

Health and Self-Cure

Humankind Fundamental Teachings
part 2

Joachim M Werdin

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When teaching in my seminars, I explain much more compared to what is written in this book. If all would be written here, this book would be several times larger. I encourage you to participate in my seminars to learn deeper.

The price of this book – your donation.

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If you prefer to recompense me in other ways, please, let me know.

WORTH TO KNOW

First, I suggest that you **read part 1** of “Humankind Fundamental Teachings” (abbreviation: HFT1) with deep attention; it can be downloaded for free from Internet. Knowing information from HFT1 is essential for understanding the content of this book. From now on, I assume that you already have read that book. OK?

There are two kinds of information in this book, timeless and current. The timeless means that it was, is and will be valid as long as humans are on Earth. The current is related to circumstances occurring in months and years close to 2020; this information may not be valid in future.

I hope that, having read HFT1, you are well aware of the huge difference between information, belief and knowledge. If you are not, I suggest that you stop reading here and go back to HFT1; otherwise there is a high probability that you will misunderstand what I write in this book.

Be aware that large amount of information shared in this book is what I believe, not what I know. However, before I decide to share information in this book, I first research it deeply to find out the truth. Still, I suggest that you do not blindly believe anything which is written here. To build your knowledge, do you own research and experience it for yourself.

In order to avoid misunderstanding, here are two of my definitions:

health = the general condition or the body and/or psyche;

healthy = enjoying good health, free from any disease.

WARNING

I **never** have any intention to offend any man by expressing my **private** opinions publicly in this book. My opinions are **not** directed to any

particular man unless I call their name. What I write here, it is not personally about you or directed to you. By sharing information in this book, I would like people to hear what I feel, believe and perceive.

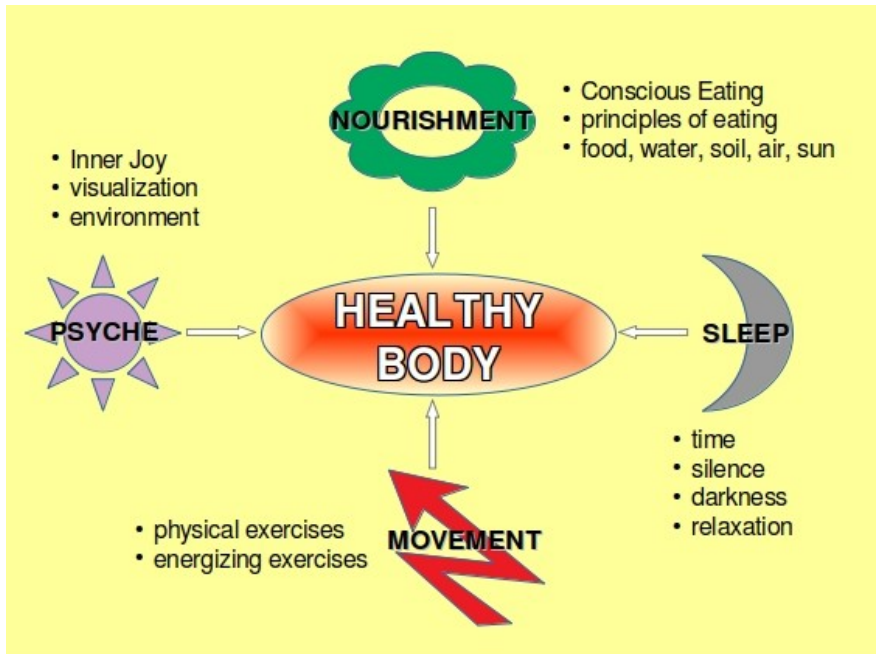
On the other hand, if you have strong beliefs, especially if you follow a system, a religion or so-called official mass-media, you may become unhappy or even angry when reading this book. The same can happen if you blindly believe in widely popularized scientific, especially medical, information. If you do, consider to leave now, do not read this book.

However, if you risk to continue, be prepared for some shocking information, some content that may make you feel hurt or offended. If you feel so, that will be all your own fault. You have been warned.



When you Love yourself sufficiently, you do not judge.
Truth sets you free, but only when you search enough to find it.

FOUR LEGS OF HEALTH



Think about four-legged table – is it stable? Normally, if a table has four legs, it is very stable. Now, imagine that one leg was cut off. Is this table stable? Well, probably not so good. Although it can still stand and, if you pay attention, you can still use it, but it is much less reliable than the four-legged table.

How about cutting another leg of that table? Is now this two-legged table stable? Well, if you insist and are very careful with this table, you can still use it but probably paying attention to the table stability will require more energy from you than making the table practically usable.

I guess that I do not need to ask you what happens to this table if we cut its third leg. Probably nobody would want to call it table anymore.

Health of man is like that table example, it is supported by four legs – you can see them on the picture “healthy body”. As you can conclude by now, it is important to keep all four legs strong because if only one of them dysfunction, health of man is not in perfect state anymore.

In other words, if you decide to keep yourself in perfect health, you need to nourish yourself properly, sleep well, move sufficiently and have nicely working psyche. If any of these factors is lame, your body or psyche will not be able to perform perfectly, so health will not be perfect.

There are many factors which affect the functioning of human body and psyche. What I mean by “psyche” is ‘intellect+instinct’, so it is a structure in the mind. Please, make sure that you understand what is the mind and how its parts function; reread “HFT1” if necessary.

Let me describe the four legs of healthy body.

NOURISHMENT

Eating is probably one of the most discussed matters. People have their own beliefs about food and eating, so they follow specific nourishing regimes and diets.

How to nourish the body properly? What, when and how much to eat? I have answered these questions in “HFT1”; please reread “Conscious Eating” chapter if you are not practicing it. If you practice Conscious Eating, you can skip the nine principles below, you naturally do that to benefit your body.

PRINCIPLES OF NOURISHMENT

Most people do not practice Conscious Eating, for whatever reason it may be, however they care about nourishing their body and are eager to follow some simple principles. The following nine principles of proper nourishing are worth applying.

1. Food directly from nature.
2. Only when hungry or thirsty.
3. Without seasoning and flavoring.
4. Sufficient chewing.
5. Without drinking.
6. Not after 4 PM.
7. Focused and in silence.
8. Proper combination of food.
9. Drinking and storing water.

I would like to emphasize one thing, especially if you have children. Protect your child against so-called “bad eating habits”, which means anything against the principles listed below. If you let your child to fall into harmful eating habits, it may be very difficult for them to recover. Obviously, the body of man following harmful eating habits will never be

healthy.

FOOD DIRECTLY FROM NATURE

Man is a part of nature, so their body is fully compatible with nature. This implies that nature has the right food for man's body. Same, as it is in case of plants and animals, nature provides man with perfect food which is ready to be consumed without any processing.

Man is nature's baby, this is why people say "Mother Nature". Same as the human mother provides her baby with her own milk, which is perfect for baby's body, Mother Nature gives man perfect things to consume. Same as processing mother's milk would spoil it, any processing of nature's food makes it less beneficial for man.

In other words, nature provides man with perfect food, it cannot be improved; any processing will make it less perfect, which means less compatible with human body. The more processed is nature's food, the more harmful it becomes for man.

The conclusion is, if you want your body to consume the best, the most compatible food, go to nature and eat directly from her. Whether it is a mineral, plant or animal, make sure it is not processed, in other words, it must be alive.

Be aware that natural food normally cannot be bought in cities, especially the big ones. When you go to a supermarket to buy food, whether it is alive or dead, it is an industrial product. Even if labeled "natural", "ecological" or "organic", it was produced by the food industry; it is not taken alive from nature. Fewer and fewer shops on Earth sell food brought directly from nature.

As you may remember from HFT1, everything what man eats and drinks is later eliminated from their body, except life energy of the consumed matter, which is absorbed. For this reason Mother Nature provides only food which is alive, so do not kill it before consuming, just eat it alive. Look, there is no kitchen in nature, no animal would think about spoiling their food before eating. Why man does?

ONLY WHEN HUNGRY OR THIRSTY

This should be obvious that man inserts food into their body when the body asks for it. This is the reason why man feels hungry when their body needs something. However, when the body is satiated, man feels full. These two universal feelings are of utmost importance because they tell man when to eat and when to finish.

If your body functions properly and if you follow these feelings, then you give the body food only when it needs to eat. If your body does not function properly or if you ignore its messages, you may be starving it by not eating or weakening it by consuming too much. When man eats more than their body needs, they poison it and lower its life energy. Later, any excess matter has to be removed from their body. Obviously, overeating promotes illness.

If you practice Conscious Eating, you definitely can feel what I just wrote. If you do not nourish your body by Conscious Eating, I suggest that you pay much attention to and follow those two feelings. Consume only when your body clearly is hungry and immediately finish when you start to feel satiated.

WITHOUT SEASONING AND FLAVORING

Why? – people often ask me – why not to make food more tasteful? The answer is very simple. You do not want to overeat and poison your body.

If you decided to take the best care of your body in the field of eating, you consume only what the body really needs, therefore you do not eat in excess. To follow your body feelings, you pay attention whether your body is hungry or satiated.

When your body is hungry for some specific food, you will eat it with pleasure and you will like its taste. Obviously, if your body does not like to eat something, it will not ask for it and you will not like its taste.

Now, if you add flavorings to your food, the body's taste sense is disturbed, then you may feel 'better' taste. This is how you just cheated your body and thus forced it to eat in excess.

For the purpose of seasoning food, chemicals or herbs are added. They make food last longer or taste better but it also means that dead food matter is kept even longer, so that it can be eaten latter. The human body needs food which is alive. This is not related to preserving food by fermentation – it is a different topic.

I suggest that you do not change the taste of your food. If your body is not hungry, there is no need to cheat it to consume “tasty” food. Wait sufficiently, let your body become hungry; then you will find out that previously not tasty food now is yummy. Yes, when your body needs some specific substances, food which contains them will be tasty without adding any flavorings.

SUFFICIENT CHEWING

I suggest, even if you do not practice Conscious Eating, read it again, especially the part about chewing; to know why it is so important. Just keep in mind for ever: **sufficiently chewed food = proper digestion**. In order for the digestive process to occur properly, it is of utmost

importance that you chew food in your mouth until it becomes liquid. When it becomes liquid, continue chewing until it changes its taste. When you detect the change of the taste, you can decide whether to spit it out or swallow.

Chewing is the first stage of the entire sophisticated process of digestion. If you swallow food which is not sufficiently chewed, then it cannot be properly processed by your digestive track; it will be partially putrefied.

WITHOUT DRINKING

Why not to drink while you are eating solid food? – people ask me. They say something like these sentences. “I cannot eat bread if I do not have water or tea.” “How can you eat dry food without helping it to push farther with water?” “It takes too long to chew if you do not help it with drinking.” Do these sentences sound familiar to you?

This principle is very simple. While you are eating, do not drink. There are two important reasons for that. First, you have to chew food well, but if you mix it with a drink, the chewing process is disturbed. Second, liquids will dilute the digestive juices in your stomach, which also disturbs the digestive process.

“How about a soup? – people ask. Well, as you may suppose, it is not the perfect food for man although it can be very tasty. Anyway, when you consume soup, follow the same principles, where the most important would be to chew food sufficiently long before you swallow.

NOT AFTER 4 PM

I have chosen 4 PM because statistically it is about six hours before so-called ‘night time’ begins and people go to sleep. Actually, it would be more accurate if the principle was titled “with empty stomach” because it

is the essence of this principle.

Indeed, if you care about your body, let it sleep with empty stomach. To go to bed with empty stomach, you have to stop eating much earlier. I assumed that an average stomach needs about 6 hours to finish digesting last meal before man goes to bed at night. Hence 10PM is assumed as night time, when people go to sleep, the end of the last meal time would be counted at 4 PM.

Of course, the digestion of your stomach depends on what and how much you eat. For example, if your stomach functions well, you have eaten so-called light, easily digestible food, it may be empty after four hours. In this case you would be able to end your last meal at 6 PM, providing that you go to bed at 10 PM.

However, if you go to sleep later than 11 PM, you should not eat less than 6 hours before. This is because the digestive process significantly slows down at night time. If you eat at 7 PM or later, probably that food will not be digested until the next morning.

You need to consider your body and your last food before going to sleep. Is your last meal big and heavy? Then finish it even earlier, may be 3 or 2 PM? Depends how your stomach will perform.

Whatever it is, observe your stomach every night before going to sleep. Is it empty and you feel little hungry? Great! This way it is much healthier. Or, is it full because you overeaten or eat too late – well, your body is going to suffer because the sleep will be affected. You might feel tired in the morning, so you will want to sleep longer.

FOCUSED AND IN SILENCE

Many people find pleasure in meetings accompanied by eating. It is unimaginable for them to keep focused on themselves and eating silently while in meeting with friends. Even worse, such behavior may be considered unsocial.

The digestive process is quite sophisticated and it is impacted by your emotional state. Especially the first stage is important, the stage happening in your mouth, which mainly is chewing. Talking during chewing, make it almost impossible to chew properly, this is why silence is more beneficial choice for your health.

Another reason, why it is more beneficial to be focused on eating, is your life energy. While you are eating, your life energy should be directed to support the digestive process. Some discussions at the eating table may become emotional. Especially so-called negative emotions harmfully impact your body. Emotions burn man, in other words, emotions waste more life energy. Wasting energy to emotions, decrease the amount of it directed to the digestive process. Besides that, you may unnecessarily tense your muscles which will disturb the digestive tract, sometimes this can be felt physically.

PROPER COMBINATION OF FOOD

This is a large topic very suitable for research by nutritional science. The essence of proper food combination relates to efficient digesting of individual chemical components in the digestive tract, mainly fats, proteins and sugars.

The digestive process involves so-called digestive enzymes which are chemicals excreted into the digestive tract. There are different digestive enzymes required for proper chemical processing of fats, proteins and sugars. Enzymes properly processing fats cannot process proteins or

sugars, and vice-versa, and so on.

Imagine that you eat eggs with bread and butter which is a chemical mixture of protein+fat+sugar. Your body will have to use, at the same time, enzymes for processing fats, proteins and sugars. The problem is that when these three types of enzymes are mixed together, they interact chemically. This enzyme inter-reactions will disturb proper digestions of the eaten protein, fat and sugar. Due to the disturbances, none of the eaten substances will be properly digested. There will be partial digestion and partial putrefying of the eaten food.

This is not only about enzymes. Different foods require different time for digestion. Some food will pass through your digestive track in an hour, some other will need two days. If you happen to mix these two types of food, your intestine will have putrefying matter for almost two days.

Who wants to have a putrefying food inside their body? Do you know how to recognize purification in your intestines? When you go to toilet and cannot stand the awful smell, it is a clear sign of purification. If this ever happened to you, now you know why.

Natural foods contain mixture of fats, proteins and sugars but the interesting thing is that it also contains natural digestive enzymes to process these components in the digestive track. Really, nature provides us perfect food.

For example, if you eat leafs, they may contain all of the tree components, but they will be digested properly. Of course, you must sufficiently chew them and not mix with other food. However, if you cook the leafs before eating, the enzymes are destroyed, then the proper digestion will not occur.

Practically, if you care about digestion, do not mix different types of food. Eat fat with fats if you need to mix foods, or proteins with other

proteins, etc. It would be better, of course, if you eat only one type of food at a time, then wait until it leaves your stomach, then eat next food. For example, eat only rice for breakfast. Latter, when you feel hungry, eat only a fruit. In the next meal, eat only a vegetable. Then, when you feel hungry again, eat only an egg.

Here some examples of often made mistakes in combining foods.

Food containing much protein (e.g. meat, egg, soy, bean) eaten in the same meal with food containing much sugars (e.g. potatoes, bread, rice, pasta).

Fruits mixed with dairy (e.g. yogurt with fruits).

Salads or juices made with a combination of fruits and vegetables (e.g. apple with carrot or a smoothie made with banana and lettuce).

Food containing much sugars (e.g. rice, potatoes, bread) combined with fat (butter, lard, oil).

DRINKING AND STORING WATER

Nature provides the best drinkable water. Find a place where water naturally spouts from a rock or sand. Many such places provide the best water for drinking and bathing. Make sure that the rock or sand, where the water is spouting from, do not contain poisonous minerals.

Such spouting water is also called 'living water' because it bursts with energy, so you should drink it directly from nature as the plants and animals do. If the water source is too far, you may want to collect and store it before drinking.

What kind of container to use for storing water? Nature gives the answer; use containers made from natural stone. Look, big stone water containers are built by nature, especially in mountains. Natural stone container would be a good solution for water stored in your home but probably they

would be too heavy and inconvenient when you are moving.

Next best water container would be made from glass. Among many possible solutions, glass seems to be the right choice in most cases. Glass is close to nature because it is made mainly from sand. Avoid so-called crystal glass, it may contain poisonous lead oxide.

Pure silver, at least .995, has been known as the perfect material for water container because of its big advantage – antibacterial properties. Use silver cup to drink water if you are not sure whether it is sufficiently clean of bacteria. Silver is more efficient in killing bacteria than many antibiotics.

You can consider ceramic containers but be careful because some ceramics are made with poisonous additives. If you plan to use ceramics, make sure that it is food certified.

The last practical choice for storing water would be food grade stainless steel. Make sure that it is “food grade” because some stainless steels contain poisonous chromium components. The steel container must be certified for storing water.

For short time or for specific purposes, wooden containers may be used; of course, not every wood is suitable. Wood is used rather for storing wine or some herbal liquids, it is not a typical material for water containers unless you live in a jungle, then use bamboo.

That would be all; practically no other material is suitable for storing water. I insist that you do not use any type of plastics, gum or teflon for storing water if you care about good health. Even if you find so-called “food grade” plastics, do not believe it, there is no plastic which is not harmful for the human body.

Water is the world most universal solvent, it means that it dissolves many substances, including plastic. Although the amount of plastic which water dissolves is very small, but still, plastic is a poison, so when you drink plastic water, you are poisoning your body. To make a long story short, water or food which are in contact with plastic, should be considered contaminated.

FILTERING WATER



Three stages (ceramic, activated carbon, ceramic+silver) tap water filter.

If you live in a big city or an industrial place, your tap water is probably dead and so poisonous that it is not suitable for drinking or bathing. Using water bought in plastic containers is not a healthy solution either. Filtering water with properly constructed filter is relatively simple and efficient solution.

First of all, make sure that your filter does not have plastic parts which will be in contact with water because you do not want to drink plastic water. The only exception is the tube connecting the water tap with the

filter, it can be made from flexible plastic or rubber because all the water passing through it will be filtered. Also the enclosure of the filter device can be plastic because water does not touch it.

Water from the tap, in order to be purified, will pass through the filter – this is the most important part of the entire device. As far as I have seen, vast majority of water filters are not suitable for producing drinkable water, so select carefully before you buy. You may ask for ceramic and carbon filters enclosed in food grade stainless steel, like in this photo. Some filters contain silver which may be important for treating water containing bacteria.

Before buying a water filter, ask for data sheet showing its filtering efficiency. Look at how much of “poisons in water” (described above) it can filter out. It must be not less than 99.9%.

PROGRAMMING WATER



This is a large topic, separate book can be written about energizing, structuring and programming water. Search for “Masaru Emoto” or “water structure” on Internet, to learn more about water programming research conducted by scientists.

Water molecules can be organized in numerous different structures. Normally, these structures are not visible even under normal microscope; nevertheless, every structure impacts your body in different way. Some structures make water to be very well absorbed by

your body cells, some other structures will make your body sick. If water molecules are not organized in any structure, it is called “dead water”. Usually tap water is dead and every water warmed in microwave oven is dead for sure.

Water can be programmed into structures beneficial for man’s health. This knowledge is used also in healing people, animals, plants and soil. Programming water is a matter of a separate science branch. For practical home usage, you can program water with sunlight, sounds, written words and drawings.

Here is a simple and efficient technique of programming water structure supporting biological life. Write Love, Joy, Health on a glass container. Pour your filtered drinking water in this container. Place it in sunshine for at least half an hour; the longer, the better. This water structure will promote Love, joy and health in your life.

If you do not use glass, make sure that these written words can be seen by water; for example, you could engraver them on the inner part of the water container.



*Love, joy, health, wisdom, gratitude
engraved on the bottom of a silver cup.*

This programming technique works because water can hold memory. Water can remember features of the environment where it was present. When you have sufficient knowledge about water memory and how to program it with words, shapes, light, colors and sounds, you can use water for variety of purposes, for example: healing, cosmetics, farming, gardening, lake purification, and environmental regeneration.

WHAT TO EAT?

What to eat is one of the most often discussed matters and causes of quarrels which never end. This is because there is no diet suitable for everybody. Every man is different, therefore they need to eat different things in different amounts and at different times. You know this if you practice Conscious Eating, then you can skip this paragraph.

Besides these factors, there are some simple guidelines about so-called nutritious and energetic value of food. Let me show you a very simplified list of what I call energetic aura of things consumed by people.

When you look at things, you may be able to see their aura. Aura is a visible effect of mainly electric emanation from an object which can be a living being or device. When you look at something dead, you can notice weak emanations of dark colors. When you look at something very alive, you may notice bright aura similar to emanation of the Sun.

The more life energy an object has, the more energetic its aura is. The following table presents what I feel when looking at some edible objects, starting from the most energetic ones on the top of the list.

ENERGETIC AURA OF THINGS CONSUMED BY PEOPLE

- water spouting from rocks in a mountain
- healthy living plants
- ripe flowers and fruits
- ripe nuts and seeds
- naturally grown vegetables
- raw eggs of free birds
- young fish and birds
- young animals

- boiled or steamed plants, vegetables, fruits and beans
- naturally preserved foods (following above order)
- natural honey
- milk sucked directly from an animal
- boiled or steamed grains and their flours
- smoked meat and fish
- fried, baked or grilled egg, fish and meat
- fried or baked grains or their flours
- all food cooked in microwave oven

This list is not a dietary recommendation, however you may conclude that the lower an edible object is positioned in this table, the less life energy will it provide to your body, when it is consumed.

You might want to learn to feel or even see the aura of objects, especially food. Once you can see, it will be much easier for you to distinguish between beneficial and harmful foods.

HARMFUL FOOD

This is another large topic of never ending discussions because even nutritional science organizations, which are too often influenced by corrupted people running the food industry, provides different answers which will changed in time. However, there are some guidelines that you can follow.

Hence your body is a part of nature, it requires natural food which means that you take it directly in nature. Unfortunately, this kind of food is almost impossible to buy in cities. If you buy your food in supermarkets, it is all industrial products. Industrial products, even if they are labeled “organic”, “ecological”, “natural”, etc. are something which was produced in farms or factories. These foods are not found in nature,

therefore they are not fully compatible with the human body.

Unfortunately, industrial food is more or less harmful for the human body, it becomes even worse when you process it, for example, boil, fry or mix with other food products.

These days, you can assume that most foods sold in supermarkets are harmful; really, there is very little percentage of relatively beneficial food products.

Let me advise you what to avoid. If you are not addicted too much and you can control your taste, I suggest that you give up buying the following industrial food products.

GRAIN

The most often sold grains: wheat, corn, rice, rye, barley and oat do not exist in nature. All of them are GMOs made from grass. They are high in carbohydrates, mainly starch, which is one of main factors that makes people addicted to grain and thus gain weight. People who eat too much grain derived products, suffer variety of digestive and skin health issues. Human body is not design to digest grain and GMO proteins found in it.

This information may shock you, but wheat, which become number one most often eaten food, is also one of the most harmful industrial consumed products. I would say that among all food caused diseases, those caused by consumption of wheat occupy the highest position. This is why I give you a friendly advice, if you really must eat grain products, by all means avoid those who are made from or contain wheat.

It becomes even worse when you cook, especially when you fry or bake grain, for example, you make bread, dumplings, cakes, pasta, pizza, etc. At high temperature, flours change its structure to become more like a glue which cannot process properly by the human body.

You can feel the result of eating grain products when you go to toilet, what comes out of your body is mainly putrefied processed flour. Besides that, your skin may look and smell bad, especially when you sweat a lot. You may like to research about poisonous substances found in baked flour food products, and how grain harms the intestinal functions.

SOYBEAN

Soybean is also one of the most often used foods in industry, this is the reason why it is so deeply modified genetically. The present soybean is not what world was eating several decades ago, it is a very different thing now, really not suitable for the human digestive track and quite harmful. Research about GMO of soybean and how it influences the human body, especially the endocrine system. Fermented soy sauce may be still used for taste if you cannot live without it.

MILK

What usually is labeled “milk” in supermarkets is an industrial product produced from the real milk of cow, goat or sheep. This industrial food and its derivatives cause a lot of harm to health of man, especially children. There is a number of diseases caused by so-called milk. I friendly advice you to avoid all dairy if you do not want your body to suffer.

Think logically; if you really want to drink milk from mother of other species, for example a cow, then you should go to her and suck her teats directly. That would be the proper way of consuming what is not designed for man. Be aware that her milk is designed for her baby, which has to grow hooves and horn. Mother’s milk is designed by nature for her baby to grow entire body. Are man body same as cow’s body?

By the way, if you want your baby to have well developed human brain, let them to drink milk from their mother. If your baby drinks milk from mother cow, do not wonder that their brain will be infected by cow programming. Also the bones and teeth of your baby will be harmed, they may be deficient in calcium and not last long in good condition.

If you really cannot survive without animal milk, then choose the closest one in structure to human milk; you would have to look for pigs or rats. Indeed, milk from mother pig or rat are the least harmful for humans.

I have not mention that – please, you do your own research – how much hormones, antibiotics, pesticides, germicides and other industrial poisons are found in what is labeled and sold as “milk”.

DAIRY

I assume, you draw logical conclusion that if milk is not the best thing to consume, then all food made from milk is also not beneficial to health. Basically this is a fact, however people believe that some dairy, for example yogurt, cheese, buttermilk and butter, are beneficial because ... whatever.

No, they are still harmful to human body. Of course, milk and dairy can be sometimes used as medicine – that is another story. I will talk about self-cure latter in this book.

SOIL

All the food which man inserts into their mouth originates from soil. If there was no soil, there would be no food. The quality of soil defines the quality of what you eat, whether it is a plant or animal food. Obviously, food originated from regions where the soil is poisoned, produces poisoned plant and animal food.

Taking proper care of soil and making it healthy to efficiently produce so-called healthy food, is another large topic. If you eat food originated from your soil, I suggest that you learn natural ways of supporting life on that land, to make sure that the soil is always healthy. Learn from nature.

Mainly, at all cost, avoid GMO and most chemicals on the soil because they destroy life and make food poisonous. Remember, what is against nature, is also against health. Latter in this book, I will write more in relation to this topic.

AIR

Air is food eaten by your lungs. Some gasses found in air are used to produce your body's protein. I explained it in HFT1 – feel free to reread.

Some people doubt that the human body produces its protein from air. In fact, there are devices which produce protein from air although these devices are far less developed than the human body. You can find more info about the devices producing protein from air – search for “Solar Foods”, “Ai Protein”, “protein from air” on the Internet.

SUN

I explained in HFT1 that the skin is the device to absorb the sunlight and produce food for the human body. This is the main reason why man needs to expose their entire body skin to the sun emanation regularly.

Man can eat the best food and drink the most beneficial water on Earth, but if they do not expose their skin to the sunlight, their body will not be in perfect health. I suggest that you take a bath in the Sun shine for at least a quarter of an hour every day.

SLEEP

Man needs to sleep to be healthy. Sleep plays an essential role in circadian processes occurring in human psyche and body. Disrupting the sleep of man develops body and psyche diseases and accelerates the aging process.

Most people living in cities do not provide themselves proper sleeping conditions, this affects them in a harmful way. Making simple changes to sleeping conditions may significantly better your sleep quality. There are four major factors influencing sleep: time, silence, darkness and relaxation.

TIME

Most people know by their own experience that too short or too long sleeping times develop psychic and body illness. However, not everybody is aware when is the most beneficial time for man to go for night rest and wake up in the morning.

According to the circadian rhythms of nature, which controls biological rhythms of man, the most beneficial time to go for night rest is about one to two hours after the sunset. People following nature do not use artificial lighting at night. They may light a fire in the evening, sit around it to relax and discuss family matters for up to two hours and then they go to sleep.

When people live in the city, they usually do not observe the circadian rhythms. Many people use artificial light to stay active until late, then they go to bed. Going to bed too late is not compatible with the circadian rhythms of nature, so this disturbs body biological functions.

There is a large number of processes occurring in the human body, some of them during the day, other during night. Night time processes require man to sleep, otherwise these processes are disturbed.

For example, major cell regeneration and entire body cleansing occur approximately ± 3 hours around midnight. If you do not sleep deeply during that time frame, your body's natural biological processes cannot be carried properly; they are disturbed which weakens your immune system and accelerates the aging process.

Going to sleep earlier is especially important for health of children until they become mature adults. The younger are the children, the earlier they should go to sleep. Be aware that the immune system, the nerve system and senses of children who go to sleep late, will be badly affected, therefore their health and mind powers will not fully develop. When they are adults, they may blame their parents but it will be too late, the almost unrecoverable damage has been done.

When to get up after a healthy night sleep? I emphasize it again, follow nature. When you sleep in a forest, which is the most advantageous place for sleeping, you would wake up with increasing loudness produced by waking up birds. That would occur around one hour before the sunrise which is well in accordance with your body biological rhythms.

People living in nature naturally adjust their night sleeping. Depending on the season, they would sleep between six and nine hours; in winter longer but in summer shorter. Of course, people also regulate their sleeping time according to their daily activities.

I suggest that you go to nature, a forest-mountain-sea area, and sleep there. Do not take any light with you. If you need it, make a fire in the evening. Do not take any electronic devices with you because they really disturb human nerve system, especially those with screens or music.

Sleep in nature for at least one week, so that you can feel the difference. Even if you sleep in a forest only one night, it would be much more beneficial than nothing. Sleep in nature, follow nature's rhythms and experience the huge difference compared to sleeping in a city.

SILENCE

There is only one music which supports biological life, this music is also produced by living beings, it is the music of nature. Have you ever heard it? Most people, even when they are in the untouched nature, do not hear the music of nature. Those who adjust their hearing abilities, can hear a big difference between the day and night musics played by nature.

Obviously, this music of nature is not present in cities. Cities are full of noises which disturb biological life. This is why, when you go to sleep in a city, make sure that you sleep in silence. Do not play any music even if you have recorded the night music of nature, because if you play it back, it is not the same thing.

The noise of the city, especially the sounds coming from the busy streets, do not allow your body to rest sufficiently. Even when you feel that you sleep well at night, your nerve system suffers due to the noise. This may be a cause of so-called "mental instability", which especially affects children.

If babies sleep in a noisy environment, you cannot expect that their nerve system will develop well, in fact, they are going to suffer all their life. Every sound influences the programming of the instinct. Instinct of the baby is especially sensitive, therefore noise present during the sleep will affect their hearing capability and also their mind powers.

What to do when your bedroom is in noisy environment? First, switch all devices producing sound in your bedroom or move them out of the room. Second, invest in and install good sound insulation, especially for the windows. To invest in protecting your body against the city noise, rewards you in better health.

DARKNESS

Have you ever been in a far place in nature where no city light is visible? If you have, you probably remember how surprised you were when you looked at the sky at night. You could see many more stars because no artificial light disturbed the natural darkness of the night. If you slept in that place, you probably felt the magically beneficial influence on yourself.

How wonderful it was to wake up at the dawn and soon latter to experience the sunrise. You felt revitalized and energized from early morning. Yes, a sleep in naturally black night nature is magic and very beneficial for mental and physical health.

Now imagine what would be the effect if you lighted several lamps around your place. Most of your beautiful night and dawn experience would not happen, all due to the harmful effect of the artificial light.

Indeed, artificial light at night harms circadian rhythms of man. Your eyes and skin are light sensitive devices which means that light impacts some of their function. Light controls the function of the pineal and pituitary glands, thus it influences the chemistry of the human body.

The body chemistry differs much between the day and night. There are chemical reactions which occur during the day but they must not occur at night. A good example is melatonin, a hormone secreted by the pineal gland in response to darkness. Melatonin has been linked to the regulation of circadian rhythms. So, if you try to sleep in place which is

not dark, the secretion of this hormone will be affected, this eventually will develop psyche and body problems.

Research was made to discover how the quality of sleep and health depends on the level of darkness in your sleeping room. The results proved that full darkness was the most beneficial. Even little amount of light during the sleep negatively affected health.

Some parents are not aware how seriously they harm the nerve and especially the psyche development of their children, when they switch a lamp on in children's sleeping room at night. Even if your child is afraid of sleeping in complete darkness, make sure that there is no lamp turned on at night in their room. Make sure that the windows are fully covered with material fully blocking light from outside.

RELAXATION

As strange as it might seem to you, but it is a fact which I have observed, that many people sleep with some of their body muscles unnecessarily tensed. Bodies of some people are so tensed that they never are fully regenerated in the morning; on the contrary, they suffer insomnia and wake up tired in the morning.

Check it on yourself. When you are in your bed, look with your inner attention to all your body muscles. Go quickly from the top of your head, consequently muscle by muscle, down, to find out which muscles are still tensed. Are your eye globe muscles fully relaxed? How about the jaws?

I suggest that when you lie down on your bed, first make the "full body relaxation exercise" described in HFT1. Then, when all the muscles are fully relaxed, fully detach your attention from your thoughts.

This state would be called ‘full body and psyche relaxation’ before sleep. Probably, you will fall asleep while doing this exercise – very well, sleep deeply, it will let your body rest well. Peaceful night.

MOVEMENT

Life is created by movement. No movement = no Life.

You can learn about this general principle while observing nature.

Tell me, please, what is the difference that you feel between sitting in a fast running mountain stream and a small lake water? What is the difference between a tornado and no wind weather? Which ones are more alive?

How about people? Is the quickly and energetically moving child more alive than the slowly moving old man?

How do you feel when you stay too long time in bed or sit for hours at your desk? Compare it to what you feel after a few minutes of warming gymnastic. Can you feel the huge difference? This is how you let yourself know about Life being created and supported by movement.

PHYSICAL EXERCISES

Who suffers more diseases, people who exercise their body regularly or those not moving most of time? Whose body lives longer, of man who regularly practices physical exercises or of man sitting most of their life?

Have you visited areas where the average life span is much longer compared to the average on Earth? If you have, you know that people with the longest life span are those who move their muscles regularly. Even when their age is over a hundred, they still are physically active in

their daily life.

On the contrary, look at societies with many overweight people. Why there are so many fat people there? The main reason is that they move too little. Most of them will have so-called sitting work. Then, after returning home, they eat and sit for hour on their sofa, watching TV or a computer. This is the main reason why their bodies are degenerating quickly and suffering so many illnesses. Only when those sitting people start to be physically more active, they can get rid of their diseases.

I suggest that you reread the chapter about physical exercises in HFT1. Be aware that the immune system of man who has insufficient physical movement will never work at full efficiency. This is why I would insist that you exercise regularly, unless your daily life includes sufficient physical activity.

On the other hand, I suggest that you do not force your body to exercise too much. Too much physical movement will exhaust body life energy earlier, so your life span will be shortened. Forcing the body to exercise too much may also harm it because the joints and muscles may wear out earlier. As I explained it HFT1, being moderate in whatever you do, extends your life span.

ENERGIZING EXERCISES

This kind of body exercises are design to increase the amount of life energy running the human body. There are two characteristic features of properly designed and performed energizing exercises. One is that you are not stressing the body muscles; two is that you pay attention to the movement of energy flow in your body. HFT1 has a chapter about energizing exercises, if you need to review this material.

Whether you choose a school to practice energizing exercises or you elaborate your own system, what really matters is that you practice regularly. Physical exercises straighten your muscles, energizing exercises strengthen your energetic structure. Hence the human body is an electric machine, its energetic structure is the foundation of its proper functioning.

PSYCHE

Your body is an image in your mind – I suppose that you remember this fact which I explained in HFT1. Logically thinking, if you want to change something in your body, change the image of it in your mind. So, if you want to keep your body in perfect health, keep such an image in your mind.

Observe people suffering diseases and listen to how they talk about themselves. Do you hear from them very optimistic statements related to their health? If you did, that would be an exception or they were joking. You see, by continuously holding so-called negative images about their own health, and even stating them vocally, they have contributed to the present state of their body.

Obviously, when you observe so-called ‘optimistic’ people, you will see that statistically they are healthier and they express that in form of optimistic words and actions.

Your world is run in your mind. Your body is in this world. Your imagination controls energy, therefore it controls your body life.

INNER JOY

Inner Joy is the most powerful exercise that I know for creating perfect health and beneficial life circumstances. Obviously, if you do not practice

it, you cannot expect its astonishing results often called ‘miracles’. To understand what ‘miracles’ mean here, you need to get that far in practicing Inner Joy. This exercise is described in detail in HFT1.

I want to emphasize that **only** when you regularly practice the passive and dynamic Inner Joy, you will be able to experience their astonishing effects on your body and psyche. Use Inner Joy, it is so simple but may give so much health and self-cure benefits.

VISUALIZATION

When you properly practice visualization, you change your reality in accordance with your desire. If you visualize perfect health, your reality will be changing in that direction. How much you get with visualization and what you can practically change in your reality, it depends on how efficiently you visualize. You can read a practical, detailed description of this technique in HFT1. Practice to keep perfect health.

ENVIRONMENT

Everything around you influences you, in other words, environment programs your instinct and the way you choose to experience Life. ‘Environment’ includes physical locations, people and things in your living space, their behavior and also every stimuli reaching your senses.

That is a huge stream of data influencing you all the time, whether you are awake or asleep. Practically, it is impossible to be aware of the entire environmental influence and change it, but there are things that you can control.

There are negative and positive influences from the environment. Aiming to create and sustain perfect health, you may need to avoid the negative

factors. Later in this book, I will mention many negative environmental factors which are commonly present in life of most people.

Before continuing with the next chapters, I would like to emphasize that the most beneficial environment for man to live is nature. Whenever I say “nature” I mean the virgin nature, which is any place which zero influence from people. There are still some places on Earth, which were never touched by the human civilization.

Practically, of course, it might be impossible for you to move to such a place. The fact is that the closer you are to the virgin nature, the more natural your life can be. The more natural your living environment is, the more compatible it is for your body and the more it supports you.

I am aware that for most people who were born in cities and never went to nature, moving there will be like risking their life, literally. This is why I suggest that you, while learning the natural way of life, gradually move into nature, the most life supporting environment.

As I shockingly wrote in HFT1, the city is hell on Earth, the nature is paradise on Earth. If you ask about it your body, especially your nerve system, they will strongly confirm my statement. So, where do you choose to live?

CAUSES OF ILLNESS

The human body is a very sophisticated machine. It is worth to know how to properly operate this machine and protect it against harmful influence which cause illness.

Protecting your body against illness helps to avoid most diseases, so you do not have to spend energy and resources to restore health. Let me list some major factors causing illness, so that you can be aware of these factors and avoid them.

- Images in the mind (unaware visualization).
- Toxic relationship.
- Weak immune system.
- Electromagnetic fields (EMF), mainly from:
the grid, Wi-Fi, GSM, 2G, 3G, 4G, 5G.
- Wireless communication devices, mainly phones.
- Poisons in environment.
- Poisons in food.
- Poisons in water.
- Geopathic zones or stress, underground streams or caves.
- Viruses, bacteria, parasites, fungi.
- Genetically Modified Organism.
- Antibiotics.
- Vaccines.

When living in a city, it may be very difficult and inconvenient to get rid of some harmful factors causing illness, however when you are aware of them, you will be able to make more health-conscious decisions how far to go with the protection.

You can choose if you know, if you do not know, you follow blindly.

IMAGES IN MIND

I explained it in the previous chapter, and also in HFT1, that your body is an image in your mind, therefore also its health is impacted by how you imagine yourself. What you focus on, it grows. Continuously imagining illness, contributes to creating it or accelerating its development.

I have noticed that most people seem not to be aware of the fact that the more they focus on their health problem, the more they contribute to its growth. They may be saying what they really believe or they may be joking, however in any case, discussing continuously about how bad they feel or how serious is their health problem, will only amplify it.

Creation of disease by imagining health problems is a well known psychological mechanism, regardless of whether man believes or ignores it. What I found out is that many people are not aware that they impact their health by keeping negative images in their minds.

This may be caused by social influence because in some social circles, joking about their own health in negative meaning is a common practice. Have you heard people joking about themselves like in these sentences? “I feel awful.”, “I am dying.”, “This is killing me.”, “She drives me crazy!”, “My health is getting worse.”, “Name a disease, I have it all.” “I am deeply hurt.”, “I am getting old and sick.”, “Bad for me.”

When people speak about themselves like that, even if they are joking only, it still does affect their body. The more this kind of joking becomes a habit, the bigger is the probability to create a real physical body issue. Therefore, I suggest that you talk positively about yourself, especially about your health.

TOXIC RELATIONSHIP

This happens in so many family relationships. It may be between a husband and wife or a parent and their child or parents-in-law, when one party behaves in despot or aggressive manner towards the other. Such relationship, where love is not the ruling factor, creates tensions, misunderstandings, quarrels or even fights. Obviously, when such situation lasts long time, it affects health of the involved parties.

Other type of toxic relationship appears when one party continuously has expectations towards their partner, which are not fulfilled. Although they suffer, they do not speak about this problem. This inner suffering may be seriously harmful if it lasts for too long. In fact, inner suffering and hidden or forgotten feelings often are bases for development of chronic illnesses.

WEAK IMMUNE SYSTEM

Have you heard this saying? “There is only one illness, but it has twenty thousand names, it is called weak immune system.” This saying explains the essence of what is the major cause of diseases caused by foreign substances and infectious agents.

When the immune system is not performing well enough, there is no way to keep the body healthy. No medicine will be able to perform the miracle of keeping diseases away.

There are many factors which weakens the immune system, the major ones include: environmental poisons, electromagnetic fields, negative emotions, insufficient physical activity, not enough sunlight reaching the skin, harmful eating habits and bad sleeping conditions.

ELECTROMAGNETIC FIELDS

There are tons of independent scientific reports, some of them older than a century, providing evidence of how various electromagnetic fields (EMF) harm biological life, especially the human body. There is also so-called disinformation war run by mass-media controlled by people who have interests in developing and deploying wireless communication systems. If you want to learn more, you must do your own research.

Around the end of the twentieth century, harmful EMF began to spread vastly with the popularization of wireless communication devices. Since that time, the strength of EMF in cities increased thousands to millions of times. Corrupted, intimidated or unconscious people in charge of national health institutions have allowed much higher levels of EMF, so that communication systems could be farther developed. This exposed people more and more to harmful EMF.

I have found out that EMF produced by WiFi and G2, G3, G4, G5 become the major cause of diseases for people. Among many harmful effects caused by EMF, one of the most dangerous is that the immune system becomes weaker and weaker.

This is what I copied from articles published by researches, about other harmful effects of EMF on the human body: “brain cancer, depression, heart disease, leukemia, miscarriage, allergies, asthma, autism, blood pressure (raised), concentration difficulties, diabetes, fatigue, frequent infections, headaches, hormone changes, mental health issues, nerve damage, sleep disturbance, skin complaints, sperm abnormalities, tinnitus”. This is not a complete list of all harmful effects.

If you are in WiFi field or you use a mobile phone or stay close to so-called “smart meter” or any industrial electric device, your body is under even stronger influence of EMF. It would be a miracle – but not lasting

long – if somebody could survive healthy in such a place.

One more thing, stay at least 1 meter away from home grid electric wires. They emanate 50 or 60 Hz frequency EMF which is not beneficial to the human body life. However, if there is a high voltage (110 kV and above) electric line, then you better stay at least 300 meters away from it. The higher is the voltage of that electric line, the farther away you should move. If such electric line goes above your house, abandon it, do not live there, protect your health.

WIRELESS COMMUNICATION DEVICES

Obviously, mobile phones are the most commonly used wireless communication devices. Look at this picture, it explains all graphically, although for now it may still seem little exaggerated.



One of the light components emanated from the phone screen, blue, irrecoverably damages the retina. This process occurs slowly, it takes years, so most people do not feel it, however, their retina suffers. To

protect eyes, keep the screen as dim as still possible for you to read.

The screen is like a lamp which lights directly to your face. You can see in a dark place that the screen can be used as a torch. The lighter it is, the more it harms eyes, promoting serious health problems to the eyes and to the nerve and endocrine systems. This is especially valid at night.

Dramatic lost of self-awareness and mind powers. Notice the faces on above image; personally, I see that in real life, faces of more and more people become more and more similar to those on that image.

One day, when I was waiting for a bus, I noticed that all people around me were having their eyes almost glued to phones. Then, I ask a girl close to me, "Is that so interesting?" When she turn her face to me, I noticed that there is no spirit, there is no life in her eyes. She looked like zombie, a completely unconscious human. It took her a few seconds to wake up slightly and to answer my question.

This is an obvious proof how people loose their self-awareness and their mind abilities. Those people are changing into machine like beings controlled by artificial intelligence. They are not aware of that fact, and if I tell them, they smile only.

I also found out that some phone addicts are less and less capable of living without consulting phone. This looks as if their brain was in the wireless communication device that they are holding. They ask their phones simple questions, for example: "How to peel off potatoes?", "What gift should I buy for mother's day?", "Where can I be happy?"

When I talk to some phone addicts, I really see that there is no life in their eyes and I feel that they do not comprehend what I say. Those people were not born like that. They were born with fully functional, powerful brain and nerve system. By using wireless communication

devices too much, they have damaged their psyche and became mentally impaired.

Parents who give a phone, tablet, computer, etc. to their children, damage their eyes, brain, nerve and endocrine systems. These children will never be healthy, they will live like unconscious people, suffer diseases and die earlier. The younger is the child, the deeper and quicker is the damage caused.

WiFi

Before they started to deploy 5G, I called WiFi “Number one killer in cities of this planet.” WiFi does not directly kill man, it harms the human immune system, among the other damages mentioned above.

What is staggering about WiFi is the fact that the frequency used in WiFi is almost the same as is used in microwave oven! Tell me, why have they chosen the microwave oven frequency for WiFi if they could choose billions of other frequencies which would work as well? Well, the secret is about the most often used WiFi frequency ~2.4 GHz which makes water boil in the microwave oven. By the way, your body is mostly water – think about this shocking fact.

Be aware that when you install WiFi in your home, you practically put yourself in a very weak microwave oven. Of course, you may not feel that because the EMF is thousands of times weaker, but still, your body is under microwave oven frequency all the time when WiFi is on. Think about it, do you really want to treat your body like that?

POISON IN ENVIRONMENT

There are so many poisons in the city environment that describing them would require writing another book. For simplicity, let me mention only a few poisons found in almost every home, in cosmetics, cleaners, wall paint, furniture, dishes, clothes.

COSMETICS

Be aware that whatever liquid you put on your skin, it goes into your blood stream within seconds and then circulates in the entire body. There are hundreds of chemicals used in cosmetic industry, most of them are considered harmful to human body.

If your cosmetic is not edible, then it poisons your body when applied on skin, which may result in illness. There are many cosmetics which can be also eaten, so why would you choose the non-edible ones which poison the body?

Besides that, if your cosmetic, especially the oily one, is in a plastic container, it becomes even more poisonous. Oils dissolve plastic better than water, therefore if your cosmetic is in a plastic container, it is contaminated with plastic.

I suggest that you check your soap, shampoo, body wash, hair conditioner and everything else that you put on your skin – can you eat it without being poisoned? If not, then why do you poison your body by applying it on your skin and thus let it go into your blood?

CLEANERS

What I explained just now about cosmetics, practically can be also applied to home cleaners, especially if you do not use protecting clothes

during cleaning. Yes, if your cleaner is not edible, you better do not touch it and do not use it in your home. Some cleaners poison also the air for many hours – I suggest you do not touch them.

Most cleaning agents used at home are poisons. They clean nicely but they also poison your body through the skin, lungs and eyes. You have a choice, so you can buy natural cleaners. For example, vinegar and baking soda are universal cleaning edible chemicals which can be used also for washing clothes. Are you aware that edible oils can also be used for cleaning some kinds of dirt surface?

WALL PAINT

This is of utmost importance because what you put on the walls of your house, will enter your lungs, thus the entire body. Be aware that some so-called “ecological paints” are not so safe too.

There are many solutions for painting the walls of your house with natural substances which are neutral to your body even if you eat them. For example, a good white wall paint can be made with calcite plus baking soda plus glue made from starch. Then, you can add mineral coloring powders.

Be aware that even if it is written on the container that this paint is safe, do not blindly believe it, check out what chemicals it contains.

If you happen to paint the walls of your room, make sure that afterwards you leave it with widely open windows, so that the walls will dry well and any gaseous substance will leave your room completely.

FURNITURE

Furniture made from natural materials like wood (not millboard or wood shavings), stone, glass, ceramic, metal or leather, should be safe, if it is not covered with poisonous paint and does not include plastic.

When you buy furniture, look only for natural materials and before you move it into your room, make sure it does not have chemical smell. As long as you smell formaldehyde or other chemicals, do not use it. Let it stay in a well aired place for a few months until all the poison is gone.

DISHES

Ceramic, glass, stainless food grade steel, silver or wood can be used for dishes if they are not covered with Teflon, plastic or other poisonous substances. I warn you not to use so-called “non-stick” cookwares, except ceramic ones, because they may be covered with Teflon (perfluorooctanoic acid). Especially at higher temperature, Teflon emits poisonous fumes which may react with the food and which may cause damage to lungs. Also, the coating wear off with time and then it is found in human body.

CLOTHES

Clothes and also bedclothes are in touch with your body almost all the time, they stick to your skin. If clothes contain plastic or other poisonous chemicals, you can expect these to be found in your blood, poisoning your body. Be aware that skin is never completely dry, it is more or less humid or wet when you sweat. Sweat can dissolve some clothes material although it will be in nano-amount, but still, poisons enters your body and may promote illness.

On the other hand, when you wash your clothes in non-edible agents, you cannot expect the clothes to be healthy to the skin. Micro amount of washing agents will remain in the clothes even if you clean them with water many times. Then they will be absorbed by body sweat and enter the body blood circulation.

POISONS IN FOOD

Obviously, food is one of the most important things in human life. What you eat, directly impacts your body, therefore if eaten food contains poisons, your body may suffer. In fact, poisons in food and water are one of the major causes of illness.

It became almost impossible to find food without poisons, so some people give up, do not care any more and say that everything is poisoned. Nevertheless, I still advice you to pay attention to what your food contains. When you read the labels listing the content of food products that you intend to buy, you may choose those less poisoned.



Be aware that most harmful, poisonous food additives are officially allowed by national health organization to be used in food. People think that if food is sold in supermarkets, it must be safe – this thinking is far from reality.

There are thousands of so-called “food additives”, so many that it become a field of sophisticated science, an industrial branch of chemistry, physics and biology. There is also a lot of misinformation about what is poisonous and what is not, and how an additive affects the body.

I suggest that you always read the food labels before you decide to buy. If you do not know any of the listed substances, check it out, maybe quickly on-line, what it is and how it influences human body health.

Just to list and describe them would make a new fat book. I am listing a very few harmful food additives here, which you can find in many food products; although some researches will not agree that these below are poisonous additives.

GMO = Genetically Modified Organism	Destroys Earth food supplies and farming, besides being harmful.
Glyphosate or Roundup	Not listed on labels but found in most foods derived from grain.
MSG = Monosodium Glutamate	Harms the endocrine system.
plastic	Avoid plastic packing, especially for water.
Teflon	No-stick ware, especially dangerous in high temperatures.
Aluminum	Neurological poison. Never use aluminum for food or water.
Mercury	Found in big fishes, causes heavy metal poisoning.
Aspartame: (NutraSweet, Amino Sweet or other names)	Ant killer. Neurological poison. Sold under many different names.
Saccharine	Artificial sweetener, harms glands.
HFCS = High Fructose Corn Syrup	Sweetener which makes man addicted and later become fat.

Sucralose: (Splenda, Zero-Cal, Sukrana, Apriva, SucraPlus, Candys, Cukren, etc. = E955)	Many names of the same artificial sweetener which affects the nerve system.
Sodium Nitrite or Nitrate	Nasty poisons.
BHA, BHT = butylated hydroxytoluene, butylated hydroxyanisole	Even more nasty poison.
sodium benzoate	Harmful preservative.
sodium phosphate	Harmful preservative.
refined sucrose	White sugar, overused in food, makes you addicted and fat.

What is even more tricky from food industry is that if customers discover that a food addictive is poisonous and then they tend to buy less, food industry changes the name of that substance. So, you have one poison being a food addictive known under several different names.

Please, if you care about health, make your own research because some researches may say that a food addictive is safe, while others will prove it poisonous. Do your own research and do not believe that all food additives are safe because most of them are not. If you do not care to protect yourself against eating additives, do not wonder when your body starts to degenerate at accelerated speed.

FOOD FROM MICROWAVE OVEN

Microwave oven destroys all life and water structure. If you treat food or water in microwave oven, you make it dead. If you consume this dead food or water, you introduce death programming into your body. The program of death introduced into your body may cause more harm than poisoned food.

Considering your health, I advise you to never use microwave oven for food. If you do not have other purpose for your microwave oven, you may give it to recycling. Please, do not donate it to anybody, I hope that you do not want them to suffer.



POISONS IN WATER

The human body is built mostly of water, so it goes without saying that body health depends on quality of water it consumes. Therefore it is up to your responsibility to learn what to do to provide your body with the clean water.



If you do not drink water from your own natural spring, then you probably live in a city and consume what from the tap. Vast majority of

tap waters contain many chemicals harmful to biological life.

As in case of food poisons, water contamination and its purification may be considered a science. Hence water is the most universal solvent on Earth, it may contain innumerable amount of substances, lots of which come from the industry and city sewage. I am listing here only a few of them which I consider found most often in city water.

Bisphenol-A (BPA)
Bisphenol-B (BPB)
Fluoride
Chlorine
Heavy metals
Hexavalent chromium (Cr+IV)
Perfluorooctanoic acid (PFOA)
Antibiotics
Fertilizers
Glyphosate or other herbicides and pesticides

I suggest that you do your own research about every of these poisons, because if you do, you might be shocked and get angry, why people behind big companies damage our health by poisoning waters without ever being punished.

Investing in efficient water filter really protects your health. Make sure that you read the technical specification of the filter, especially analyze the section about how efficient it is in removing those poisons mentioned above.

GEOPATHIC STRESS

Geopathic stress is a geological phenomenon which most people have never heard about. In short, this matter is about emanations / radiations appearing in some zones, caused by underground stress, rock formations, streams or caves. Your house or work place may be in such zone.

In some places, this kind of radiation is so concentrated that if it passes through your bedroom or other places where you spend a lot of time, it harms functions of body organs. This promotes development of diseases similar to what weak but longtime radioactive exposure causes. If you stay in such a place, no medicine will help you, you need to move away.

It is even worse if you stay in places lower than the ground level. In most such places, you may be exposed to Radon, a poisonous and radioactive gas which is not visible and not sensible.

If you would like to find out whether there are harmful emanations from geopathic stress in your living or working place, you may need to invite a specialist in radiesthesia to check the place. They can also advice you about the protection methods.

VIRUSES, BACTERIA, PARASITES, FUNGI

When the immune system is not working at its full efficiency, bacteria and viruses can overtake the control of something in the human body, for example, cells, blood, liver or thyroids. Of course, when they develop too much in these regions, illness develops.

Harmful viruses and bacteria are practically everywhere. This is not a problem when your immune system is working efficiently and when you conduct so-called hygienic life. However, exaggerating with cleanness in order to eliminate all the harmful micro organisms would be a mistake.

The body needs to be in touch with viruses and bacteria to sustain its immunological awareness.

Other micro organisms, which may seriously damage health and even cause death, are fungi and molds which can be of different colors and textures. They usually like dark and humid places, so you can find them behind furniture, under sinks, window covers, frames wallpaper, etc.

Many house owners are not aware that their rooms have fungi because they are well hidden somewhere on the walls. You may need to move a sofa or tear off some wallpaper or open the air conditioner, to find out that there is mold in those places. When there is a stinky smell in a room, it probably has fungi, most often it will be a mold hidden somewhere.

Never sleep or stay longer in a place with fungi, especially when you can smell it because it will enter your lungs and might spread throughout your body. Some serious illnesses are caused by fungi. People can suffer for years because they are not aware about molds in their apartment or office. I know stories, where chronic diseases ceased after people renewed their apartment, which included removing mold. Do not neglect this fact, once you find mild, immediately remove it.

GENETICALLY MODIFIED ORGANISM

GMO is produced when genes of a plant or animal were manipulated. Having been manipulated, they become unknown to nature, therefore the modified plant or animal is not natural, it became an industrial product.

As you remember my description from HFT1, the human body is 100% compatible with nature. This total compatibility implies that all the food found in nature is fully compatible with the human body. In other words, the food in nature is perfect. “Perfect” means that it cannot be improved,

therefore any modification made to food of nature, will make it non-perfect, in other words, worse for consumption by humans and animals.

Although GMO has been known since ever on Earth, the human body still treats them more or less harmful. The most harmful GMOs started to be marketed after the eighties of the twentieth century. Statistically, the newer GMO it is, the more harmful for the human body.

You can find so many papers from scientific research, to find out how unknown to nature genes and proteins found in GMOs, evoke harmful reactions in the human body. For example, biologists discovered that when genetically modified wheat was consumed by humans, increased amount of leukocytes quickly appeared in their blood. This means that the immune system reacted to wheat as if it was a virus.

Modifying genes of nature means playing with its life sustaining programming. GMOs consumed by man, cause unexpected self-defense reactions of the body, disturb the immune system and metabolism which results in illnesses.

Nature treats any GMO as erroneously programmed organism which is not allowed to live and develop. Nature is the strongest organism on Earth, therefore when it finds GMO, it will overwrite its gene modification to bring it back to natural state, or it will kill that organism.

Make an experiment, to prove this fact to yourself. Go to a glade and sow healthy wheat seeds. Observe what will happen. Wheat will grow well in one season. In the next season it may not appear any more, it will be killed by nature.

If wheat continues to sow itself and grow, you will see that within a few seasons it will completely change back to grass, from which it was originally made. The same will happen with any other GMO of plant.

If nature does not allow it, because it is wrong and harmful programming, then why would you want to eat it?

ANTIBIOTICS

Antibiotics, by killing bacteria invading human body, can save life, it is a fact. Another fact is, that antibiotics have been used unnecessarily too often. I have seen statistics which show that doctors prescribed antibiotics about nine times more often than patients actually needed them.

If you really need antibiotics, make sure that you will not eat them, ask for injections. If you eat antibiotics, they kill also beneficial bacteria in your intestines. If too much of the intestinal flora is damaged by antibiotics, your body cannot be healthy, no way. Number of serious illness may develop, some of them are called “incurable”.

If your body needs antibiotics, look for the natural ones from plants growing in nature. Cure plants are often more efficient than synthetic antibiotics and they have far less side effects. Some well known home antibiotics are found in kitchen, for example: garlic, onion, ginger, turmeric.

VACCINES

The only vaccines known in nature are mosquitoes and some other insects. What may happen is that they will infect your body with a virus. If your immune system is strong enough, you will survive; this is how nature works.

Vaccines produced by man do not work as advertised – this has been confirmed many times. Statistics show that applying vaccines to a society promotes spreading of the illness that the vaccine was suppose to

eradicate. Obviously, when man is vaccinated, man may spread the virus and effect others.

Having researched this topic for many years, I never found any man whose health was saved by using vaccines. However, I saw innumerable cases of people who fell ill due to vaccines, many died. Vaccines harm human body, they may cause illness many years after injection.

Be aware that a vaccine injected into your body, poisons it with many chemicals, for example mercury and aluminum compounds, some of which are confirmed to cause unrecoverable nerve system damage.

There are socking video interviews on Internet, which testify not only that vaccines did not work as advertised, they also seriously damaged health of people.

I remember quite enlightening and shocking interview with Dr. Shiv Chopra who graduated as microbiologist and later become the head of a biological research, who was working twenty years for a vaccine company. He was also in charge of statistics, how efficient vaccines were. This top expert stated: “no flue vaccine has ever worked” ... “these are all made up things” ... “the whole thing is a hoax”.

If you have any doubts, just read the label on the vaccine box. Besides that, do your own research, because there is tons of information testifying against vaccines. Be prepared to be shocked and maybe angry when you discover how health of many people was damaged by the vaccine industry.

Look at publicly available statistics. What do you find? Well, the more vaccinated are people of a country, the more illnesses they suffer and the fewer people are healthy over there.

SELF-CURE

In case of health issues, I suggest that you seek advice of wise and trustable doctors who have sufficient experience to advise you and who are not agents of the pharmaceutical industry. As sad as this might sound to you, many doctors are not like that. The reason is that they stopped their education in school and then, while practicing medicine, they are legally obligated to follow procedures. Even if their practice proves that a procedure is harmful, and even if they know a more efficient cure technique, they may not be allow to use it. They work in fear.

You are supposed to be a free man, therefore you can choose how you are treated in case of illness. If you cannot find efficient help from doctors, do not be scared to take care of yourself. Use nature for self-cure and seek advice from those who know how to help you.

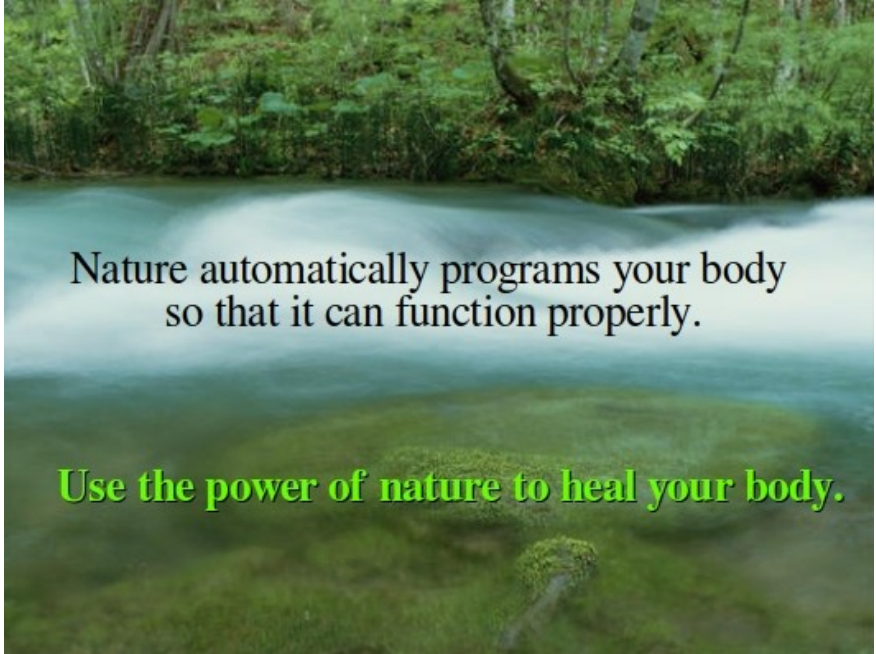
Warning.

I am going to share my life long experience of self-cure in form of ‘advice by a friend’. Bear in mind that I am no authority in healing or curing, therefore my sharing should NEVER be treated as a professional advice. Accept this as a loving friend to friend advice. I may be wrong or something may not work for you or in some cases it might harm you. If you decide to use any technique described in this book, it would be all your responsibility, and I will not give you any support in your practice.

CURE BY NATURE

I often emphasize that the human body is an inseparable part of nature, this is why nature is called Mother. You are Mother Nature’s baby, however, you are free to choose, to live with your Mother or to leave her.

When you choose to stay on the bosom of your Mother, you are in a place where all what you need for living is provided to you for free. Your Mother also takes care of your health.



Nature automatically programs your body
so that it can function properly.

Use the power of nature to heal your body.

How do you feel when living in the crowded city, surrounded by the concrete, with almost no green space? Compare it to your feeling when you go to a forest at a lake or seaside. Obviously, the latter is much more alive and you can feel how your body life energy is restored there.

This is the most obvious function of nature, that it revitalizes and regenerates the human body. The condition is, you must be in nature, there is no second option, your presence in nature is necessary.

While you stay in nature, it automatically reprograms your instinct restoring its original nature programming, then the resulting body cure is

a by-product of this process. As I explained about this in HFT1, it is enough if you just stay in nature and do nothing. Spend some time in nature, eat its food directly and sleep there – this is all you may need to do to recover health. Of course, if you add other curing factors, for example, physical and energizing exercises, the cure effect shall increase significantly.

I hope you got the point that there is nothing fancy with the cure power of nature, it is as simple as just explained. Be in a forest at the seaside, lake or river far from any city, relax and enjoy your time; nature knows what cure your body needs and how to regenerate you properly.

From time to time, I gather with my students in nature where I organize advanced seminars for them. We exercise and use different remedies of nature for revitalization and regeneration. Many participants get rid of body and psyche problems. Enlightenment and other “miracles” happen sometimes.

MIND

Your senses perceive the physical world, including your body, as a hard matter, however all of the matter is just an image in your mind. When you really know the meaning of this statement, you can feel or imagine that the secret to successful self-cure lies in your mind. Indeed, your health depends on many factors but the major impact is caused by what you imagine about yourself, especially how you see your health – as explained in this book and in HFT1.

When you decide to cure yourself, the first thing to change may be how and what you keep imagining about your health. Interesting, most people are not fully aware what they keep in mind about their body health; only after you ask them about some details, they may realize that they keep

harmful images in their mind. In other words, those people do unconscious visualization which materializes in form of disease for them.

I suggest that you first analyze images in your mind. Recall them one by one in order to find out which are supporting your body health and which harm it. Remember, that even if you present negative images in jokes about yourself, your health is affected harmfully.

There are two efficient mind techniques to cure yourself, you already know them – Inner Joy and visualization. If you do not remember the details, read the description in HFT1. You can start practicing now.

While doing visualization, use a vivid images in which you perceive yourself as a ‘joyful man in perfect health’. The ‘joyful man in perfect health’ is the final goal of your visualization. Prepare your imagined movie like this and do practice visualization, following all the principles of this technique. If you do it properly, it can cure your in minutes; I have personally experienced this.

HERBS

When I say “herbs” I mean not industrially produced plants, I mean the real thing which you find in real nature like in a natural forest or field. According to my experience, properly used herbs, or let me call it ‘plant medicine’, is one the most efficient remedies of restoring health.

Using herbs for curing people efficiently requires a lot of studying and practicing. Most people would not like to learn this natural, powerful cure of restoring health back to normal.

Be aware that nature has cure for all diseases including those who were not discovered and classified yet. Nature also does not know so-called, or

let me say the truth, advertised, “incurable illnesses”. People working in the branch of chemistry called pharmaceutical medicine, believe in incurable diseases but there is no such thing for nature.

Even if you are not going to become a master of plant cure, I sincerely suggest that you study it for your future benefit. In present times, as we can clearly see it, the official so-called “health care” system is damaging health of people more and more. If you do not take proper care of yourself, then, in not so far future, you might be left without proper care, in other words, you might not find people who will be able really cure you.

On the other hand, as you can clearly see, this civilization is going to self-destruction, especially in cities, therefore it may be a very good idea to know the basics of using nature cure remedies. Even now, if you find yourself far from others who could help you, you may be able to cure yourself in unexpected situations, if you know some basics of using natural cure remedies.

For your great benefit, I suggest that you learn how to properly recognize and then use at least twenty different plants for curing. Choose plants which grow in your area, they are the most compatible with your body.

CHEMICALS

More than a dozen of chemical substances have been used for ages to efficiently assist people in self-cure. Some examples include: table salt, baking soda, vinegar, iodine, Epson salt, pure ethyl alcohol, activated carbon or charcoal, purified kerosene, borax, soap, potassium permanganate and the almost miracle sodium chlorite (NaClO_2).

If you learn how to use them for curing, you may be surprised that there are hundreds of health issues where these simple and cheap chemicals can be used efficiently.

Same as in case of plants, I advise you to do your own research and study well how to use these and other commonly available chemicals for cure. Especially sodium chlorite, baking soda, iodine and activated carbon have wide spectrum of very efficient usage, when you want to get rid of an illness.

You may be surprised to learn that most of the common health issues can be successfully eliminated with these simple chemicals and the twenty cure plants mentioned above. You might not have any need to seek help from a doctor for years, if ever.

I may be an example of a man using cure based on simple plant medicine and commonly used chemicals. In my 57 years of life, I had to seek help of a doctor only a few times, mainly because of physical accidents. When I got sick, I mainly cured my body with fasting; sometimes I drank herbal teas or used commonly available chemicals like baking soda or sodium chlorite and activated carbon.

DEVICES

I have seen and tested some non-invasive electronic devices very useful for diagnosing health of man; some of them can be used for both, diagnosing and cure. Just a few minutes may be enough to diagnose your health for over a dozen of thousands of possible health issues, and then from a few minutes to a few hours is needed to cure you.

I noticed that this kind of electronic devices are not widely used by hospitals, maybe because they are very accurate and quick in both

diagnosing and cure. They are also simple to use and inexpensive to buy compared to the cost of medical treatment. I found out that many wise health practitioners use this kind of diagnose and cure devices in their private clinics.

These electronic devices started to be developed after extraordinary discoveries of Dr Royal Raymond Rife in the twenties of the last century. He used electric frequency devices to “miraculously” restore health of many so-called “non-curable” patients.

You may find that many electronic devices of this kind are sold on Internet. The sellers may claim extraordinary healing results. Be cautious, I suggest, because some claims may not be true; even worse, some devices can be harmful.

To find these devices, you could start searching with terms like: Rife, zapper, eri, galvanic stimulation, electrotherapy, tens, microcurrent electrical neuromuscular stimulator, ritm scenar, electronic healing, energetic medicine, deta-elis, devita ap.

PHYSICAL ACTIVITY

Most people are aware that the human body needs physical activity to function properly but many have not found out that by performing physical and energizing exercises, man can cure their body. Yes, it is not so obvious fact. I have experienced it before my forties.

In that time I spend almost all my time at home which was also my office. I did not move much because my work was mostly at the desk. My body put on weight and was not so strong anymore compared to my youth time. What was bothering me most was that I got a cold, cough or running nose every once in a month or two.

Then I made one change in my daily life, I introduced physical exercises, three to four times a day, every session three to five minutes only. The health problems ceased and the frequency of my diseases decreased to maximum once in about a year.

Indeed, the human body needs some minimum amount of physical activity to stay healthy. If you are physically not active enough and you suffer similar health issues as I did, practicing physical exercises may be the only self-cure your body needs.

Besides that, I suggest that you read about physical and energizing exercises in HFT1 where I explain much more. Be aware that performing energizing exercises is also very important to maintain good health, especially for people over fifty years old.

One more thing that I like to emphasize is swimming in natural waters especially in the ocean during a sunny day. I suggest that you use this natural remedy for self-cure whenever possible. Swimming in a lake, river or ocean during a sunny day for a dozen of minutes brings the body many benefits. All the muscles are working, your body can absorb minerals from ocean water, the skin is activated by the sunlight – just to mention a few efficient cure factors.

SPINE CORRECTION

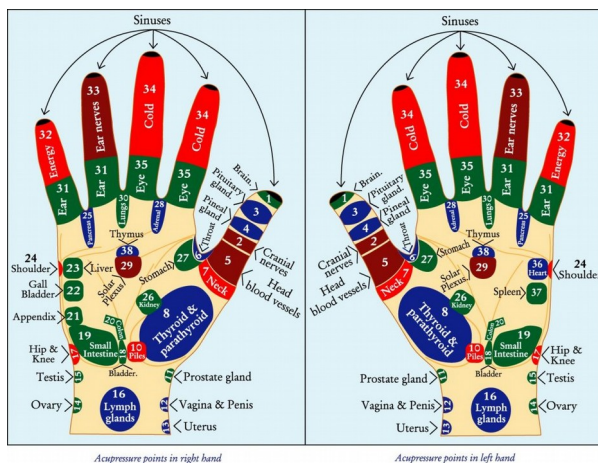
Misaligned vertebra and displaced inter-vertebrae disks are one of major causes of body health problems. In fact, there are not many people with perfectly functioning spine and muscles. Even a small displacement of an inter-vertebrae disk may cause a disease which will last until the disk is fixed back to its original position.

You can learn to efficiently perform some spine correction but most of this cure work must be done by a well experienced chiropractor. In other words, if you cannot fully help yourself, find a good specialist because there are cases when an inexperienced ones did a harm to the spine.

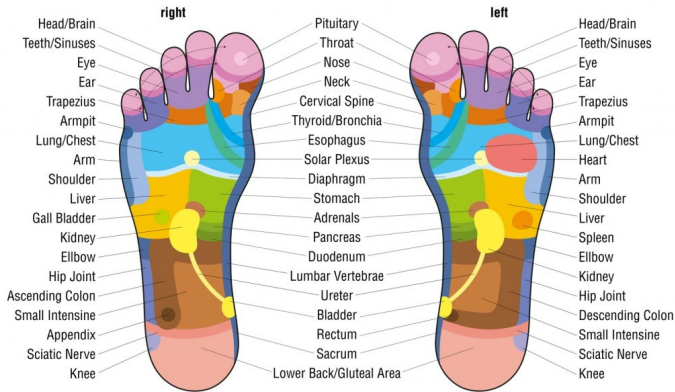
I warmly recommend to you to learn spine and bone self-correction techniques. These are simple body postures and movements which you can perform to keep your spine in good conditions and also cure it if necessary. This kind of spine exercises may be especially useful to you if you spend most of your time sitting. Tons of materials are available on Internet about this self-cure topic.

PALM AND FOOT MASSAGE

You probably have seen diagrams of palms, feet, ear and face where the body organs were marked. These diagrams are used by people who learn massaging certain points in order to cure their body health problems.



Foot Reflexology Chart



These two and many more similar diagrams of feet or palms are freely available on Internet. There is also a lot of freely available instructions for those who do not know how to perform this kind of massage.

To massage your palms and feet, you do not need to ask others to help, you can do it efficiently yourself. Help yourself, cure some of body issues by massaging their respective points on your feet and palms. This really works, I have experienced its efficiency number of times.

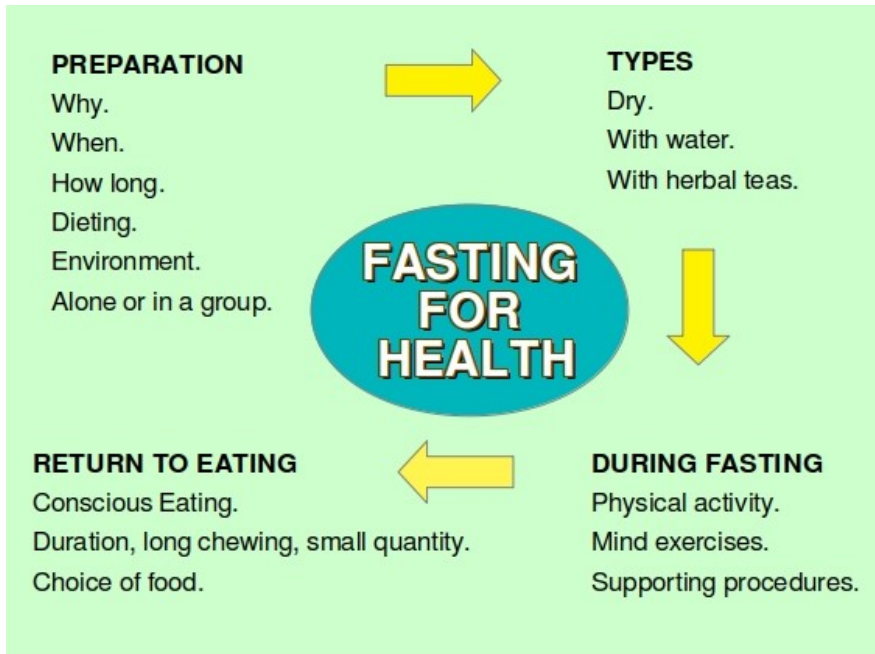
OTHER CURE

If the methods described above do not satisfy your needs, search for other ways to cure yourself. There are dozens of other efficient cure methods. You can find the instructions on Internet or in libraries.

Personally, I do not believe that there are incurable illnesses, but I believe that there are people who suffer some diseases that most doctors or healers do not know how to remove, so they say “incurable” instead of saying “I do not know how to cure you”.

If you cannot help yourself, continue searching people and information but be aware that there are two risks. One, a method you believe in will not work, it might harm you more. Two, man whom you believe that they can cure you may not succeed or even worse, they may make you suffer more. Just be aware that it is you who is responsible for making a choice how to cure yourself.

FASTING



Fasting for health is the most natural and the oldest cure method. Animals and naturally living people use this method when they need to cure themselves internal body self-cleansing.

When the body needs to clean itself in order to restore health, it will automatically decrease hunger to consume less or stop eating. Of course, if man ignores the message of their body, then they will continue eating. In this case eating will be harmful for the body because it will suppress the natural self-cure function.

Of course, not every body can properly perceive the messages from their body and then naturally follow with fasting. Most people need to learn

how to fast. Fasting, being a natural cure method, should be done properly, if not, it may become a harmful procedure.

I am going to explain fasting shortly. I hope that based on the following information, you will be able to fast properly. The above picture presents the overall idea of properly done fasting.

PREPARATION

To make fasting easier, which means with less unpleasant symptoms, it is recommended to prepare the body first. The preparation can last from one day to half a year, depending on many factors, mainly on your present diet, your beliefs, health conditions and living environment.

You could start fasting without any preparation, that would not be harmful for your body, that still would be natural, however the first few days of fasting would be more difficult for you, you could expect more unpleasant symptoms.

WHY

Why do people fast? The answer should be obvious to you by now, fasting is an efficient natural cure method which is fully compatible with the biology of the human body. Vast majority of diseases can be fully eliminated by fasting.

People practice fasting also for religious purposes. I am not going to write about religious fasting although its by-product may also be health restoration.

WHEN

Man needs fasting when their body becomes ill or it shows symptoms of degeneration or poisoning. When you notice any of these factors, you may decide to help your body to recover by fasting.

Many overweight people use fasting to get rid of excess fat, to “lose weight”. If done properly, it is the most efficient, quickest and natural method to restore the proper body shape.

HOW LONG

The simple straight answer is: as long as the body needs to be fully healthy again. Your body will message to you when to stop fasting. While fasting, you need to observe your body condition, so that you know when to stop fasting. If you continue for too long, the fasting will change to starving which is harmful, of course.

DIETING

The more processed is food in your diet, the more important it becomes to modify your eating before starting to fast. The goal is to eat as naturally as possible before the body switches to the fasting mode.

The diet modification should not be too quick so that the body does not feel uncomfortable. Let us assume that you eat mostly highly processed food, for example: baked or fried derivatives of grain and meat. What you need to do is to gradually decrease amount of this food by replacing it with fresh, mostly raw food, for example vegetables and fruits.

It is also important that during this process, you gradually eat less and less. To help yourself to eat less, you may need to use the Conscious Eating methods as much as you can implement it. Chewing long time and

staying focused on what your body feels, are two essential keys.

Remember, when you are modifying your diet, your goal is to eat as naturally as it is practically possible in your daily circumstances. When you feel that you have achieved this goal, then you can decide to start fasting.

ENVIRONMENT

I guess that I do not need to convince you that the most supportive environment for fasting is nature. If you could stay in nature during your entire fasting, you would achieve the best results in restoring health.

I advise you to find and prepare a simple living place, as deep in nature as possible, for the entire fasting time. Choose natural forest which is in hill area, close to the ocean or large lake. You will need to walk and swim regularly, so make sure that the environment, especially water and air, are super clean.

The more of natural and in pristine state the place is, the more it supports fasting. This is obvious for you when you know that the human body is a part of nature and it needs the natural programming for full revitalization and regeneration.

ALONE OR IN A GROUP

This will depend on what you prefer; to take care of yourself in silence or to feel supported by similar-minded friends. Personally, when I am fasting, I prefer to stay alone, so that my attention is more focused on what task I am performing. If you feel that you need others to accompany you, then find friends who want to fast with you.

One of obvious advantages of fasting in a group is that people support each other. For example, if you are alone and food is around, you may not be able to refuse the temptation. Fasting in a group is also safer because in any case you need help, your friends are close by.

On the other hand, many people become more sensitive during fasting which makes them irritated and angry much easier; then staying in a group may not be pleasant sometimes.

TYPES

There are many meanings given to the term “fasting”, so let me define it here clearly. Basically, “fasting” means that you **consume nothing**. If you consume something, it is not fasting, it may be dieting. Some people say “fruit juice fasting”; in my opinion, it is dieting.

DRY

To be more precise, when you “consume nothing”, it implies also no water. In other words, you do not put anything into your mouth, not even water, during the entire fasting, that is why it is called “dry fasting”.

Dry fasting is dangerous because if you force your body not to drink any water for too long time, it will dehydrate to death. You can dehydrate your body a little but if you cross the crucial point, it may be impossible to hydrate the body again. Then, even if you drink lots of water and stay in it, the body will not recover, it will be too late.

I suggest that you drink water during fasting. Having fasted for many times, when you become an experienced faster, you will feel your body better and then you will be able to switch from water fasting to dry fasting. Then you will be able to dry fast safely.

Dry fasting is roughly two to three times more efficient in cleansing and curing the body. During dry fasting the body excretes more poisons, compared to water fasting, this may make you suffer due to more unpleasant symptoms; in some cases, this may cause harm.

WITH WATER

Water fasting allows you to drink water only. There are misunderstandings about how much water to drink during fasting. Most people believe that the more water you drink, the better cleansing. No, it is not like that. Your kidneys are not like a toilet, flushing more water will not make them cleaner. The opposite happens when you drink too much water during fasting, the body will be forced to do more cleansing work for removing the excess water.

Feel your body. When it is thirsty, drink very slowly, drop by drop, until you feel that the body is not thirsty any more. For example, when I am water fasting, my body is satisfied with about a glass of water in the first and second days; later it requires less than a hundred milliliters of water per day. You are different, so focus on your body, how thirsty it is and provide it with as much water as it needs, but no more.

WITH HERBAL TEAS

In case of some illnesses, to make fasting even more efficient, herbal teas can be added to water fasting. Of course, no sugar, honey or any other sweetener are allowed.

If you want to drink herbal teas during fasting, you first must know exactly which herbs, when and at what amount to apply them. If you are not experienced in herbal medicine and nobody can advise you, I suggest

that you do not drink any herbal teas.

DURING FASTING

This is the essential part of the entire body self-cleansing and cure process. Obviously, you do not eat anything during fasting. I suggest that you do not give yourself up to temptations and do not insert into your mouth even a grain of food. If you do, it may increase your hunger and weaken your will to continue.

PHYSICAL ACTIVITY

The body eats itself during fasting but the programming of the instinct first will choose dead, weak or defected cells which means the useless or harmful ones. If you do not engage your muscles regularly, your body might consider them useless and then will eat their cells. You do not want to lose your muscles during fasting, so it is important to keep them sufficiently active.

Besides that, your body needs electricity, so you need to produce it by alternatively tensing and relaxing the muscles. The most beneficial physical exercise during fasting is swimming, as described earlier. Exercise several times a day, make sure that all your muscles work few minutes in every exercise session, even if you feel weak.

Also, to practice energizing exercises is very beneficial, as described in HFT1 and in this book. Hence your body cannot draw energy from food, you need to provide it by practicing more energizing exercises. You will feel better, also hunger will decrease. Energizing exercises accelerate self-cure of your body during fasting.

Some people feel weak during fasting, so they do not move much, even worse, they stay in bed for long time. They do not want to do even energizing exercises. Be aware that if you do not move sufficiently during fasting, if you do not provide enough energy to your body, your muscles will be significantly weakened and even some tissues will be eaten. Fasting like that is harmful because it may cause emaciation.

There are days when the body needs more rest, even to sleep longer, in these days it should not be forced to exercise. You need to feel the **difference between the body feeling weak and the body needing to rest**. When your body needs time to cure itself, it may require longer rest, but when it is weak, it requires more life energy which you can provide by energizing exercises.

MIND EXERCISES

Especially two mind exercises are beneficial during fasting, Inner Joy and visualization. Practicing the passive and dynamic Inner Joy greatly improves your mood, thus vitalizes the body. Of course, the dynamic Inner Joy is also an efficient energizing exercise.

In your visualization practice during fasting, it is enough to imagine that you are joyful and in perfect health; this significantly helps your instinct to restore body health programs. I suggest that you focus only on this image because you are fasting for health.

SUPPORTING PROCEDURES

People have created many procedures which are to help you go through fasting easier and to achieve more efficient cleansing and cure results. Of course, you do not have to perform any of these procedures, especially when you are afraid. Below, I listed a few procedures which I use

personally and apply to people fasting in my seminars. They are proven to be safe. Those people who apply them during fasting, benefit more.

BAKING SODA WATER SOLUTION

Drinking baking soda (NaHCO_3) water solution is quite an efficient procedure when you need to clean the intestine from some parasites and concretions during fasting.

Take between a half and one and a half tea spoon of baking soda. Dissolve it in a glass or more of warm water. Drink this solution at once, sometime between five and seven o'clock in the morning, after you wake up. Depending on your body reaction, you may feel nothing, or there will be some more movement in your intestine, or you will have diarrhea.

Normally, I do this procedure in the first three to five days of fasting. In the first morning, I take two tea spoons of baking soda in about two glasses of water. Within half an hour I have diarrhea which cleans the intestine efficiently. In the next days, I gradually decrease the amount of the baking soda water solution which I drink.

You may need to experiment with baking soda water solution if you never have drunk it, so that you can find out how much baking soda is most suitable for cleansing your intestines. Start from small amount and feel the reaction of your body, which may appear within two hours after drinking.

Baking soda has also other important function, it alkalizes the body fluids. Especially during fasting, the urine and other body fluids, except blood, become acidic. To help your body, you can neutralize the higher acidity by drinking water solution of baking soda. The PH of the human body fluids is quite sophisticated biological matter, I believe that there is no need to go into the details here.

ENEMA

When man eats, the digestive matter moves through their body. Every time new food is ingested, it pushes the digested matter in the intestines. It is easy to imagine that when man stops eating, some intestinal matter cannot be removed from the body, so it remains in the intestine and may petrify. This is what actually happens during fasting.



When you flush your large intestine with water, you greatly help it to remove remaining feces and concretions. If that matter is not removed, it will petrify. I suppose that you would not like to have petrifying matter inside your body during fasting.

Look at the large intestine, you may need some experience to flush it well with water. I believe that performing enema is easy and most people can do this from the first try. If you really have no idea, you may want to watch videos with detailed instructions, there is plenty of them on Internet.



There are different, less or more advanced enema kits that can be bought. You can also assemble it from two parts, a container and a flexible tube, so that you can flow water into your intestine, through the anus.

Use only clean water for enema. According to results of my research, the need to use other liquids or water solutions is rare, regardless of what people believe or practice.

I suggest that you do enema in the first morning of your fasting. It helps if you drink baking soda water solution first, then, after half an hour or so, do the enema.

Repeating enema in the second and third morning of your fasting, may be very beneficial. In the next days, feel whether your body needs it or not. I suggest to do enema again in the seventh morning of fasting. Feel your body inside, especially the intestine, to decide about this.

There is no universal rhythm for doing enema, every body is different. Some people do enema every day during fasting, others do it once or never. When I am fasting, I do enema every day in the first week; then, once a week or whenever I feel that the intestine complains.

DIGESTIVE TRACK CLEANSING

Cleansing the entire digestive track with salt water solution is an ancient method, very useful to wash out concretions remaining in the entire digestive path, especially in the small intestine. This procedure can be performed at any time during long fasting but, based on my own and my students experience, I suggest to do it in the third morning of fasting.

Usually, I suggest to perform the entire digestive track cleansing if you are going to fast at least four days. The longer you intend to fast, the more useful this kind of cleansing is. This is because the longer lasts the fasting, the less active the digestive track becomes. When it becomes less active, it may not be able to excrete the remaining digested matter and concretions.

Prepare table salt (NaCl) water solution of at least 1% density. You can make denser solution but I suggest, do not drink weaker than 1% because of osmosis. The salt has to pass through the entire digestive track, so that it can be fully excreted. No salt should remain in the body, otherwise the

body will have symptoms of poisoning and will need additional time and effort to remove the excess salt.

Practically, take ten or more grams of table salt (NaCl) and mix it with one liter of warm water. Ten grams would be roughly a full table spoon. If you do not have a precise scale, dissolve little more salt in one liter of water, to make sure that the density of your solution is at least 1%. Too much salt in water makes it more unpleasant to drink, but too little would be harmful for the body. Personally, I usually dissolve one and a half table spoon of salt in a liter of warm water.

Depending on the capacity of your digestive track and your experience with this procedure, you will need between one and three liters of this salt solution. Prepare more than you expect to use, so that later you do not have to make new solution again while performing the procedure.

I suggest to start the entire digestive track cleansing procedure early in the morning, let it be sometime between five and seven o'clock AM. Wake up, allow your body to warm up and switch to the day mode, which may take half an hour or so. You could, for example, have a nice morning walk in nature.

Drink the first glass or two. Remember that your goal is to make the entire solution pass through your entire digestive track, never to vomit it. If you vomit, it means that you are drinking too quickly or you do not exercise enough after every glass.

Yes, special kind of exercising is important in this procedure. This kind of exercising has one goal, to push the solution from your stomach farther into the small intestine, large intestine and anus. You can elaborate your own set of movements or watch presentations and videos on Internet. Search for terms like “shankh-prakshalan”, “yoga intestine cleansing”, “salt intestine cleansing” or “flushing digestive track” to find some

examples of pictures and movies showing this procedure.

OK, you just drank the first glass of the solution, then you exercised in order to push the liquid farther down. Now, drink the next glass and do the same exercises. Continue with this simple procedure, do not rush, otherwise will feel nausea or vomit.

After a few glasses, you will need to go to toilet, mechanical diarrhea started. This diarrhea is, obviously, caused by the drunk salt water solution which starts to come out.

Continue drinking and exercising. Look at the color of the liquid flowing from your intestine. When it becomes clear, stop drinking the salt water, switch to drinking warm clean water, but continue the exercises after drinking every glass. After drinking the last one to three glasses of warm water, finish the entire procedure.

You may have to go to toilet once or a few times, to completely remove the excess liquid. I suggest that you also go for a walk in nature. When you return, you may feel tired, so I suggest to lie down and relax.

If you do this procedure for the first time, it may take at least two hours. Some people told me that they still had to go to toilet six hour later; that is all right, your body knows what to do, let it clean itself.

RETURN TO EATING

When your body messages that the fasting have achieved the goal or that it is unable to continue this procedure, you should not force it, so go back to eating. If you continue, the fasting will change to starvation, which causes emaciation and ends in death.

Even if you believe that you have not achieved your goals, stop fasting when your body clearly needs that. You can fast again later, when your body is ready to repeat this self-cleansing procedure. In fact, sometimes a series of shorter fasts is more efficient than one long fasting.

CONSCIOUS EATING

The Conscious Eating method, described in detail in HFT1, is the most proper and beneficial way of returning to eating. The longer was your fasting, the more sensitive is your body, therefore the more important it is to consume food consciously. You eat consciously if you follow and fulfill the real nutritional needs of your body; in this way you provide the best nutritional care to it.

If you start your food consumption from CE, you do not have to pay attention to the next two sub-chapters because CE include all necessary conditions of proper nourishing. However, if you cannot control yourself, then read farther what is important when returning to eating.

LONG CHEWING

The most important rule is to chew food properly to prepare it for farther digestion. Chewing involves physical and chemical processes, so it needs time. In order to support proper digestion, you should chew your food at least until it changes to liquid state in your mouth. It would be ideal if you chew it farther until it changes its taste, then swallow it.

SMALL AMOUNT

Start eating from small bites of food, much smaller than you usually do. Control yourself, chew every bite long time, then swallow it; then take the next portion into your mouth.

SLOWLY

Most people dream about eating during fasting, so when they return to consuming food, they eat quickly like a wild man. That may spell problems with digestion – stomach pain and diarrhea are almost guaranteed. Eat slowly, the slower, the better. This may be a very beneficial exercise about self-control.

IN SILENCE

The return to eating, especially after long fasting, may be felt like a shock to your body, if you do not do it properly. What matters in this moment is that you feel your body, focus on its reaction to eating food. To stay focused, you need to be in silence. I suggest that you sit in a silent place, eat in silence while deeply feeling the body. You definitely will benefit.

CHOICE OF FOOD

There are endless discussions about what food to start with after fasting. Obviously, it would be careless to start with poisons, for example: highly processed food like fried or baked flour or meat, dairy, microwave oven cooked dishes, very salty or sweet products, long conserved canned stuff.

To start eating again, think about nature, choose as natural food as you can find. The best food is alive, be it a fruit or a plant. Before the first bite, focus on your body feeling, whether it wants to eat this food or not.

Many people start from drinking juices after fasting. That is an obvious error. Think logically, juices are made from blood of tormented and killed fruits or plants. Look at their aura, it is not shining as beautifully as the aura of a living fruit or plant. Look at nature, it has no juices like that.

Also, juices are not suitable for long chewing which is necessary for proper digestion.

If you really insist consuming juices, make sure that you sip a few drops and chew them long, before swallowing. However, it is much more beneficial for your body to chew a fruit or plant.

To make a long story short, when you start eating again, after fasting, it is much more important how you eat than what you eat. Even if you cannot control yourself and you feel that you must start from pizza; OK, go ahead but focus the utmost attention to **eating very slowly, in small bites and chewing very long.**

Be aware that the most important stage of fasting is actually the return to eating. You could achieve very beneficial results with fasting, but when you start eating badly, your body health may become worse than before fasting.

I know many people who hurt themselves with improperly done fasting; actually, it was the stage of returning to food. If that happens to you, then you will have a feeling that all that fasting effort was wasted. I am guess that if you go through the entire effort of the fasting procedure, you want to keep the beneficial health effects.

SYMPTOMS

I fasted about a hundred times in my life; as far as I remember, every fasting was different, however, all these fastings had one thing in common, different symptoms which means unpleasant experiences.

Unpleasant experiences happening to your body or psyche amid fasting, is nothing extraordinary and also nothing to be afraid of. On the contrary,

symptoms are something which can be expected to happen while you are fasting.

Based on fasting experience from myself and from participants of my fasting retreats, I listed some commonly occurring symptoms. There are people who are fasting without any symptoms, and there are others who experience almost all of them. You never know what symptom you will deal with, until it appears.

Generally speaking, you should not be afraid of symptoms appearing amid fasting because they come and go after some time. A symptom usually means that a cure process is occurring, therefore it would be a mistake to stop fasting in this moment. Continue fasting, let the cure process fully occur; when it ends, the accompanying symptom disappears.

FEAR

There is nothing more scary than fear. Indeed, you can hurt yourself when you visualize something under the influence of fear. There is no need to do that during fasting.

To help yourself to delete fear of fasting, start with half day only, for example, do not eat your dinner and see if your body can survive this ☺. I bet it does. Then, repeat this half day fasting procedure several times.

The next step will be fasting for twenty four hours. Eat your breakfast and then count twenty four hours until your next breakfast. If your body is still alive ☺, then repeat this one day fasting procedure several times.

Continue extending the fasting time. When the one day fasting becomes like no deal for you, perform two days fasting, several times.

Then, add one more day to make it three days fasting. Then, add another day or two, to make it four or five days fasting. And so on, you can continue with extending the fasting time, until you feel no fear.

FEELING COLD

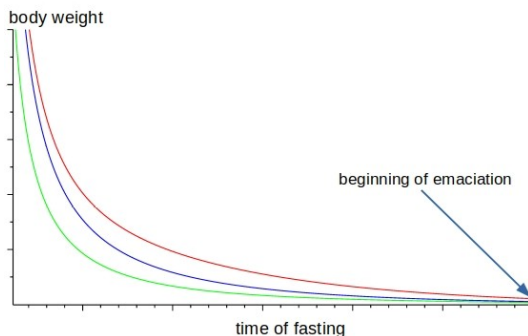
Especially in non-tropical climate, many fasting people feel too cold compared to what they normally would consider nice temperature. This is quite common symptom of fasting. Your fasting body is not burning carbohydrates because you do not eat them, so it needs to switch to energy saving mode. This feels as if your life energy was directed to be more concentrated inside within your body.

Feeling cold means that you need to provide warmth to your body. The most obvious action is to wear more clothes but this may not be enough. There are other efficient and beneficial methods which you already know:

1. Perform sufficient amount of physical and energizing exercises daily.
2. Expose your entire body to sunlight, so that the skin can sufficiently absorb life sustaining energy from the sky. Do this every day.
3. Practice daily the alternate shower technique described in HFT1.
4. Practice the dynamic Inner Joy exercise; the more often, the better.
5. Use visualization in which you imagine yourself feeling warm.

WEIGHT LOSS

DECREASING BODY WEIGHT DURING FASTING



Normally, you would expect to lose weight during fasting. In fact for many overweight people this is a desired result. However, there is a limit to your body, how much it

can burn/eat itself during fasting. This limit must not be crossed.

At the beginning of fasting, the body weight decreases quickly, but the longer you are fasting, the smaller become the daily body weight changes.

Different people lose weight at different rates. The daily body weight change may become less than a hundred grams, after longer time of fasting. If you drink water, your scale may show that today you are heavier than yesterday.

EMACIATION

Be aware of that dangerous point marked on the weight loss graph, where emaciation starts. Never continue fasting beyond it, because emaciation is a harmful result of starvation which ends in death.

How to recognize that starvation started? First, notice how you feel. Are you optimistic or you feel more and more depressed and you are losing interest in life?

How about your physical conditions? Do you feel that your body is weaker and weaker, as if it was losing its life energy? Do you feel continuously tired although you are exercising regularly?

If you are experiencing these signs of starvation, stop fasting immediately.

FEVER

This may mean that the body is fighting infection. Continue fasting, your body needs time to remove the infection cause. In case of too high fever, consult with a doctor who is experienced in healing with fasting.

DEHYDRATION

The body may lose some water, especially when you are dry fasting or not drinking enough water, in other words, some dehydration is not dangerous, sometimes it is beneficial. However, be aware that if you allow your body to dehydrate too much, you may cross a point of no return, there will be no way to rescue the body back to life.

Observe your skin, if it is like paper, you may be at the dangerous point. Consult with a doctor experienced in fasting.

PAIN

Headache and stomachache are the most common pains happening amid fasting. People may feel pain of any internal organ, a joint or bone. Pain may last from a few seconds to several days, depends on how much cure work your body has to do.

Generally, pain means that the body is curing something in that area, therefore there is no need to be afraid, you can continue fasting.

Sometimes pain may be so strong that you will not be able to sleep. Do not take painkillers because you do not want to poison your body during fasting.

In case of doubts, consult a doctor experienced in fasting.

CHANGES ON SKIN

Skin can be cured with fasting very efficiently, but sometimes when this process occurs, you may experience rashes, an allergy may appear or even pain. Continue fasting, allow your skin to fully recover, so that it will be more and more beautiful. When it is fully recovered, it may again look like skin of baby.

SUDDEN ILLNESS

Some people are not aware that there is a chronic illness in their body. While they are fasting, the body may accelerate the recovery process, but this may appear as a sudden, acute disease and cause suffering. Do not be frightened, continue your fasting. Of course, in case of doubts, consult an experienced fasting doctor.

DIZZINESS AND FAINTING

Dizziness is a very common symptom amid fasting, but it is not dangerous if you pay enough attention. What I mean is that you must be careful while standing up because dizziness may appear in this moment. If you stand up quickly and start walking, you may faint – this poses the major danger.

I remember a story of a man who was fasting. He fainted due to dizziness, fell down and hit his head badly. Nobody was around to help him, he died due to lost of too much blood. Later, a news paper wrote that that man died because he was fasting.

Be very careful, when you want to stand up, do it slowly, make sure that you are stable before you walk.

DROP OF BLOOD PRESSURE

Fasting causes blood pressure to stabilize well, however before it becomes stable like a rock, it may jump down or up. Lower pressure causes dizziness, so stay attentive during the entire time of low blood pressure.

As long as your blood pressure does not fall too low, you can continue fasting but do not allow it to drop too much because that would harm

your body and it is too dangerous.

Help your body by doing physical and energizing exercises. If that is not enough, you might have to stop fasting, but this occurs rarely, rather among those who had very low blood pressure before they started fasting. Herbal teas can be used temporarily, to rise blood pressure. Of course, in case of doubts, consult a doctor experienced in fasting.

NAUSEA AND VOMITING

Nausea is one of the most common symptoms that people experience amid fasting. Sometimes it gets more serious when the stomach or duodenum wants to get rid of something, then you must vomit.

Nausea is often accompanied by stomachache, this means that your stomach or duodenum is undergoing a cure process. When the pain is strong and lasts long, and you vomit blood or bile, it probably is an ulcer or stagnant bile (stones). Be patient, let it continue, until your body finishes stomach and duodenum cure.

You are lucky, you do not have to go under the scalpel, your stomach will be cured naturally. This body self-cure process rarely goes so bad that you need a doctor to help you but do not hesitate to ask for advise if you are in a trouble.

SWELLING

This happens rarely and does not require much attention. Some people may notice that their joints, especially knees or ankles slightly swelled. Any other body area, where curing occurs, may swell for a while. Just continue the fasting procedure, let your body finish the cure.

ARRHYTHMIC HEART

Sometimes people are afraid when they notice this reaction of their heart amid fasting. You may feel that your heart suddenly starts to beat fast and strong, then suddenly slows down, and this happens without any obvious reason.

Indeed this may happen at any moment, even when you are lying in a relaxed pose or sitting quietly. When the heart rhythm suddenly changes, you might feel little pain or experience short breath for a few seconds.

This kind of heart and breath issues will last until the blood circulation and heart are fully cured which may take a few days or longer.

I remember, amid one of my longer fasts, I was experiencing arrhythmic heart and short breath for about five weeks until all went back to normal. Every of these arrhythmics lasted less than a minute.

LOOSE TEETH

About a week or so, counting from the beginning of fasting, you may notice that your teeth become little loosened. At the same time you and others may smell awful breath. This may mean that the gum is excreting pus from within your teeth. When this process of self-cleansing ends, the teeth will be fixed tight again.

Do not worry, your teeth probably will not be lost, unless there is a tooth in so bad condition that the body cannot keep it anymore. It may fall out, but be happy because the next tooth, probably your third one, will grow in the same place.

HAIR LOSS

Severe deficiency in some minerals and vitamins may cause increased loss of hair amid fasting. Another cause may be an illness of the skin or hair roots. In this case, new hair will grow after the curing is done.

Hair roots problems often arise from using poisonous chemicals found in cosmetics used on head, it could be in shampoo or hair conditioner. If the poisons accumulate in hair roots, fasting process will remove the poison with the poisoned hair first, so that later it can grow healthy hair again. Make sure that you use only edible cosmetics, I suggest.

When long fasting changes to starving, hair loss will increase, therefore you should not force your body to fast longer than it really needs.

PSYCHIC INSTABILITY

Amid the first several days of fasting, you may become unusually sensitive to external stimuli, which will make you easily irritated or angry. To your surprise, you may explode when irritated by small things. Other emotional states may arise so easily that you will wonder what has happened with you.

Well, that is quite common. During fasting, the senses widen their sensitivity; this puts the nerve system under higher pressure, so it may not have enough capacity to deal peacefully with all data. What was normal before, becomes too loud, too bright, etc. amid fasting.

DIFFERENT REALITY

The longer the fasting lasts, the more unusual the world may appear to you. You may be becoming less and less excited about everything in your life. This may make you to feel the world as if you became a very

different man, because your perception will be changed.

You may notice things which you would call ‘unusual’ or ‘strange’, as if the laws of physics were altered. In other words, what you thought as “reality” before, now will not be real any longer. Your new reality will differ significantly from the reality of man eating normally.

Do not worry, you are not becoming crazy; on the contrary, the illusion of life is fading out and you are adjusting yourself to the truer reality. You might not like it or you will become very excited about this process of perception change.

OTHER

There are many other symptoms or unexpected reactions of your body and psyche which may occur. It may be difficult to list all of them here. Every man is different and may react differently to the same stimuli. Anyway, if something unexpected happens, do not make yourself scared; better if you relax, then think soberly and logically.

When fasting alone, it is a good idea to be in good touch with a specialist, be it a doctor who is experienced in fasting or a friend who has lots of experience in this field. Whenever you need help, you will be able to seek advice from them.

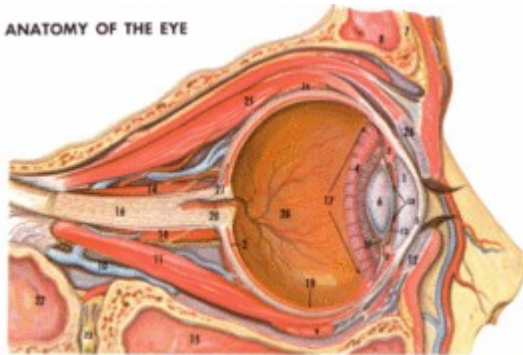
Be aware that, unfortunately, due to manipulations done to the medical education system, fasting is not a favorable object of teaching. This causes that doctors are not sufficiently educated about this most powerful natural method of restoring perfect health of man. Doctors must study and experience themselves with fasting, or they may not know enough and thus they will not be able to advice you well.

EYES CARE

More and more people suffer different eye issues, especially in cities. Majority of their eye problems are caused by not sufficient care. I am describing some simple eye care techniques which can be used also to cure eyes.

EYE MUSCLE GYMNASTICS

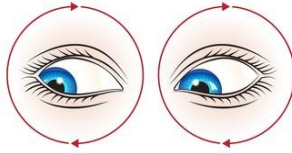
The human eyes produces sharp images when the eye muscles position and shape the eye globes with sufficient precision. Like all the other muscles in the body, also eye muscles must be sufficiently active to develop well and remain in good condition.



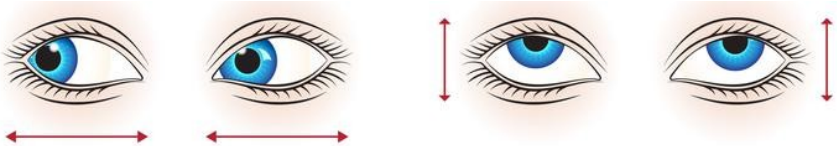
After you get up, wash your face, including eyes. Do some light gymnastics to fully wake up the body, then exercise the muscles of your eyes. You can elaborate your own set of eye gymnastics or exercise according to the following examples.

Do large circles with your eye globes. Starting from looking down, then slowly turn your eye globes left, then continue to the top, then right and down. This looks as if you were trying to watch along a large circle which is just behind your body, without turning your head. Repeat in this

and in the opposite directions. Repeat every direction a dozen times or so.



Next muscle exercise will be moving your eyes left and right a dozen times or more. After this, do up and down eye movements.



First make all three sets of movements with your eyelids closed and then repeat all of them with the eyelids open. Eye muscles are like other muscles in the body, so give them moderate stress while exercising.

One more, very beneficial eye muscle exercise is like this. Stand in a place where you can see objects which are hundreds of meters away, if not, than at least a few meters will also be suitable.



Place your hand a dozen of centimeters away in front of your eyes. Relax your eyes but look at the skin, aim to see it sharp. Now, remove your hand and watch an object far away, also aiming to see it sharp. Repeat this procedure of alternate looking at close and far objects a dozen of times.

If your daily work puts stress on your eyes, make a few breaks in order to repeat these exercises. There are many other exercises which aim to make the eye muscles work correctly. You can find tons of instructions, photos and videos on Internet; it is worth studying and practicing, especially if you would like to get rid of glasses.

THE BATES METHOD

Around the beginning of the twentieth century, doctor William Bates become famous for efficiently helping many people improve their eyesight by practicing exercises. Those of his patients who patiently practiced his method, improved eyesight so much that they no longer needed any glasses.

You can search books and watch videos on Internet presenting Bates method.

HOT VAPOR

I do this in the morning, usually when boiling water to prepare tea or coffee. While water is boiling, I move my face over the kettle so that my eyes are in the water vapor. Then, while looking down into the boiling water, I do circles with the eye globes. Thanks to this practice, my eyes are warmed and cleansed by the vapor.

After this warming and cleansing in the vapor, my eyes feel nicely refreshed and can see sharper. This is especially effective when the air is dry.

Be very careful while doing this exercise. Make sure that your face is far enough from the boiling water, so that you do not burn the skin or eyes. Especially the eye globes are sensitive and easy to harm with the hot vapor, so really, be very careful with the proximity of your face to the

boiling water.

MASSAGE and PALMS

Massaging the skin around the eyes improves energy and blood circulation which may be beneficial for your eyes. Be careful when massaging, do not touch your eye globes. Massage the skin and the bone, especially at its edge, around the eye.

After the massage, cover the eyes with your palms for at least a few minutes. Make sure that the eye globes do not touch the palms. Consciously relax your eyes and feel energizing and curing energy which emanates from the centers of the palms.

Relax and feel. Do this eye relaxing and energizing exercise whenever you feel that your eyes are stressed too much or tired. It is a beneficial idea to practice this curing exercise just before you go to bed. When you are in bed, before falling asleep, make sure that your eyes are deeply relaxed.

PINHOLE GLASSES



As you can see, it is not glasses but many small holes in a black surface which you put in front of your eyes. When your eyesight is not perfectly

sharp, look through this device and compare, can you see clearer? Probably you can but first you need to get used to looking through the pinhole glasses.

People report that their eyesight significantly improved since they started to use pinhole glasses. Myself I also have been using them when reading small letters text. I noticed that the pinholes can be used instead of the standard glasses. The advantage is that the eyesight will not degenerate farther with time, as it happens with the normal glasses, in fact, it may improve.

LIGHTING

There is only one light which is not harmful to human eyes, it is the natural emanation from Sun called “day light”. Any artificial light source is harmful to eyes, so I suggest to use it only when really necessary.

If you must use artificial light, make sure that it is the old type of incandescent bulb, which is the least harmful. The light spectrum of



incandescent bulb light is relatively close to the natural light of Sun.

The worst artificial light is produced by fluorescent tubes or bulbs. Although they save electricity, they emanate harmful ultraviolet light which harms your skin and retina. The spectrum of fluorescent light is far

from the day light of Sun.



Fluorescent light bulbs.

LED light source is not as bad as the fluorescent one, but it is also harmful to retina. Especially the blue component of LED emanation, which slowly burns retina, may cause unrecoverable damage to your eyes.

Fluorescent and LED lighting and their harmful effect on the human eyes is a large topic; you can do your own research if you want to know more scientific information. Eyes are important, so I advise you, if you care about your them, do not use artificial lighting. If you must use artificial light, use only the incandescent bulbs.



LED light bulb.

MORE TO STUDY

I did not describe and explain the topics of this book in as many details as I use to do when I teach in my seminars. There are two reasons, why. First, I do not want this book to be many times larger, with many detailed descriptions and examples or scientific explanations.

Second, I prefer to wake interest in people, so that they do their own research, instead of overwhelming them with too much information.

I guess that not all topics in this book are useful to you. When you find something you need, then continue by searching for more information and then experiment with it; this is how you can build your knowledge. However, be aware that lots of information on Internet are false or manipulated, so do not blindly believe and follow everything you find.

You can join my seminars, which I described in HFT1. After the elementary seminar, which is roughly the content of HFT1, I bring my students to nature, where they can experience the cure of body and psyche.

To continue, you can read my next book, “Restore Life With Nature” which is part 3 in the series of Humankind Fundamental Teachings.

CONTENT

WORTH TO KNOW.....	3
WARNING.....	3
FOUR LEGS OF HEALTH.....	5
NOURISHMENT.....	7
PRINCIPLES OF NOURISHMENT.....	7
FOOD DIRECTLY FROM NATURE.....	8
ONLY WHEN HUNGRY OR THIRSTY.....	9
WITHOUT SEASONING AND FLAVORING.....	9
SUFFICIENT CHEWING.....	10
WITHOUT DRINKING.....	11
NOT AFTER 4 PM.....	11
FOCUSED AND IN SILENCE.....	13
PROPER COMBINATION OF FOOD.....	13
DRINKING AND STORING WATER.....	15
WHAT TO EAT?.....	20
HARMFUL FOOD.....	21
SOIL.....	24
AIR.....	25
SUN.....	25
SLEEP.....	26
TIME.....	26
SILENCE.....	28
DARKNESS.....	29
RELAXATION.....	30
MOVEMENT.....	31
PHYSICAL EXERCISES.....	31
ENERGIZING EXERCISES.....	32
PSYCHE.....	33
INNER JOY.....	33
VISUALIZATION.....	34
ENVIRONMENT.....	34

CAUSES OF ILLNESS.....	36
IMAGES IN MIND.....	37
TOXIC RELATIONSHIP.....	38
WEAK IMMUNE SYSTEM.....	38
ELECTROMAGNETIC FIELDS.....	39
WIRELESS COMMUNICATION DEVICES.....	40
POISON IN ENVIRONMENT.....	43
COSMETICS.....	43
CLEANERS.....	43
WALL PAINT.....	44
FURNITURE.....	45
DISHES.....	45
CLOTHES.....	45
POISONS IN FOOD.....	46
POISONS IN WATER.....	49
GEOPATHIC STRESS.....	51
VIRUSES, BACTERIA, PARASITES, FUNGI.....	51
GENETICALLY MODIFIED ORGANISM.....	52
ANTIBIOTICS.....	54
VACCINES.....	54
SELF-CURE.....	56
CURE BY NATURE.....	56
MIND.....	58
HERBS.....	59
CHEMICALS.....	60
DEVICES.....	61
PHYSICAL ACTIVITY.....	62
SPINE CORRECTION.....	63
PALM AND FOOT MASSAGE.....	64
OTHER CURE.....	65
FASTING.....	67
PREPARATION.....	68
WHY.....	68

WHEN.....	69
HOW LONG.....	69
DIETING.....	69
ENVIRONMENT.....	70
ALONE OR IN A GROUP.....	70
TYPES.....	71
DRY.....	71
WITH WATER.....	72
WITH HERBAL TEAS.....	72
DURING FASTING.....	73
PHYSICAL ACTIVITY.....	73
MIND EXERCISES.....	74
SUPPORTING PROCEDURES.....	74
BAKING SODA WATER SOLUTION.....	75
ENEMA.....	76
DIGESTIVE TRACK CLEANSING.....	77
RETURN TO EATING.....	79
CONSCIOUS EATING.....	80
LONG CHEWING.....	80
SMALL AMOUNT.....	80
SLOWLY.....	81
IN SILENCE.....	81
CHOICE OF FOOD.....	81
SYMPTOMS.....	82
FEAR.....	83
FEELING COLD.....	84
WEIGHT LOSS.....	84
EMACIATION.....	85
FEVER.....	85
DEHYDRATION.....	86
PAIN.....	86
CHANGES ON SKIN.....	86
SUDDEN ILLNESS.....	87

DIZZINESS AND FAINTING.....	87
DROP OF BLOOD PRESSURE.....	87
NAUSEA AND VOMITING.....	88
SWELLING.....	88
ARRHYTHMIC HEART.....	89
LOOSE TEETH.....	89
HAIR LOSS.....	90
PSYCHIC INSTABILITY.....	90
DIFFERENT REALITY.....	90
OTHER.....	91
EYES CARE.....	92
EYE MUSCLE GYMNASTICS.....	92
THE BATES METHOD.....	94
HOT VAPOR.....	94
MASSAGE and PALMS.....	95
PINHOLE GLASSES.....	95
LIGHTING.....	96
MORE TO STUDY.....	98