

*Lazy Way to
Power, Wealth,
Happiness and
Romantic Love*

Gary A. Martin, DSc, PhD

Lazy Way to Wealth, Power, Happiness and Romantic Love

by Gary A. Martin, DSc, PhD

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage or retrieval system now known or to be invented, without permission in writing from the author, except by a reviewer who wishes to quote brief passages in connection with a review written for inclusion in a magazine, newspaper or broadcast.

© 1995 Martin Consulting Group, Inc.



This book will challenge you in many ways you may have never experienced before. You might even be tempted to throw it in the trash rather than be faced with following through and testing its principles.

It is not a good idea to attempt to read this book in one sitting. There is too much for your mind to absorb. You will need time to assimilate this information and to take appropriate action to bring power, wealth, happiness and romantic love into your life.

You will find yourself reading and re-reading this book as you grow in your development of body-mind-spirit. As you do so, please write and share your experiences with me.

This book was written in love, with care and a deep desire to share feelings from the heart without preaching any particular religious philosophy. The omission of such does not necessarily mean the author deems such philosophy unnecessary to achieve the wealth, power, happiness and romantic love desired.

This book is part one of a series of steps to achieve power, wealth, happiness and romantic love. As you progress, you will achieve higher levels of fulfillment in these areas. You can stop at whatever level suits you.

Table of Contents

Caution

Step One: Develop Your Body	5
Develop Your Body: 5 Basic Body Requirements ...	9
Basic Body Requirement #1: Air	10
Basic Body Requirement #2: Water	15
Basic Body Requirement #3: Sunlight	23
Basic Body Requirement #4: Food	30
Basic Body Requirement #5: Exercise	34
Seated Forward Bend	36
Backward Bend	36
The East Twist	37
Seated Side Bend	38
Calf Raiser	38
Stretching Diamond	39
Stomach Stretch	39
Stomach Read	40
Shoulder Press	40
Shoulder Stretch	41
Step Two: Develop Your Mind	43
Step Three: Develop Your Spirit	69
Food Combining Chart	Appendix 1 - 86
Sources of Products	Appendix 2 - 87
Resources	Appendix 3 - 88
Index	89



STEP ONE:
Develop Your Body:
Become A HealthWatcher

What is the **HealthWatchers System**®? It is a system of thinking and living so in tune with your Mind, Body and Spirit, that your life seems to flow with little effort.

Most of the medical education being disseminated today in our society is focused on disease. This is because we are lazy regarding wellness. Being lazy regarding wellness requires only that you ignore your body, and its symptoms, until some form of “disease” appears.

When the “dis-ease” appears, it gets your attention because it disrupts your ability to continue your lifestyle.

Being naturally lazy, when someone comes along to convince you that the prudent thing to do is to take a pill or a potion to make the

**IN
TUNE**

**IGNORE
IT**

LAZY

symptom disappear, you naturally gravitate toward that solution. This is because it allows you to continue your preferred lifestyle.

What you are not being taught by the purveyors of pills and potions is that there are serious “side-effects” and “adverse reactions” that can and do occur when we take these pills and potions into our bodies. Actually, it is a merchandising ploy to refer to these as “side” effects and adverse “reactions”. In reality, we should be referring to them as “effects” and “actions” of these drugs. It is just that some people are fortunate to not experience these “drug effects” and “adverse actions”.

What our traditional education is not teaching you is that your body has a self-healing nature that wants to eliminate any barrier to biological immortality. We call this self-healing nature our “immune system”.

This “immune system” is your natural protector. There are natural substances that will support your “immune system function”. You need to make sure you have adequate amounts of these immune system enhancers in your body.

How do you know if you have enough immune system enhancers in your body? This is what this and future books will teach you. The key to power, wealth, happiness, romance, wellness and longevity is “balance”. The

**COVER
UP**

**SELF-
HEALING**

**HOW DO
YOU
KNOW?**

HealthWatchers System® is about BAL-
ANCE.

What is “right” for one person might be “poison” for another. This is why the more you read about nutrition and wellness, the more confused you get. There is a book, or technique, for just about every point-of-view on two legs. The **HealthWatchers System®** is about HOW TO KNOW WHAT IS RIGHT FOR YOU.

Be a HealthWatcher • Learn the System!

What does it mean to be a **Health-Watcher**? It means you have taken the time to learn some basics regarding what your body requires to stay well. You may be surprised to find out just how simple these requirements are.

I have spent almost 20 years researching wellness. In the beginning, I believed that there must be some very complicated method that had to be followed in order to achieve a constant state of wellness. I also believed that there was one particular way of eating that needed to be followed in order to stay well.

I now know that this is not true. There are just a few basic things you need to do and to know if you desire to live in a constant state of

**LEARN
THE
BASICS**

**CONSTANT
STATE OF
WELLNESS**

HEALING
CRISIS
VS.
DISEASE
CRISIS

wellness. I will teach you these things in this book.

A constant state of wellness doesn't mean that you will always feel good, but it does mean that you don't have to worry about being afflicted with a "disease crisis". You should know the difference between a "healing crisis" and a "disease crisis".

A "healing crisis" is a situation that produces "symptoms of being sick", but what is actually happening is that your immune system is either fighting off an invader or is detoxifying your body to enable you to be able to fight off the next invader. The common cold is a good example. Modern science will never cure the common cold. This is because it is a healing crisis.

A "disease crisis" is a situation where you have a chronic or degenerative disease that continually degenerates your body. Rheumatoid Arthritis, or Cancer is a good example of a degenerative disease.

This book will save you thousands of dollars over your lifetime. No longer will you need to live in constant fear of the future regarding your health. You need to learn about a simple urine/saliva test, the **Biological Immunity Analysis**[®], that will allow you to predict, and thereby control, the wellness trend of you and your family. It will also help you see the relationship between your emotions and your body.

SAVE
MONEY

PREDICT
WELLNESS
TRENDS



STEP ONE:
Develop Your Body:
5 Basic Body Requirements

There is no use acquiring power, wealth, happiness and romantic love if you don't have a healthy body to enjoy it. There are 5 basic body requirements to assist you in your quest.

- 1) Air
- 2) Water
- 3) Sunlight
- 4) Food
- 5) Exercise

At first glance you might say, “Big deal, everyone knows this!” But do they? If they did, their lifestyles would be much different. Does your lifestyle contain adequate amounts of the above 5 life-extending factors? Let’s explore this further.

**HEALTHY
FIVE**

Basic Body Requirement #1: Air

For generations we have taken air for granted, but not any more. Evidence is the increasing attention being paid to the rights of non-smokers. Every year, more closed environments are being denied to smokers. This is just the beginning. As more people become “environmentally sensitive”, the masses will gradually wake up to the importance of pure air in our bodies.

A HealthWatcher needs to be conscious of the amount of pure air being made available to the cells of the body. This can be easier than you think.

Yawning is a sign that your body is not getting enough pure air. Fatigue is also a sign that your cells are becoming toxic and need more pure air. Pain is a serious symptom of a long-term inadequate supply of pure air.

Consider learning more about a simple urine/saliva test, the **Biological Immunity Analysis®**, that you can do for yourself, to help insure that your lifestyle contains adequate pure air.

When you inhale, you are feeding your body vital, life-extending gases. There is energy in this pure air. The body knows how to convert this pure air into energy for living. When you inhale, you are pressurizing your body. You are creating your body when you inhale. You are

PURE
AIR

FATIGUE

ENERGY
FOR
LIVING

creating your life when you inhale. You are supposed to be filling your body with pure, negatively ionized air to replace the dead, toxic, positively ionized air that needs to be discharged from your body. The use of quality air purifiers for your home and office is encouraged. Those that combine negative ions with ozone are to be considered the best.

Breathe Your Way to Health and Happiness

Shallow breathing is the body's response to anger, fear, sadness, stress and physical pain.

Unfortunately, shallow breathing has become a way of life for most people. It can cause depression, tight muscles, aches, pains and chronic illness. While it would seem that living in a civilized society eliminates the need to run from danger or fight for your territory, as our ancestors had to do, the reality is that you play out the fight or flight feelings in daily events. The source of anger in modern society is also based on fear, such as fear of not being lovable or good enough, fear of losing income or a mate, fear of being controlled by others, and fear of life-threatening illnesses. When you listen to the news or read a newspaper, the stories are primarily based on catastrophes, crime or war. Whether or not the fear directly threatens you, your body responds to the psychological threat, shallow breathing begins, and after a while

**SHALLOW
BREATH-
ING**

**FIGHT
OR
FLIGHT**

**BODY'S
VIBRATION**

becomes your pattern of breath.

The physical body is an electromagnetic field of energy that operates at its own personal frequency, or vibration. Breath is an energy that brings in a source of vitality, and certain breathing patterns strengthen or deplete that vibration. When you breathe deeply, you enhance your energy field by feeding your cells which make up this field. The fresh oxygen causes your electromagnetic field to vibrate at a higher, balanced rate, since breathing not only oxygenates your cells but also releases the carbon dioxide waste material of the cells. The dizzy feeling you may have after taking a deep breath may cause a vibrating feeling. In a way you are, as your electromagnetic field, the physical body, is responding to new energy with the inhalation/exhalation.

**OXYGEN
STIMU-
LATES
MEMORY**

Oxygenation of the physical body also stimulates brain cells and enhances memory capacity. Breathing fully and completely strengthens the heart and lungs, calms the nerves, gives you restful sleep, and slows the aging process. You use about one-third of your lung capacity and inhale a pint of air with each breath. Normal breathing is about 16 times per minute, but when you are angry or fearful that increases, causing shallow chest breathing. The irony is that by learning to breathe properly, you can control your emotions, not by suppressing them, but by "breathing through them".

Exhale to Release Emotions

If you are unable to detach yourself from extreme pressure, try this breathing technique to release overworked emotions. It can be done standing during anxious moments when time begins to drag. Count one and inhale deeply through the nostrils, filling your lungs with air. Count two, exhale slowly *through your mouth*, lips puckered, as if cooling soup. The sound should be a long heaving sigh. Continue inhaling and exhaling until you feel calmer. Tension knots will begin to dissolve. Prolong the exhalation as long as possible and think only positive thoughts. The deeper your concentration, the calmer you will become. By breathing this way, rather than in short, quick breaths, the normal carbon dioxide-oxygen content of the blood will be restored. The more air that is let out of the lungs during slow expiration, the more deeply you can release embedded tension.

The sighing breath is nothing more than a reflex reaction when one is under stress. A sigh is heaved. With conscious control, you will achieve a deeper calming of your mind.

(This breathing exercise is taken from *Listen to Your Inner Self, A Ten Week Program to Achieve the Healing Power Within You* by Rachel Carr, available through Charles E. Tuttle Co., Inc., 800-526-2778.)

**SIGHING
BREATH**

**USE
UNDER
STRESS**

**SHALLOW
BREATH**

To feel how shallow you breathe, with your next breath inhale as much as you can hold in your lungs. Notice how much more air than usual you are bringing into your body. Also notice the pressure build-up as you increase the amount of air inhaled. This pressure is life energy waiting to take the place of old air.

Notice that nothing happens until you complete the cycle. Meaning that if you would continue to inhale, you would explode! Of course, your body's innate desire to survive would cause you to faint so that you would unconsciously complete the cycle of inhaling and exhaling.

You must complete the cycle in order to live. You must exhale the dead, toxic gases from your body, just as you must eliminate the toxic liquids from your blood (urine) and the unused, toxic garbage (fecal matter) from your intestines.

How do you insure an adequate supply of fresh, pure, negatively ionized air going into your body? There are four ways:

1. Live and work in an area that is as pollution free as possible. If you must live in an area that has polluted air, make sure your home air blower runs continuously and that the filters are changed at least every 30 days. Also, take regular trips to an area more free of pollution.

**YOU
MUST
DETOX**

**CHANGE
FILTERS**

2. Introduce ozone and negative ions into the atmosphere of your car, home and work environment. See Appendix 4 for a source of an acceptable negative ion and ozone generator. For best results you should combine the two. Ever notice how fresh the air smells after a rain, or near the ocean? This is due to the presence of the negative ion and ozone combination.
3. Every hour, or more often if you train yourself, take three deep breaths. If you feel yourself become dizzy during this process, it may be a sign that your body is regularly running on low levels of air and that you need to practice this procedure more often.
4. Exercise enough to produce heavy breathing for at least 15 minutes daily. Even if you simply walk one direction for 5-10 minutes and then turn around and walk back, as fast as you can, it will increase your heart rate and your respiration (breathing) rate.

By following the above 4 simple Air Steps you will begin to notice a difference in your health and vitality within a few days.

Basic Body Requirement #2: Water

Water is the #1 health problem on the planet. Many people do not drink enough wa-

**FRESH
SMELL**

**DEEP
BREATHS**

**15-
MINUTE
BRISK
WALK**

**#1 HEALTH
PROBLEM**

ter. Some people drink everything BUT water. Since most of your body weight consists of water, it makes **HealthWatchers Sense** that the quality of the water you put into your body should be top grade.

H₂O — The Health-Conscious Beverage

Most often Americans reach for soda pop before pouring a glass of water or even juice or milk. In 1990, for every American there were 42.5 gallons of soft drinks sold, up from 35 gallons 1980. According to these same figures, Americans drink 10 times as much soda pop as juice. Citrus juice sales dropped to 4 gallons per person, down from 5.6 gallons in 1986. Milk consumption dropped to 25.7 gallons per person in 1990 from 27.6 gallons in 1980. Although water consumption cannot be accurately tracked through such sales figures, the trend toward unhealthy fluid alternatives appears well supported by informal surveys by health and fitness professionals.

Water — filled with so many mineral nutrients and yet no calories — is the key to every bodily function from digestion to circulation. Water also regulates body temperature through evaporation from the lungs and skin. Without water a person could not live for more than a few days. Water is second only to oxygen in life-sustaining importance.

Another important factor to consider in determining optimum water consumption is food intake. For every 1,000 calories consumed, add another quart to the amount of water you need to drink that day.

Even a partial lack of water can cause most body systems to function below peak levels. Body water losses of 2% of body weight will result in some decrease in performance, while losses of 5% cause a substantial reduction in performance. Losses of more than 5% can lead to life-threatening problems, such as heat stroke.

Thirst serves as a poor barometer for need. A person can lose up to 2 quarts of water before feeling the need to reach for a refreshing glass of water. Even then, a person's thirst may be quenched before drinking enough fluid to ensure a hydrated body. Most people stop feeling thirsty when they have consumed only about 2/3 of the fluid lost.

Adequate hydration is of utmost concern for those who participate in a regular exercise program. Drinking water before, during and after a workout is important. Failure to drink the adequate amount may produce headaches or light-headedness and muscle cramps.

The loss of even 1% of water, which is typical after an hour of exercise, can seriously affect performance. Recommended guidelines are:

**FOOD
INTAKE**

**THIRST
A POOR
INDICATOR**

**FAILURE
TO
DRINK**

ELECTRO- LYTES

- Drink 8 ozs. water 10-20 minutes before exercise.
- Drink while exercising — approximately 4 ozs. every 15-20 minutes during normal exercise.
- After exercising, drink 8 ozs. of water within 1/2 of finishing your workout.
- Drink more fluid if you are exercising in a warm environment.

While people involved in endurance sports can benefit from special sport drinks that contain calories and electrolytes, water serves as a simple fluid replacement for most people who participate in regular exercise. Electrolytes contain sodium, potassium and other minerals. Regular exercisers can replace lost electrolytes simply by eating bread, bananas, oranges, soup, or adding a small amount of salt to the post-workout meal.

An overweight person may want to drink an extra glass of water every 15-25 pounds above ideal weight. If you have a chronic illness or other type of chronic medical condition, your primary care physician may suggest that you drink more or less than eight 8-oz. glasses of water every day depending on your need.

You need to drink water to cleanse your blood. Pure water is the only ingestible substance that has a lower osmotic pressure than

your blood. We define pure water as containing less than 100 parts per million (ppm) of dissolved solids, and plenty of oxygen.

Only one type of purified water meets this requirement; **REVERSE OSMOSIS** purified water (R/O water) (see Appendix 4). R/O water is considered to be the best purified water, but water that has been passed through a positive ionization electrolysis process, whereby the Oxidation-Reduction Potential (ORP) measures approximately -100 to -300 MV can be expected to assist the body in overcoming many chronic diseases. It has been proven in Japan that even regular tap water treated by this special electrolysis process to make what is called MicroWater, has proven instrumental in curing many health problems. *Everyone should consider making MicroWater at least one-half of their daily water intake.* See Appendix 4 on how to obtain a MicroWater® home unit.

When you drink water you also cool the body. The body needs to perspire in order to release the heat generated by movement and metabolism. Inadequate water intake can lead to dehydration and death.

Dehydration may be linked to the health of women's breasts. The breast is a water-secreting organ. It is a water fountain. Continual dehydration of the body increases the secretion of prolactin, which may cause cancerous tissue

**THE BEST
WATER**

DEHYDRATION

BREASTS

to form in the breast.

The immune system becomes depressed in dehydration. This means that pure water is very important when the body is subjected to radiation, chemotherapy, medications or other toxic therapies.

Drinking too much concentrated fluid over a period of years may cause elimination problems, joint problems, circulation problems, digestion problems, allergy symptoms, skin problems, kidney and liver problems, memory problems and more. Concentrated fluid is defined as water containing additional substances, such as soft drinks, tea, coffee, liquor, etc.

Planet Earth's surface is mostly water. Your body is mostly water. There is more concern today than ever before regarding the pollution of Earth's water, but we have a long way to go in this area. A **HealthWatcher** is as concerned about the waters of his body as he is about the water of Earth.

A **HealthWatcher** needs to care about the purity and status of the water in the physical body. The following simple HealthWatchers Guidelines can help you live a healthy, long, prosperous life:

1. Drink only R/O purified water. Also drink at least one-half of your daily water intake as MicroWater; especially if you have

digestive distress, constipation, diarrhea, hyper-acidity or chronic health problems. Regularly test your R/O drinking water to be sure it stays under 100 ppm. Store the water in hard plastic, not soft plastic containers, if glass containers are not practical. If you can taste the plastic in the water, consider that a sign that you are polluting your bloodstream and causing yourself to prematurely age.

2. Do not wait until you are thirsty to drink water. You should consume small amounts of water on a regular basis, even if you have to carry a bottle with you. The average person, working inside at a moderately active pace, needs approximately 1 oz. of water for every 2 lbs. of body weight each day. Most people do not consume even half that much!
3. To compute what your daily schedule of pure water should be, use the following formula:
 - a. Divide your body weight by 2.
 - b. This is how many ounces per day your body may need.
 - c. Next, divide your body weight by 40.
 - d. This is the maximum pure water intake your body can handle within a 30 minute period.

**PREMA-
TURE
AGING**

**THIRSTY
IS TOO
LATE**

**DAILY
WATER
FORMULA**

- e. Any amount greater than this per 30 minutes may be sent to your bladder for processing out of your body. This will *cost you energy* instead of adding to your longevity.
4. Do not bathe nor wash your skin using chlorinated nor fluoridated tap water. Chlorinated and fluoridated water have been linked to higher incidence of cancer and other diseases. At the end of this book appears a list of possible sources of filters for your shower and bath.

You will notice a difference in your vitality and in your skin within a few weeks of treating yourself to the proper type of water and the correct amount of water for your body weight and activity level. Use the Biological Immunity Analysis® to help you determine if you are feeding your body enough pure water.

5. Limit your exposure to alcohol and other stimulating fluids. If you do “party”, afterwards allow at least 3 days of adequate pure water intake to cleanse your blood of the toxic fluids. By following this Health-Watchers Formula you will enjoy your “partying” more and be less affected by its toxic effects. It is not the short term effects of alcohol that does the damage. It is the effect of long term, chronic alcoholism that

damages the liver and the circulatory system and contributes to premature aging.

Basic Body Requirement #3: Sunlight

Sunlight is very important to your health. As a **HealthWatcher**, you must see to it that you daily get a minimum of 15 minutes of direct sunlight on some part of your skin.

Direct skin exposure to the sun is preferred, but if this is not possible due to the season or environment, exposing yourself to the sun through a window is acceptable.

The Facts of Light

God created life on earth to function best under natural sunlight. Light is as essential as food, air and water for survival. However, the last 2 or 3 generations have spent an average of 3/4 of their lives under artificial light.

German photobiologists have come up with a name for a new sickness called "light stress". Common fluorescent light exaggerates some colors and is totally deficient in others.

Light has such an effect on our systems because it travels to the hypothalamus deep in the brain. The hypothalamus is the major controller of the body's internal environment, and it responds by regulating the master pitu-

15
MINUTES
OF SUN

LIGHT
IS
ESSENTIAL

itary gland, and the entire endocrine system. This influences the nervous metabolic and hormonal pathways.

Some examples of studies are:

1. Plants produce either male or female offspring, depending on the color and quality of light to which seeds and sprouts are exposed.
2. Flowers grown near the ends of unshielded fluorescent lamps show stunted growth. Leaves on previously healthy plants develop mottling, yellowing and drop off. When moved away, plants respond with green new healthy growth.
3. Fish eggs hatched under pink lights produced all female offspring. (Loyola University)
4. Chinchilla breeders routinely control male/female birth rates with light color.
5. Light received through the eye of chickens stimulates the pituitary gland increasing egg production and size and thickness of shells. Chickens thrived on less feed and autopsies showed 22% less serum cholesterol than in the control groups. (Poultry Industry Studies)
6. Rats raised under pink fluorescent lights accumulate excessive calcium in their heart

tissues, produce smaller litters, develop more tumors, become irritable, aggressive and cannibalistic.

7. Mice raised for 6 months under pink fluorescent lights suffer severe hair loss and acute skin damage. (University of Chicago Ben May Cancer Research Center)
8. An MIT study found a severely diminished ability to absorb calcium in males in the wintertime Massachusetts. When the subjects were placed in rooms fitted with full-spectrum fluorescent tubes for 8 hours a day, their calcium absorption rate increased by 15%. The control group, under ordinary incandescent and fluorescent bulbs, lost another 25% of their ability to absorb calcium.

Other experiments with light have included:

1. Dr. John Ott recommended that the Cincinnati Reds baseball team change the color of the undersides of their caps from green to gray. Batting averages improved, running speed improved, and mental alertness improved. A majority of teams in the National League and some in the American League are now using gray undersides of their caps.

**PINK
LIGHT
CAUSES
PROBLEMS**

**CALCIUM
ABSORP-
TION**

**MENTAL
ALERTNESS**

2. The National Institute of Health in Bethesda, MD has treated the seasonal depression in people (SAD) by exposing the subjects to 3 hours a day of full-spectrum bright light. These sufferers have drastic mood swings occurring each winter. This treatment has significant antidepressant effects.

Role of Light in Human Health Given New Importance

Phillip Hughes Ph.D., a scientist at Duro-Test Corp., North Bergen, N.H., said the Syracuse zoo's experience is just one example of the effects of natural-like light. Hughes is a vice president at Duro-Test, the firm that makes the most widely used full-spectrum fluorescent light, Vita-Lite.

A specialist in neurological sciences, physiology and psychology, Hughes said, "Light is definitely a nutrient. It is essential to life and the whole endocrine system. Light has a role in triggering hormones.

Vitamin D is synthesized by ultraviolet in the skin. Vitamin D receptors help proper bone development and prevent development of rickets. Vitamin D facilitates the absorption of calcium.

Hughes says, "Along with food, air, and water, sunlight is a most important survival

factor in human life. Solar radiation activates other important biochemical events in our bodies involved in endocrine control, timing of our biological clocks, entrainment of 24-hour circadian rhythms, immunologic responsiveness, sexual growth and development, regulation of stress and fatigue, control of viral and cold infections, and dampening of functional disorders of the nervous system.”

The Russians know more than Americans, perhaps, about the health effects of various kinds of light.

Under light that is full-spectrum, Russian scientific reports show, production goes up and absenteeism goes down. This kind of light is mandated in many Russian workplaces.

In schools, it has been demonstrated in Russia, full-spectrum lighting or ultraviolet treatment helps academic performance, improves student behavior and lessens fatigue.

The Russians practice light therapy on coal miners who spend their working day out of natural light. Once a day coal miners must disrobe and spend half an hour in natural light or under full-spectrum artificial lighting.

Hughes said the Russians have reported that this regiment is useful in both preventing and treating black lung disease. "The Russian researchers and health specialists have documented that the body's tolerance to environmental pollutants is increased by full-spectrum

**THE
RUSSIANS
KNOW**

**COAL
MINERS**

**YELLOW
JAUNDICE**

light, which also increases the effectiveness of immunization procedures," he said.

In the treatment of yellow jaundice, newborns used to get complete blood transfers. That was until a nurse noticed that a jaundiced infant seemed to be getting better on his own.

The infant's crib was near an open window, and natural light was streaming in. The babies near the wall and out of reach of sunbeams were not doing as well.

So light treatment was tried on babies with jaundice, and it worked! Now, about 25,000 newborns a year get the treatment.

The type of lighting in your house and office can affect your mood and may even help prevent or cure arthritis and other diseases, an expert has revealed.

**SUN-
GLASSES**

Even the color tint of the lenses you wear in your glasses or sunglasses can rob you of energy by preventing certain light wavelengths from entering your system, according to John Ott, director of Environmental Health and Light Research Institute in Sarasota, FL.

"Light is a nutrient much like food and, like food, the wrong kind can make us ill and the right kind can help keep us well," says Ott, an expert in photobiology.

**VITAMIN
D BUILDS
STRONG
IMMUNE
SYSTEM**

The action of sunlight on your body produces Vitamin D, an important vitamin to help insure strong, healthy bones and immune system. Recent evidence suggests a significant role for

Vitamin D in immune regulation. Low levels of biologically active Vitamin D may result in the immune system's inability to inhibit the inflammatory T-Cell response. Vitamin D may have a protective effect in the presence of central nervous system trauma or infection.

There is no way to substitute for this natural conversion of sunlight to Vitamin D. Synthetic Vitamin D is a poor alternative, but better than nothing at all.

Sunlight represents the love available for Planet Earth. It requires self-discipline to give yourself this 15 minutes. This action of self-love will pay big dividends due to the self-reflection you will achieve during this time. Watch how much pressure is applied by people and circumstances surrounding you to keep you from following through on this self-discipline.

A **HealthWatcher** will arrange the daily regime to allow this sunlight exposure. Every positive thing on Earth demands sunlight for growth. Your body is no exception. Sunlight stimulates the immune system. Sunlight promotes meditation. Sunlight promotes growth. You cannot stand still. You are either growing new vital cells to replace the old, aging cells, or you are not. If you are not, you are prematurely aging. If you don't wish to prematurely age, make sure you get 15 minutes daily of direct sunlight on your skin.

**PRESSURE
APPLIED
AGAINST
YOU**

**PREMA-
TURE
AGING**

See Appendix 4 for a source of full-spectrum lighting equipment.

Basic Body Requirement #4: Food

Most people eat too much of the wrong kind of food. The purpose of this book is not to teach you how to deprive yourself of foods you like, but to show you how you can enjoy all the foods you like, in moderation.

The **HealthWatchers System**[®] recognizes the dietary consumption principle of 60% Carbohydrates, 30% Protein and 10% Fat. It is hard to be sick if you follow **HealthWatchers Basic Requirements** outlined in chapters 1-2-3, and arrange your food calorie intake to include 60% Carbohydrates, 30% Protein and 10% Fat. Problems usually arise from a long-term intake of excessive Fats and Protein. Excessive Fats and Protein tax the liver, kidneys and circulatory system. When you overwhelm your digestive and elimination systems, you eventually will experience premature aging.

Proper Food Combining

A system of “Proper Food Combining” (see Appendix 2) is not appropriate for everyone, but it is appropriate if you find yourself overweight, have digestive discomfort, or in pain. If you will

**60-30-10
RULE OF
EATING**

**OVER-
WEIGHT
DIGESTION**

be sure to eat according to this chart, and do not improperly combine foods for at least 7 days, you will notice an incredible improvement in how you feel and look.

If you test the pH of your urine (UpH) and saliva (SpH) and they are 1.0 or more apart, the more Proper Food Combining will assist you in feeling better and looking younger. As long as your pH's are spread like this, long-term application of Proper Food Combining will most likely agree with you.

If your UpH and SpH are close together and each one is somewhere between 6.5 and 7.0, you may find that Proper Food Combining will only work for you on a short-term basis.

Many have expressed their opinions regarding eating a Macrobiotic Diet, Vegetarian Diet, Meat Diet, Carbohydrate Diet, Food Combining Diet, etc., but a **HealthWatcher** wants to test himself to find out just what kind of diet is appropriate. Eating according to a *personal philosophy* is fine as long as you don't carry it to an extreme. Eating according to your *personal body chemistry* makes much more sense, especially if your goal is to achieve personal longevity and wellness. The **Biological Immunity Analysis**[®] is a test using your urine and saliva that can tell you what you need to be eating, drinking, and when.

PAIN

LEARN
YOUR pH

EAT
ACCORD-
ING
TO YOUR
CHEMIS-
TRY

Breakfast: You should eat breakfast like a King (or Queen). You have all day to burn those calories. Sweets belong at breakfast.

Lunch: You should eat lunch like a Prince (or Princess). A light lunch is less likely to slow you down. A light dessert is allowed.

Dinner: You should eat dinner like a Pauper. If you take your 30 minute brisk walk about an hour after dinner, your light dinner has more chance of producing energy instead of being converted to fat. Never eat dinner past 6 p.m. If you must, make sure it is a high Carbohydrate, low Protein and low Fat meal, if you wish to maintain weight and build longevity and wellness.

Salt: A **HealthWatcher** rarely adds salt to foods to be eaten, however, it is not necessary to go out of your way to select low Sodium foods if you are watching your pure water intake as previously discussed.

Foods In Season: Learn what foods are in season and indigenous to your area of the country. Eat those foods during their season as often as possible. It is during this cycle that these foods carry the most nutrition value and it is during this cycle that your body is most ready to accept that nutritive value.

Fat Grams: Females need to keep their daily intake of Fat Grams under 50. Males need to keep their daily intake of Fat Grams under 70. You don't want to cut out Fat entirely. Fatty acids are necessary for proper hormone production in the body. If you learn what the Fat content is of the food you eat, your concern about Calories can almost be forgotten. (See Appendix 5 for a Fat Gram book that is of great help in counting your fat grams.)

Body Fat: Get your body fat checked at least every 6 months. The bio-impedance method is preferred, but infra-red and calipers are also acceptable forms of measurement. It only takes a few minutes. It is a great way for you to monitor this aspect of your body's metabolism. Your local HealthWatchers System® store has a **Body Composition Analysis** (see Appendix 3), which includes a Body Fat Report.

Nutritional Supplements: Most people taking nutritional supplements are taking too much of the wrong kind of supplementation, or should be taking something they are not. The health food industry is a multi-billion dollar industry. It has done a wondrous work in educating the public regarding the importance of nutritional supplementation, due to the early harvesting of foods, synthetic fertilizers,

**CALORIES
DON'T
COUNT**

**CHECK
YOUR
BODY
FAT**

**WHICH
REMEDY?**

toxic pesticides, growth hormones, antibiotics, and depleted minerals in the soil.

One area that is lacking is an easy way for you to know exactly what your supplement needs are, based on symptoms and body chemistry, to help you achieve personal wellness and longevity.

How can you tell what your needs are long before they can be determined by standard medical tests? The answers lie in learning some basics about the meaning of symptoms and a little about body chemistry.

Contact the **Biological Immunity Research Institute** (call 480-948-6766, visit the website at www.BIRI.org, or send an e-mail to info@BIRI.org) for a FREE self-evaluation questionnaire that you can use to determine your needs. They can also educate you regarding the urine/saliva test that can greatly assist you in charting your road to wellness.

Basic Body Requirement #5: Exercise

Isn't it strange? Young people have the energy to exercise and don't necessarily need to. Old people don't have the energy to exercise and need to do so. What is wrong with this picture?

Too many people are addicted to exercise. They have simply given up one addiction for another, and like all addicts, they are sacrificing their body for the “high”.

A **HealthWatcher** realizes that most exercise programming is a “hype”, and that unless you are attempting to “defigure” your material body by “pumping up” one or more muscles, the concept of exercise can be very simple.

1. Every muscle should be stretched and compressed at least once daily. It only takes a few minutes.
2. A brisk 30 minute walk each evening will assist your circulatory system, elimination organs and cardiovascular system. Walk fast enough that you begin to breathe deeply and your pulse increases. It will also help you manage your weight and to have a relaxing sleep.

Anything else you decide to do is optional. Most HealthWatchers will find that careful daily attention to the basic body requirements makes the need for strenuous exercise minimal.

**STRETCH
MUSCLES**

**BRISK
WALKING**

Health Watchers System®
EXERCISES



**SEATED
FORWARD
BEND**

Seated Forward Bend

Start by sitting on the floor with legs straight, heels out, toes back, and spine straight.

Place your hands on your thighs and inhale, As you exhale, gently walk your hands down your legs to your thighs, knees, then shins. In time you will be able to reach your feet.

Remember to breathe while stretching, inhale (stomach out), exhale (stomach in). You should feel a good stretch with no pain and no bouncing. To release, inhale (straighten the spine and gently walk the hands back up).

Stretching time 20-30 seconds to 1 minute.

**BACKWARD
BEND**

Backward Bend

Lie on the floor with your face down, palms

down, and fingertips lined up with the shoulders. Keep your legs straight but relaxed. Now inhale and gently arch your back using your hands to help, but try to use the back as much as possible. Raise the chest off the floor 6" and breathe into the stretch. Hold this position for 10-15 seconds. Gently exhale down to the floor.

This time inhale and raise up so the chest is 8-12 inches off the floor. Breathe into the stretch.

NOTE: Your hips should not be off the ground, and your legs should be relaxed. Your head is looking up to the sky. Hold this second position for 30-45 seconds, breathing into the stretch. Patience is a virtue.

The East Twist

Sit on the floor in the cross-legged or easy pose with your spine straight. Gently swing your right arm behind your back and place your left hand on your right knee. Look to the right. Keep the spine straight. To receive more from this stretch, walk the right arm back further as you gently pull on the right knee with the left hand. There should be no pain.

Stretching time 10-20-30 seconds for each side. Remember to breathe.

NOTE: With any twisting movement, as you twist, the rib cage is pressing in upon the lungs making it more difficult to breathe. Remember

to belly-breathe: inhale, stomach out; exhale, stomach in.

Seated Side Bend

SEATED SIDE BEND

Start by sitting on the floor with your legs stretched out in front.

Spread your legs apart to form a “V”. With your spine straight, turn your upper body so that it is in line with the right leg. Inhale and exhale as you slide your right hand down your right leg to the point that you feel a good stretch on your left side. Inhale and raise your left arm up and over your head, thus adding to the stretch on the left side. Breathe into the stretch. No bouncing. You may make small adjustments to receive more from the stretch.

Inhale and exhale the left arm down and release. Repeat this same process on the other side.

Stretching time 15-30 seconds, both sides.

CALF RAISERS

Calf Raisers

Stand on the floor with your feet 6"-12" apart. Be aware of your balance.

Raise your arms over your head pointing straight upward. Imagine that someone is pulling you up into the clouds. As you inhale, raise up onto your toes. Exhale your heels back

to the floor. If you feel unbalanced, move your arms outward, in front, or to the sides.

Try 3 sets of 6-9-18 or until you receive the desired effects on legs. Remember to breathe.

Stretching Diamond

Sit on the floor with legs stretched out straight.

Gently place your hands on the floor behind your back and lean back at about a 30° angle. Lift your feet off the floor and bring your heels as close to your hips as you can. Try to place the soles of your feet together and keep your feet 2"-6" off the floor. Inhale and exhale as you move your heels away from your body, trying to keep the soles of your feet together.

Now, get into the movements. Inhale, heels close to the body; exhale the feet away from the body trying to keep the soles together.

Repeat 9-18-27 times or work in sets.

Stomach Stretch

Start by lying on the floor on your back with the legs stretched out straight and your hands to the sides.

Lift the feet off the floor about 3"-6" and point the toes. While lifting the head and shoulders off the floor, press the hands toward the

**STOMACH
REACH**

feet and look at your feet. Breathe while holding the stretch.

Do 1-3 sets, breathing and holding for 10-20-30 seconds.

Stomach Reach

Lie on your back on the floor. Bring your knees up keeping them about 12"-18" apart. Keep your feet and head on the floor. Now place your hands on your stomach, interlocking the thumbs. Inhale and raise your head and the upper spine off the floor. Push your hands toward your toes and look at the fingertips. Breathe into the stretch. Rise until you feel the muscles tighten. No bouncing.

1-2-3 sets work well here, stretching for 10-30 seconds per stretch.

NOTE: The stomach is the most out of shape muscle in America. Remember, the more muscle you have, the less room for fat

**SHOULDER
PRESS**

Shoulder Press

This may be done sitting, kneeling, or standing.

Sit on the floor with your spine straight. Place your hands on your shoulders with your elbows down touching the chest. As you inhale, raise your elbows up toward your head. If you can, touch your elbows behind your head. If you

cannot, this will come in time. Inhale, elbows up; exhale, elbows down. Keep the spine and head straight and move smoothly. Breathe into the movements.

Repeat 1-2 sets of 3-6-9-18.

**SHOULDER
STRETCH**

Shoulder Stretch

In this movement, start by sitting on the floor with your legs stretched out.

Gently walk the arms first to the sides and



Personal Power



then to the back smoothly and gently. Then move them away from your shoulders until you feel a good stretch in the front of the shoulders and in the neck. Breathe into the stretch.

Stretching time 10-15-30 seconds.

STEP TWO:
Develop Your Mind:
Become an Integrated Thinker

A Life of Silent Desperation

Maybe you haven't thought of it before. Did you notice it creeping up on you? Silent desperation. It is the worst. It is the worst because it doesn't happen suddenly with a lot of fanfare. It happens very slowly, without announcing its presence. It doesn't want you to notice. Even if you did notice, the chances of you being able to do anything about it are very slim. Why? Because most everyone around you is in

**BOAT IS
SINKING**

**BIG
WONDER-
FUL
PLACE**

the same boat. The boat is slowly sinking and you don't know what to do to get out of it safely.

Okay, do I have your attention? Want a closer look at this life of silent desperation, to see if any of it has invaded your life?

It starts the first time you hear the word "no!". Before you hear this word you are eagerly investigating everything without hesitation, without anxiety, without restriction. The world is a big wonderful place that you are attempting to learn as much about as you can in the shortest time possible.

Innate Curiosity

When you are young there is an innate curiosity within. This curiosity results in many experiences which allow you to grow into an adult having much wisdom. However, these experiences are tempered by restrictions. It begins by your parents saying, "No", it continues with your structured education.

As you progress in the structured educational process in which we all take part, you learn to become more and more specialized. The school system is largely responsible for the training of specialized thinking. The more educated you become, the more specialized you are taught to be. Right down to the ultimate in education, the Ph.D. Dissertation. You choose one topic and research the hell out of it!

Specialization vs. Integration

The human brain is a master of integrated thinking. Specialized thinking is not natural, but it IS the easy way out. The problem is, specialized thinking *shuts out your opportunities*, whereas integrated thinking *creates opportunities*.

You, using integrated thinking can quickly enjoy success, without risk and without jeopardizing your security. You can't be successful without using integrated thinking.

What is integrated thinking? Let's take the illustration of making money by having your own business. When you have your own business you must handle all the small details of the business yourself. Developing the product, producing the product, managing the product, marketing the product, advertising the product, accounting for the product, managing the people who work with the product, etc. The more you successfully integrate all these responsibilities, the better your chances are for success.

Specialized thinking, on the other hand, does not, in itself, make you more money. Specialized thinking is required by the integrated thinker, but when the integrated thinker becomes a specialized thinker, everything slows down. *To become wealthy and powerful you must become an integrated*

**BEST
CHANCE
FOR
SUCCESS**

**IT SLOWS
DOWN**

**THE
BIGGEST
OBSTACLE**

**KEEPS
THE
MASSES
DIVIDED**

thinker. Integrated thinkers create growth, not only for themselves, but also for the companies by which they are employed.

Where do you learn integrated thinking? Public education teaches specialized thinking. The workplace is famous for its application of specialized thinking. What you learn in College is how to get a better specialized thinking job than someone who doesn't go to College. Many times, this is why people without a higher education are responsible for the establishment of business empires.

When you are an integrated thinker, you are not dependent on others for your security like the specialized thinker is. *The biggest obstacle to success you have as an integrated thinker is the others who have mastered integrated thinking and who want to maintain control over you, the specialized thinker.*

The greatest professional thing that can happen to an integrated thinker is to work for a company that encourages integrated thinking. This situation is very hard to find due to the fact that lazy bureaucrats and managers hide behind specialized thinking. People in power, whether in government or private business, have a great incentive to keep the masses specialized in their thinking. Specialized thinking keeps the masses of society divided and

weak, and therefore, less of a threat to the non-value producing bureaucrat or business leader.

Energy Follows the Path of Least Resistance

Energy follows the path of least resistance. It is much easier to be specialized in your thinking rather than integrated. Don't allow yourself to fall into this trap. The only way you can move ahead is to become more integrated in your thinking. If you are trapped in a specialized job, look for ways to become more integrated in your thinking and watch what happens over the course of six months. Opportunities are not being taken away from you today, you are just too specialized in your thinking to see the opportunities that are there.

Sure there are situations where opportunities appear to be taken from you. Watch what happens when someone truly experiences integrated thinking in the business world. The parasites have a feeding frenzy. The specialized parasites arrive in droves to feed on the feast provided by the hard-working, integrated thinker. It is not unusual to see a hardworking, integrated thinker driven out of business due to the parasite acts of a group of lazy, specialized thinking bureaucrats.

Don't allow yourself to settle for the specialized rut. By insisting on being an integrated

**MOVE
AHEAD**

**SEE
BEYOND
THE
DETAILS**

**FORCE
THE
ISSUE**

thinker early in your career, you will immediately learn to recognize when you are in a situation where little opportunity exists. You will learn to recognize when management is discouraging integrated thinking, discouraging internal competition to protect their own situations. When you find yourself in this position, this is the time to implement your integrated thinking to the maximum. Force the issue. You might as well find out sooner, rather than later, when you find yourself trapped, just how great your opportunity for advancement really is within the current structure.

**PRODUCE
VALUE**

The Value Destroyers

The biggest problem we have today is the millions of people who do not produce anything of value to society. They create and enforce laws and regulations that literally suffocate the few integrated thinkers that do exist. Integrated thinkers represent a threat to their way of thinking. The “bureaucratic-con” is all too real. The bureaucratic-con is carried out by people who, if their existence depended upon them actively producing something of tangible value for society, and having society deeming it valuable by being willing to purchase it from them, would be among the homeless!

**DON'T LET
DREAMS
DIE**

The Bureaucratic Con

Don't let your dreams die! Specialization results in stagnation. Learn how to be an integrated thinker. Learn how to recognize the bureaucratic-con!

The illusion is that specialization is some form of higher education. In fact, by learning more about less, you end up knowing little about everything!

One reason that the bureaucratic-con exists in large numbers is because there is a war going on in this physical dimension. The war is between the value producers and the value destroyers. A war between the ultimate specialized thinker versus the ultimate integrated thinker. The bureaucratic con-artist needs to travel in great numbers in order to have power. Actually it is a false power. The real power is held by the integrated thinker, who does not need anyone else to be, feel, or experience security. The value destroyer is actually dependent upon the value producer for existence! Without the production of values, the value-destroyer wouldn't even have a job!

Know Your Numbers

Numbers are where it is at. Learn your numbers. Learn to see the story your numbers are telling you. Learn to see the difference between being busy doing a lot of different

**IT'S A
WAR**

**COMPUTE
THE
NUMBERS**

**NUMBERS
WILL
RESULT
IN POWER**

**BE MORE
EFFICIENT**

things and being busy at integrating different things. Learn how to use integrated thinking to produce value for yourself and your family. Learn how to bring value to your company. As you produce a previously nonexistent value for your company, watch what happens. Do you get the credit? Do you advance in some way? Or, does someone else take the credit? This is your first step to advancement. *Convert your entire personal and professional life to numbers, somehow. Calculate everything. Relate everything to numbers. Account for everything. When you are able to see it all integrated, instead of simply getting by day to day, month to month, year to year, you will learn the power of integrated thinking.*

When you integrate numbers you gain power. Numbers are the feedback you need to grow. Your responsibilities will grow because you created those responsibilities, they weren't dumped on you by someone else. When your created responsibilities grow, your income also grows. When the responsibilities that someone else dumps on you grow, you end up calculating the numbers that someone else who is an integrated thinker needs for their personal and professional advancement.

You might start with making your job description or department more efficient. You will see what benefits this has to the Company if

you continue your integrated thinking. If you cannot see what the benefit was to the company of your integrated thinking, then you fell back into a specialized thinking, stagnating mode.

The specialized thinker needs management to give direction before action can be taken. Don't fall into this trap. Integrate your job description with others around you and learn to see your job description through your manager's eyes, his manager's eyes, all the way to the top position in the Company. What does the top person in the Company know about your job that you don't know? *It isn't how you do your job. It is how your job relates to the rest of the company and the value being produced.* An integrated thinker is always concerned about producing value, never destroying it. A specialized thinker is destroying value and doesn't even know it.

Integration Results in Control

Do you want to control life? You must be an integrated thinker. You must become an idea farmer. You must learn to control the numbers that you have been accumulating. You must become a value farmer. Learn how to grow values. Learn how to create values that don't presently exist. You will become excited. You will become excited because you will feel a

**IT ISN'T
HOW YOU
DO YOUR
JOB**

**IDEA
FARMER**

**THE OLD
WAY**

surge of energy flow through you as you become more and more creative.

Consciousness is creative. You can connect with your true self, your pure consciousness, by using your own creativity. You will experience emotions that are fun, happy, challenging and rewarding. The boring life of being a specialized thinker will become more and more distasteful. Once you discover how exciting integrated thinking can be, you will find it difficult to go back to the old way of being a specialized thinker.

Feel Successful

**MUST
FEEL IT
TO BE IT**

When you get emotionally involved with your thinking processes, even greater things can happen. There is success and there is the “feeling” of success. You can act successful and not feel it, but you cannot feel successful and not be it.

**MAKE A
DIFFER-
ENCE**

It is easy to get emotionally involved when you implement integrated thinking because you quickly see the results of your integrated thinking. As you make improvements, no matter how small, you quickly see the benefits of that improvement. This is confirmation that you can make a difference. Once you make a little difference it is only natural to want to make a bigger and bigger difference. This will create larger advancements, not only for yourself, but

also for the Company.

You must get emotionally tied to numbers. You must be in competition, not only with others, but also with yourself. Numbers are the best way to evaluate yourself. Everything can be boiled down to numbers. It doesn't matter if you are a professional in sports, or a high-level executive, or a worker on an assembly line.

There are numbers you can get involved with that will totally change your life if you get emotionally involved with them and learn to use integrated thinking to alter them to produce a value where there wasn't a value before.

Material Success

The more you integrate your numbers into your life, the more material success you will have. The more material success you have the easier it is for you to enjoy the other successes because you will be able to afford the time required to create success in the other areas of your life. *Study how the numbers change as you become successful. Find out what it was that made the numbers change and do more of it.*

Complete Command

You must take complete command of all details involved in your job. Then, you must take complete command of all details of jobs

**YOU ARE
YOUR
COMPETI-
TION**

**CREATE
SUC-
CESSES**

**TAKE
COMMAND**

**DISCOVER
YOUR
PURPOSE**

related to your job. This requires effort. Effort is a price that specialized thinkers do not wish to pay, unless they are being directly compensated for such effort. This lack of commitment to integrated thinking is what holds them back from enjoying life like they say they would like to do.

Understand the procedures, protocol, reasons why your job description is what it is. *Discover the purpose of you being where you are, doing what you do, and the reason for it.* There is a past reason, a present reason, and a future reason. You might even find out that the reason doesn't make any sense and that is the main reason why you are not advancing! Once you get your purpose attached to a reason that does make sense, watch how far you go in little time, with a minimum of effort.

**WHY IS IT
DONE
THAT
WAY?**

Question It All

Just because something has been done a particular way for a very long time does not mean that it necessarily needs to be done that way in the future. Learn as much as you can about why it is done the way it is and then integrate your thinking to see if it really is as efficient as it can be. Question the very existence of a policy, procedure, protocol, as it relates to your job description. Where does it fit in to the larger picture? Where can money

be saved? Where can time be saved? Where can value be produced?

As you gain more control over your numbers, you also gain power. You will find yourself climbing the ladder of advancement in all areas of your life. *You will become more powerful and more wealthy.* You will feel a passion for living that you didn't know existed. *You will experience power, wealth, happiness and romance.* You will experience these things because you are focused on you. The focus is represented by the numbers you used to learn as much about your personal and professional life as possible. You can't see energy, but you can see the numbers that represent energy. It is true that there is a never-ending source of energy, but it is also true that you have a limited time in which to experience that energy. You can lengthen or shorten the enjoyment time by simply getting into the nitty-gritty details concerning your financial, social, physical, mental-emotional, and spiritual life and *reducing everything you find into numbers that can be evaluated and compared from one month to the next.*

Control Is Power

Suck it in! Literally inhale responsibilities and spit them out again in the form of, first, your own performance, and then in the delegation of that performance to others. Settle for

**POWER
IS THE
RESULT**

**SUCK
IT IN**

nothing less than what you would expect from yourself.

Inspect what you expect! If you don't see it happening, find a new person to delegate the responsibility to and watch. Don't wait too long. This is something that can be taught, but the internal drive and motivation has to naturally be there.

Suck in all the details and take charge, no matter what your job description. Find the details, understand the details, master the details, delegate the details, inspect what you expect, demand what you expect and there is nothing you can't accomplish and control. The more you control, through delegation, the more powerful you become. The more powerful you become, the more you are able to achieve the success, wealth and romantic love you have always wanted.

Don't Deceive Yourself

Integrated thinking is not easy. *Everyone and everything is against you becoming an integrated thinker.* An integrated thinker is one who is master of the details, but has gone on to create more details for others to master. Use your knowledge of your numbers and the numbers of those you control to create details instead of being controlled by them.

Most people defeat themselves because of

past programming which I will refer to as their Memgram. This is the result of your lifetime experience. Your Memgram is the “program” you operate by, due to your accumulated experiences and the emotional responses to them. *Most people have to change their Memgram before they can truly achieve success, wealth and romantic love, all at the same time.* Again, know your numbers. Your Memgram has resulted from a series of similar emotional-response traumas. You need to know *how many, when* they occurred, and *why* they occurred if you are going to be the victor and achieve the success, wealth and romantic love you desire.

You can find out what your Memgram is by doing the **Biological Immunity Analysis®**, which is a simple urine/saliva test that can be done at home, or you can send your urine/saliva specimens to a special laboratory via overnight mail. You have to know what your Memgram is before you can hope to change it.

It Takes A Lot of Effort

Do you avoid challenges? Do you take the easy way out? Do you look for ways to become successful that require little effort? If it sounds too good to be true, it probably is. Remember and follow that advice and it will save you a lot of wasted time and money during your lifetime.

It sounds like a dichotomy, but the more

**WHAT
IS YOUR
MEMORY?**

**TOO GOOD
TO BE
TRUE**

**SUCCESS
AVOIDS
YOU**

**IT IS
ALL
YOURS**

details and responsibilities you assume and begin to integrate them into your job, the more responsible you become. You become responsible for your own success, wealth and romantic love instead of being a victim of circumstances. *The more you avoid details and responsibilities the more the success you desire avoids you.*

Why sabotage your own future, your own dreams? Learn the details, assume the responsibilities, figure out how to “deliver the goods”. *If you don't learn the details as they are presented to you, you will end up being on the wrong path, and you will miss the success, wealth and romantic love that could have been yours.*

Integrate with Passion

**HAVE
PASSION**

Passion is your key. You must have a passion for your job. Have a passion to integrate it all. Learn the details. Assume the responsibilities and learn how all the parts fit together to make the whole picture. You need to know the logic behind the whole operation. Once you know the logic you control the whole picture. Don't settle for less. *If you really want to get ahead you must learn the details, assume the responsibilities, know the logic and then work like hell to integrate it all with a passion.*

**LEARN,
KNOW,
DISPLAY
PASSION**

Take the Responsibility

The best way to learn integrated thinking is to put yourself into a position of being responsible for it all. What is your job? Could you do your manager's job? If not, how can you ever hope to achieve that position, or beyond?

Your manager, supervisor or employer is crazy to give you a promotion or full responsibility for a job, project, department or division until you have demonstrated a willingness to learn the details, assume full responsibility, know the logic and display a passion for your work.

Avoid Repeating Mistakes

Everyone makes mistakes, but the key is to never repeat them. Once a mistake has been made, scrutinize every part of it and establish a protocol that will prohibit it from ever happening again. This is the only way you or anyone else can benefit from a mistake.

Develop checklists at every level containing important aspects of the job. Inspect what you expect if you desire peace of mind concerning a successful outcome. Airline pilots who have been flying the same plane for 20 years are still required to follow a checklist prior to take-off and landing. *Take nothing for granted. Inspect what you expect.* If something can go wrong, it will. A checklist forces the person following it to be responsible. Become the person who designs

**80-20
HOLDS
TRUE**

the checklists. You can only design the checklist if you learn the details, assume the responsibility, know the logic and have a passion for making sure the job gets done correctly.

Energy to Burn

Have you heard the old saying that 80% of the sales are made by 20% of the salesmen? Well, it is usually true in almost any industry. 80% of your business comes from 20% of your customers.

It is the same for energy. Only about 20% of the people seem to have a high energy level to support their aspirations, while 80% settle for less. The 80% have all kinds of excuses why things just don't work out. They just never seem to get around to integrated thinking. They are content to be the victim. They are the victim of discrimination, abuse, injustice, bigotry, sexism, you name it.

Learn how to use the **Biological Immunity Analysis**[®] to tell you what you need to be doing and thinking to increase your energy level and keep it at a level that allows you to use your integrated thinking to achieve power, wealth, happiness and romance. *Take time each week to test yourself to make sure you are on the right track for proper body-mind-spirit growth.*

**TEST
YOURSELF**

Integrated thinking depends upon having energy to act upon your thoughts. Anyone can have this energy. At first, it is a decision, a choice. It is a choice to compete. *Cut a picture of your goal(s) out of a book or magazine and keep it where it can remind you of why you must choose to compete.* Competing means finding out every little detail within the business you are in to enable you to take on more and more responsibility because you are the best and the most knowledgeable.

Master everything yourself. Don't depend upon others to tell you if something you are doing is right. Know it is right when you do it. There is only one way to know that it is right and that is to have experienced every little aspect of it. There isn't anything about the situation that you don't understand because you have worked in every little part of it. There is no one that knows any more about it than you do.

Drive for Completion

Figure out the details and drive for completion of those details through implementation. Get your ideas implemented. It is the only way you will find out if your ideas are worth anything. *Get your idea implemented, prove that it works, measure the value of the result, and make sure that someone who is in*

control of your paycheck realizes it was you that was responsible. Don't allow someone else to get the credit because you leave the implementation of the idea up to them. Follow through. See it through. Drive for completion.

Sense the Power of Integrated Thinking

You will feel the power of integrated thinking as you drive for completion. Notice how there are those around you that will attempt to steal your glory. Don't let it happen. You have come too far to allow someone else to get the credit. Notice that the more integrated you become within your organization the more resistance you feel from the top. The power of integrated thinking is wonderful. The more integrated you become the more of a threat you are to the parasitic bureaucrat who never had a creative thought in his/her lifetime, but the more valuable you are to the people who really matter.

The people who really matter just happen to be the ones you should care the most about because they control your paycheck. If you find out that you cannot get proper credit for your manifestation of integrated thinking, then have no fear, get outa here. The marketplace has a deficiency of integrated thinkers. Busi-

ness owners are pulling their hair out looking for integrated thinkers.

Develop the Ability to Power-Think

Learn to function at a level that constantly advances the business and your own success beyond what existed yesterday. Power-Thinking is one step beyond integrated thinking. Power-Thinking is functioning at a level above all specialized thinking. “What would happen if?” should be your daily motto. Begin to notice all your specialized thinking that drags you down, wastes your time, drains your energy, and keeps you from accomplishing your goals because you don’t have enough money. You don’t have enough money because you spend your whole day dealing with too much specialized thinking, instead of using integrated thinking. “What would happen if?” “How much more efficient would it be to do it this way?” “Why do we need to do this?” “Who looks at this data and what do they do with it once they get it from me?” These are all questions you need to be constantly asking yourself, and then discovering the answers to them.

Power-Thinking involves being in two places at once. You must be in your physical body doing what you think is integrated thinking. At the same time, you must be above

WHAT IF?

**ROMANCE
REQUIRES
HAPPINESS**

yourself, watching yourself go through your physical actions. As you do this, you will see that a lot of what you thought was integrated thinking was actually just linked together specialized thinking that gave the appearance of integrated thinking. The more you power-think the more powerful you become. The more powerful you become the more money you have. The more money you have the more you can afford the time to do the things that really make you happy. The more you take the time to do the things that really make you happy, the more romance can fill your life. Ever try to be romantic when you are terribly distraught, sad and disappointed? It doesn't work. *Happiness is a requirement for romance.*

Power-Thinking allows you to create a stronger, more efficient company. Power-Thinking means you develop strength, both in yourself and in the company. You must develop and implement power-thinking or you ultimately fail. Power-Thinking means you come first, then those around you have a greater opportunity because your power-thinking observes integrated thinkers still stuck in specialized thinking doing things that you no longer have time for, but you realize someone has to do those things. It is you who can lead them to the promised land of power, wealth, happiness and romantic love. They will follow

you because you have demonstrated that you know the way.

Develop Laser Focus

Realize that bigger is not always better. *Many times it is easy to have too many irons in the fire and confuse that with integrated thinking or power-thinking.* The reason you see companies down-sizing is because leaner can be meaner. Learn to develop a laser focus on problems. Perhaps a department needs to be a separate company run by integrated thinkers and power-thinkers who have more control over the efficiency of the organization? What kind of role could you play in this? Perhaps concentrating on the little things can get you the big things you want out of life?

Don't let the confused masses of society convince you that bigger is better and that the real opportunity is with the bigger. Bigger means you will have a harder time getting recognition, credit, and advancement as you develop your specialized thinking into integrated thinking and ultimately, power-thinking. Just as you need to break things down into the specific details, you need to work in an environment that is small enough to feel and show the effects of your integrated-thinking. You will attract power, wealth, happiness and

**BIGGER
IS NOT
ALWAYS
BETTER**

**ATTRACT
MORE
EASILY**

romance much more quickly in a smaller environment.

**GET
UNEASY**

Act on That Uneasy Feeling

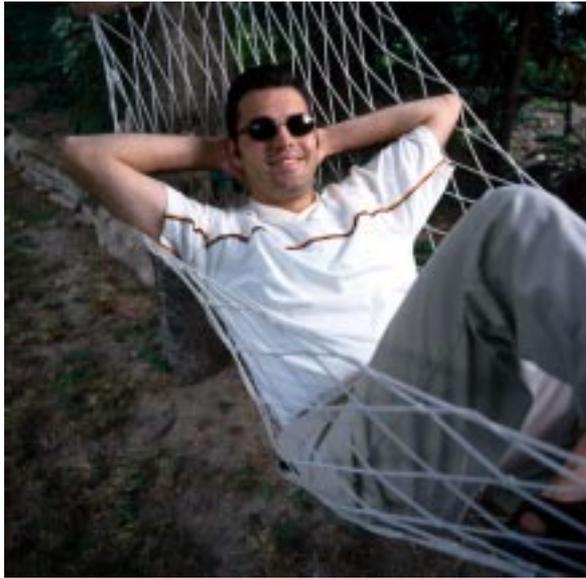
Learn to get uneasy about not having control over the outcome of your job description. Constantly strive to have more and more control over every aspect of your business. The more you know, the more you should want to know. When you know too much it is time to develop specialized thinkers below you to continually expand your power. Then look for promising integrated thinkers among the specialized thinkers to continue your process of developing power, wealth, happiness and romance for yourself and those who are assisting you along the way.

People who never get that uneasy feeling just don't advance. They are the 80% who are the victims of others' thoughts, desires and actions. Learn to recognize these people at the earliest possible moment so you don't waste time trying to turn them into integrated thinkers. It isn't going to happen. Find a specialized job description and put them in it.

Develop an uneasy feeling about messes and work day and night to solve them. *Seize control and you will be amazed at what you will learn.* Soon you will find yourself so integrated that those who are responsible for your

**HATE
MESSES**

paycheck will be coming to you for answers involving very important management questions that could affect the fate of the company. That is a sign that your integrated thinking is opening the door to power-thinking. Your superiors don't know exactly what you are doing, but they love your performance, and they are happy to pay for performance. If they aren't, quit and go to work for a company who is. There are plenty out there. Manage your money correctly and you will soon be in an



Happiness





opportunity to completely call your own shots, if you wish.

STEP THREE:
Develop Your Spirit:
Experience Your Eternal Life Center

Realize That You Are Pure Potential

If there is anything eternal about you it is your consciousness. In fact, this reality is all about perpetuating that consciousness. This consciousness we shall call your *Eternal Life Center*.

In this consciousness is the potential for everything. Out of it comes everything. The more you experience your true nature, this Eternal Life Center, the closer you are to this grand field of potentiality. *The closer you are to it, the more powerful you become, the more wealth you accumulate, the more happy you become, the more romance you have in your*

**YOU
HAVE IT
ALL INSIDE**

life.

You move closer to it every time you use your integrated thinking to clearly express what it is that you want out of life and go for it. Do not fall into the trap of using others as some kind of approval system. *Your thinking and behavior should be based on your own Eternal Life Center, not a system created by other humans to control you through fear and guilt.*

**FREE
FROM
FEAR**

You will control, but you will feel no compulsion to control. You will be free from fear because you realize the folly of fearing that which created all. You will gain approval, but you will not struggle for approval. You will have power, but you will not struggle for power. Your power is self-power, a power originating from the Eternal Life Center that you are in touch with and are getting to know better each day.

**DON'T
JUDGE**

This self-power emanates because you moved from specialized thinking to integrated thinking to power-thinking. It draws people, places and circumstances to you that continue to enhance your power, wealth, happiness and romance. This self-power allows you to enjoy a bond with people and people will enjoy a bond with you. *This bonding is a true love for each other. You acknowledge the Eternal Life Center within them and they appreciate the same in you. You do not judge. You are too busy power-*

thinking your way through the universe to believe that your judgment could possibly enhance your life or that of another.

There are many ways to access this self-power. Spending time in nature, meditation, daily silence are all easy ways. *You will never develop self-power by listening to others or reading others' thoughts.* Your Eternal Life Center exists within you and it is silent. You must experience this Center, there is no other way. You cannot experience this Center by being involved in noisy distractions of sight and sound. You will gradually get to know this pure silence which contains your self-power. *You will gradually learn that your desired power, wealth, happiness and romance resides in your Eternal Life Center and that the only way to manifest those things is to be you, and only you.* You are unique. There will never be another you, so you better get started making your mark. How do you make your mark? *You express your opinion, follow your heart and take the heat.*

Expressing your opinion, following your heart and taking the heat is the same as being intimate with those around you. People are not intimate today. You quickly find out just who your friends are. *You don't have many, believe me, but those you keep as you are intimate with them are those who have also gotten in touch*

**TRUE
NATURE**

with their Eternal Life Center and sense the connection with you. Treasure them, because they are priceless.

The more attuned you are to your Eternal Life Center and the more willing you are to express your true nature, the more access you have to the abundance of the universe. You find it so easy to use your wealth and power to unleash your creativity in all directions to create more happiness for yourself and others. *Your entire life becomes one romantic event after another as you attract more and more intimate partners who recognize your Eternal Life Center as being one with theirs, all coming from the same source, but expressing in a myriad of ways.*

**STRESS
PATTERN
CHART**

Learn to carry your conscious awareness of your Eternal Life Center with you as you meet the chaos of each day. Use the *Stress Pattern Chart* from your **Biological Immunity Analysis**[®] to help you realize where your programming came from that brings the chaos into your life. See the distraction from your Eternal Life Center for what it really is. *Become non-judgmental and witness how this attracts people, places and circumstances to you to enhance your power, wealth, happiness and romance.*

Be Willing to Give What You Desire

Your body and mind never stop circulating blood, air and thoughts. Likewise, you should be willing to continue circulating the power, wealth, happiness and romantic love in the lives of everyone your life touches. This giving and receiving insures that you will also benefit.

Learn to *produce value* in the lives of others, even if you have to *give* it. If it is really of value, it will *multiply* when given. If it is not of value, even when given away it will die. The quickest way to get what you desire is to make sure others get what they want. Care about people. Pay attention to people. *Give gifts when gifts are least expected. Be sure to give it joyfully*, as this completes the giving. If you give gifts reluctantly you create a sense of lack that stops the flowing, the circulating, so that when you give, nothing comes back.

Just as when you exhale, you don't worry about the ability to inhale immediately after, when you give, be sure to give caringly and with your whole attention on *making sure the gift is given in love and appreciation for the positive influence the recipient has produced in your life*.

Give whatever it is that you desire. It really doesn't matter who or what you give it to because if you connect with the Eternal Life Center of any person, you are connecting with the Eternal Life Center of all persons, includ-

**PRODUCE
VALUE**

**GIVE
TO GET**



Wealth

ing the person(s) who can help you gain what you most desire.

Become Conscious Concerning Your Addictions

Life is cause and effect. You make choices today because of your Memgram, your programming, conscious or subconscious, of past experiences. You have addictions to certain feelings that remind you, consciously or subconsciously, of past events. *These feelings keep you from experiencing the power, wealth, happiness and romantic love that you desire.*

How does this happen? You had a traumatizing experience(s) when you were young, almost always before the age of 13, that stimulated your senses, at the cellular level, to a very high level. Your cells became *addicted* to this tremendous “*high*” without you even knowing it. You have been living out this addiction ever since that time. In fact, you have had one “trauma” after another since that initial experience(s) that has repeated the same “feeling” you had at the initial trauma. The only difference is that the people, places and circumstances look and sound differently due to the different time frame in which they are happening.

It is important that you learn as much as you can about this source trauma because it will help you see the *unconscious choices and*

**FEELINGS
COUNT**

**THE
TRAUMA**

**RECLAIM
YOUR
LIFE**

reactions that have literally controlled your life ever since. *It is time to reclaim your life.* You reclaim your life when you are able to see how and why everything happens to you, even to the point of being able to predict the pattern of your life to come.

This information can be gained objectively and scientifically. The staff at Biological Immunity Research Institute in Scottsdale, AZ have been researching urine & saliva for over 20 years. In the mid 1980's they discovered that your entire emotional history is displayed in samples of your urine & saliva. They have the ability to give you a tremendous amount of information about your past. I urge you to obtain this information, if you wish to be able to learn how to break free of your addictions that are standing between you and the power, wealth, happiness and romantic love you desire. Many times we are not even aware we have these subconscious addictions until they are brought to our conscious mind, where we readily recognize them for what they obviously are.

Energy Follows the Path of Least Resistance

When you truly know your Eternal Life Center you can accomplish so much with so little effort. Your Eternal Life Center is pure love. *The more you express that pure love, and*

come from that place during your search for power, wealth, happiness and romance, the easier it is for those things to come to you.

The reason is simple. We have already discussed it. Whatever you do in love, multiplies. This is because you are following your heart. You are being you. Don't imitate. Innovate.

Learn not to struggle against yourself. To struggle against yourself is to struggle against the universe. Be who you are, as you are, when you are, where you are, why you are. There is no one like you. *Being you is the easiest thing you can do.* The more you are you, the more you will experience your Eternal Life Center. There is no resistance and nothing you need to learn to be you. Tell it like it is, at each moment of the day. Some people won't like it, but many will identify with you as they recognize their life of silent desperation, and they will be willing to pay you big bucks to be their proxy in life.

Learn where your feelings come from. They come from that traumatic moment way in the past that you forgot about. Way before the moment you *do* remember. Way before the moment you like to blame everything on. You have been tricked by your own body. Become familiar with your Memgram.

Watch how your feelings influence the way you see and act in everyday life. Learn not to

**NO
STRUGGLE**

**DON'T
TAKE IT
PERSON-
ALLY**

**EASY
IS NOT
LAZY**

**GET ON
WITH
YOUR
PURPOSE**

**POINT
OF VIEW**

take *anything* personally. Realize that your reactions are usually based more on how you *feel* about the situation, than the facts of the situation. Since you now know all about where those feelings came from, you are now in control, instead of living the life of the victim like you did for years.

There is high resistance in being a victim. That is the irony. It seems so easy to be a victim. You don't have to do anything to be *right*, you just are right, in your mind, anyway, when you are the victim. Realize that being the *victor* is where the real action is. Being the victor means not being the victim. Being the victor means you are not blaming someone else or something else for your current situation. You take credit for the good and the bad. *Quit looking for someone else to blame.* You made yourself what you are or are not whether or not you want to admit it. Life was a choice from the day you were born. *Just because you were manipulated by addictions you didn't even know you had does not make it someone else's fault.* Get over it. Get on with it. Get on with being you and knowing you. People love someone who is real, loving, caring, appreciative, creative, integrated, powerful, wealthy, happy and romantic. *Be those things in your own way at all times* and you will be amazed at how many friends you will attract who will help you get where you want to go.

What you resist, persists. Stop defending your point-of-view. You *are* a point-of-view and nothing will ever change that, so there is nothing to defend. You have your point-of-view and everyone else has theirs. To attract power, wealth, happiness and romantic love you simply need to *be your point of view*. So few people have the courage to be their point-of-view that they pay big bucks to be around someone who is.

Pay Attention to Your Intention

Whatever you pay attention to, multiplies. That which you ignore, dies. The reason has to do with your *intention*. You pay attention to something as a result of your intention, not the other way around.

Want to know what someone is really all about? Just plug your ears and observe the person for one week. Do not listen to a word they say. Just watch. Whatever the person pays attention to represents their true *intention*. Your intention is what you want to pay attention to. It is easy to fool yourself and others with talk and excuses. Your intention is making your life, moment by moment. *If you don't like your life, examine your intention.*

**INTENTION
CAN BE
SEEN**

**INTEND,
BE,
EXPRESS**

Don't Sweat the Outcome

If you spend time getting to know your Eternal Life Center, *being* that Center, *expressing* that Center, then you will get to know your *intention* very well. You must realize that you have a *Mind's Desire* for your life that is inherent within your Eternal Life Center. You didn't sit down and create it. It *is* you. It is your intention whether you like it or not. As long as it is your intention, you must realize that it *will* happen. It might not happen exactly how, when or where you want it to happen, but it will happen. That is security you can count on. Of course, you can make the disastrous mistake of being so addicted to having your intention happen how, when and where you want that you spend so much energy that you destroy your body attempting to make your intention happen.

The lazy way to make sure you achieve your wealth, power, happiness and romantic love is to truly intend for it to happen, desire it with all your heart, develop your body, develop your mind, develop your spirit and sit back and watch it happen, in its own time frame with its own script. Just don't lose sight of it. Pull out those pictures that represent your intention and burn that image into your mind. Don't give up. The details are better left to someone else



Romance

anyway, as long as that person has demonstrated an ability to sweat the details the way you want them to do.

SUMMARY: WHAT TO DO NOW

Power, wealth, happiness, romantic love: can we have these, *all* of these? The answer is “Yes!”, but only if we change our prejudices and negative expectations. Have you ever heard what happens with elephants, certainly powerful creatures? If you tie a baby elephant with an iron chain to a big tree, the calf learns that it cannot escape no matter how strongly it resists. As the calf grows, you can gradually decrease the size of the chain. Eventually you can replace the chain with a flimsy rope. An adult elephant weighing tons can be tied with flimsy rope to a Christmas tree, and it passively remains restricted! Why? Because the elephant was programmed *long ago* that it is in a prison.

Just like the elephant who has given away all its power to escape imposed boundaries and live their life doing what *they* want to do, our experiences and our expectations have been *programmed!* We have been *patterned!* Our early experiences have impacted our nervous system in such a way that subsequently, our

perceptions reinforce that what we learned to believe was true. Not only do we *accept* the restricted life our programming creates, we actually even *set up* our life experiences to create what we expect and/or fear! We need to change our Memgram.

A perfect example of this process is the Scriptural representation of Job. Job had it all: a lovely family with seven sons and three daughters, a prominent position in his community (“greatest of all the men of the east”), wealth (7,000 sheep, 3,000 camels, 500 oxen, 500 donkeys), health, friends, a classically “full” life. And then disaster began: he lost his health, possessions, family, position; and even his “friends” take him to task about what was happening to him. The pivotal statement of the entire experience is “the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me”. At a very deep level, Job was insecure with his blessings, almost as if they were “too good to be true”. Thus a subconscious expectation of loss was acting upon him, and his physical experience bore out his unconscious expectations.

Do you ever have similar experiences to Job’s? There are people who have low self-esteem and who create relationships with partners who validate their sense of worth-

**JOB
HAD THE
EXPERI-
ENCE**

**LIFE
PLAYS
OUT OUR
EXPECTA-
TIONS**

**A LIFE
OF FEAR**

**IS THERE
A WAY
OUT?**

lessness. They have life events and people in their environment to reinforce that life for them cannot be truly peaceful, truly free of anxiety, truly in a state of joy at all times. It feels *normal* to be afraid, to wonder “when the other shoe will drop”, to worry about being abandoned or betrayed or going broke or whatever. We actually *set up* situations to get the thing we fear the most, so we can get the trauma over with and we can be right: “See, I knew it would happen. I knew it was too good to be true.” When we expect to be abandoned in relationships, we will pick *the very person* to attach to who will fulfill our fears, and we even start behaving in a way *designed* to cause the abandonment! It is a powerful programming, made even more powerful through our lack of awareness of what is happening. Be aware of your Memgram.

Is there a way out? Is there salvation? Yes! We must be reprogrammed, repatterned, retrained so that we can accept goodness into our life. Change your life from a belief system to a *knowingness* born of personal experience. With this change in consciousness, you will attract power, wealth, happiness and romance into your life.

Do you know the power of your mind? Do you understand that if you don't have an idea for your life, if you don't have a concept, if you don't know what is your mind's desire, then

**POWER
OF YOUR
MIND**

your nervous system won't even allow it into your life? Most people only take in a *minuscule* amount of what happens to them. What *do* they take in? Whatever reinforces what they believe to be true. If you don't believe it, your nervous system edits it out. Infinite possibilities surround you all the time, but you take in *only* what fits your narrow view of reality. You have to reprogram your subconscious view of reality. You have to wake up from your conditioning which wants to maintain the status quo. Through your *mind's desire* you change your reality. Desire is simply a sense of the possibilities. Built into even *having* a desire, is having also the means of *achieving* it, just like built into an acorn is everything it needs to become an oak tree.

So if you want more power, wealth, happiness and romance, then take the first step. Reread this book with pen in hand. Take notes. Make a commitment to put these powerful principles into action immediately.

**TAKE THE
FIRST
STEP!**

FOOD COMBINING CHART

For Better Digestion, Avoid Mixing



PROTEINS

÷ *poor mix* ÷

STARCHES



nuts
seeds
peanuts



beans
peas
lentils
*eggs
*fish
*turkey
*beef

potatoes
lima beans
mature corn
winter squash
artichokes
chestnuts
sweet potatoes

yams
pumpkins
grains
carrots
beets
coconuts
rice/millet



*milk
*cheese
*chicken
*restricted intake suggested

*lamb
*pork



← *good mix*

VEGETABLES

good mix →



poor mix

Romaine lettuce
dandelion greens
cabbage
spinach
green peppers
radishes
rutabaga/turnips

escarole
escarole
parsley
chives
cucumber
parsnips
okra

endive
broccoli
watercress
sprouts
celery
cauliflower
kohlrabi

collard/kale
onions
green beans
chili peppers
tomatoes
eggplant
asparagus

poor mix

poor mix

poor mix

poor mix

ACID FRUITS ÷ *fair mix* ÷ SUB-ACID FRUITS ÷ *fair mix* ÷ SWEET FRUITS

orange
grapefruit
pomegranate
strawberry
pineapple

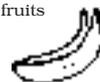
tangerine
lemon
lime
kumquat
kiwi

mango
apricot
peach
nectarine
most grapes

apple
pear
cherry
berries
plum

banana
dates
sapote
papaya
fresh figs

Thompson grapes
Muscat grapes
persimmon
dried fruits



- Eat fruits separately as fruit meals. May be combined with lettuce and/or celery.
- Melons are best eaten as a separate meal from other fruits.
- Eat only one protein food at a meal.
- For further information, please read *Proper Food Combining* by Lee Dubelle.

Sources of Products

Full-Spectrum Lighting Equipment

Full Spectrum Solutions ----- 888-574-7014
www.FullSpectrumSolutions.com



BIA Lab Supplies

Biological Immunity Research Institute - 480-948-6766
www.BIRI.org



MicroWater System

Longevity Formulas ----- 800-285-4116
www.NuCellFormulas.com



Negative Ion / Ozone Generator

Longevity Formulas ----- 800-285-4116
www.NuCellFormulas.com



Shower Filters

www.BestFilters.com ----- 800-842-4605



Vitamin-Minerals-Enzymes-Herbs

Healthy Habits LLC ----- 480-998-6904
www.HealthyHabitsWeb.com ----- 800-327-3884

Resources

Full-Spectrum Lighting Equipment by Gay Hendricks, PhD, audio tape, distributed by Audio Renaissance Tapes, Arden, NC, 800-452-5589

At the Speed of Life, A New Approach to Personal Change Through Body-Centered Therapy by Gay Hendricks, PhD, & Kathlyn Hendricks, PhD, Bantam Books, New York, NY, 800-223-5780

The T-Factor, Fat Gram Counter, by Jamie Pope, M.S., R.D. & Martin Katahan, Ph.D. available from www.Amazon.com.

Ways to Better Breathing by Carole Speads, Inner Traditions, Rochester, VT, 800-488-2665

Breathing Into Life, Recovering Wholeness Through Body, Mind & Breath by Bija Dennett, Harper San Francisco, San Francisco, CA, 800-328-5125

Energize: The Alchemy of Breath & Movement for Health & Transformation by Elrond, Juliana & Sophia Blawyn, Llewellyn Publications, St. Paul, MN, 800-843-6666

Breathing for Health Kit, two audio tapes to be used with a biofeedback hand-held stress monitor, Thought Technology, West Chazy, NY 12992, 800-361-3651

Index

A

Addictions, 71
Air, 5,
 6, 7, 8, 9, 10, 11, 19, 22
Allergy, 16
Anger, 7
Arthritis, 4, 24
Attention, 75

B

Biological Immunity Analysis, 53
Bladder, 18
Body, 1
Body Fat, 29
Bureaucratic-con, 44
Business, 41

C

Calcium, 20, 21, 22
Cancer, 4, 18
Carbohydrate, 26, 27, 28
Central nervous system, 25
Cholesterol, 20
Circulation, 12, 16
Constipation, 17
Control, 51
Creative, 48

D

Dehydration, 15, 16
Depression, 7, 22
Desperation, 39
Diarrhea, 17
Digestion, 12, 16
Disease, 1
Disease crisis, 4
Drugs, 2

E

Emotion, 4, 8, 9
En-
 ergy, 6, 8, 10, 18, 24, 28,
 30, 43
Eternal Life Center, 66, 72
Exercise, 5, 9, 11,
 13, 14, 30, 31

F

Fat, 26, 28, 29
Fatigue, 6, 23
Fear, 4, 7, 8
Food, 5,
 13, 19, 22, 24, 26,
 27, 28, 29

H

Hair, 21
Happiness, 68
Headache, 13
Healing crisis, 4
HealthWatchers Analysis, 27
HealthWatchers System, 1, 3,
 26, 30
Heart, 8, 11, 20
Hypothalamus, 19

I

Immune system, 2, 4, 16, 24, 25
Infection, 23, 25
Integrated thinking, 40
Integration, 47
Intention, 75
intestine, 10

K

Kidney, 16, 26

L

Lazy way, 76

Lifestyle, 1, 2, 5, 6

Liver, 16, 19, 26

Longevity, 18, 27, 28, 30

Love, 25

Lung, 8, 9, 10, 12, 23, 33

M

Master, 57

Meditation, 25

Mental, 21

MicroWater, 15, 16

Mind, 1

Mind's Desire, 76

Money, 41

N

Nutrition, 3, 28

O

Oxidation, 15

Oxygen, 8, 9, 12, 15

P

Pain, 6, 7, 26, 32, 33

Passion, 54

pH, 27

Physical, 7, 8, 16

Pituitary, 19, 20

Potassium, 14

Potential, 65

Power, 51, 68

Power-Think, 59

Power-Thinking, 59

Protein, 26, 28

R

R/O, 15, 16

Radiation, 16, 23

Resistance, 43, 74

Romance, 68

S

Sadness, 7

Salt, 28

Skin, 12, 16, 18, 19, 21, 22, 25

Sodium, 14, 28

Specialized thinking, 40

SpH, 27

Stomach, 32, 33, 35, 36

Stress, 7, 9, 17, 19, 23

Struggle, 73

Sunlight, 5, 19, 22, 24, 25

T

Trauma, 25

U

UpH, 27

V

Value, 44

Victim, 74

Vitamin D, 22, 24, 25

W

Water, 5,

11, 12, 13, 14, 15,

16, 17, 18, 19, 22, 28

Wealth, 68

Weight, 12, 13, 14, 17, 18, 28, 31

Wellness, 1, 3, 4, 27, 28, 30

START ON THE ROAD TO WELLNESS TODAY!

**CONTACT US NOW TO ORDER YOUR
SPECIMEN KIT OR TO FIND A BIA
PRACTITIONER NEAR YOU.**



480-948-6766

www.BIRI.org

info@BIRI.org

Biological Immunity Research Institute



***The Lazy Way to Power, Wealth, Happiness and Romantic Love* is a book based on twenty years of research in holistic (Body-Mind-Spirit) health by one of the pioneers of non-invasive testing. In easy-to-understand language, Gary A. Martin, DSc, PhD, shows how simple the principles are that can lead to fulfillment in your life in the physical, mental/emotional and spiritual dimensions.**

If you have been struggling in any of these areas, or if you have given up having your dreams come true, then you will want to read what is inside. Learn how to have what you want without a tremendous outlay of energy and much more easily than you ever thought possible.

So whatever your need, meet it the lazy way! Welcome to power, wealth, happiness and romantic love! This book will clearly show you what you need to know!

This book is the first in a series of progressively consciousness-expanding, integrated thought manuals designed to unlock the secrets of the universe and allow you to tap into its riches.

ISBN 0-9651523-0-8



9 780965 152303



5 1695



7 56880 01014 0