

Truths About You and Your Body

1. The body is obviously self constructing, having developed from a fertilized egg.
2. The body is self sufficient when its simple needs are met.
3. The body is self-maintaining and self-defending and the marvelous power and intelligence which constructed the body also maintains, cleanses, and repairs it.
4. The body can maintain itself in perfect health and completely disease free, if its needs are completely met.
5. Vibrant health is normal and natural.
6. Diseases and suffering are abnormal, unnatural, and can be completely unnecessary.
7. Diseases and suffering are overcome by discontinuing easily ascertainable causes and instituting living practices harmonious with biological principles by which we live (healthy living)!
8. **Responsibility for your health is yours alone!**
You are in almost total control of life practices which produce health or cause disease. No one else can breathe for you, eat for you, sleep for you, exercise for you, nor do anything else for you to build health. Health is developed solely from your own understanding and practices.