 100 years and beyond!

### **Are you ready for A NEW START?**

We added a critically important **9th** Law of Health in our Workshop: **A = Attitude** (Positive)

**Continue with the next 9 parts of our “Laws of Health” Workshop to learn more details about living a healthier, happier, and more fulfilled life!**