

## Fitness

Movement = Oxygen

Oxygen = Energy

Our lymph is our detox system. It is activated by movement and deep breathing.

Therefore, moving helps our body pump out toxins and acids that steal our energy.

The more we move the more our muscles demand oxygen. We breathe more deeply to provide the oxygen they demand, and our heart and lungs become stronger.

A stronger heart means more blood is pumped with less effort. We have more oxygenated blood carrying nutrients to every cell of our body.

Imagine how much more energized you would feel with 1 extra quart of blood in your body!

Cells disorganize and degenerate in an under-oxygenated environment.

Your body operates on a subtle electromagnetic current. Nerve signals are in fact electrical charges—your brain, heart, and all organs emit a field of electrical current. Our nutrients are carried to our cells via an electrical charge. If our thoughts, foods, and movements don't provide us with energy, we become sick and tired.



## Focus

600	Peace Illumination
500	Love Reverence
400	Reason Wisdom, Understanding
350	Acceptance Forgiveness, Transcendence
310	Willingness Optimism, Intention
250	Neutrality Trust, Release
200	Courage Affirmation, Empowerment
175	Pride Inflation
150	Anger Aggression
125	Desire Craving, Enslavement
100	Fear Anxiety
75	Grief Regret
50	Apathy Despair
30	Guilt Blame
20	Shame Despising
0	Death

*Power vs. Force: The Hidden Determinants of Human Behavior*, by David Hawkins MD, PhD. From his decades of research, Dr Hawkins has developed a system to scientifically measure the energy of various emotional states.

## Fuel

Core Vital Organic Greens 250-350  
Your brain 72-78  
Live, fresh wheat grass 70-90  
Raw Green Vegetables 70-90  
Fruits 65-75  
Your heart 65-70  
The top of your head 60-70  
Raw almonds 40-50  
A tumor 30  
Vitamin & mineral supplements 10-30  
A Big Mac 5  
Chocolate cake 3  
Canned food 0

Your diet should consist of foods that have a frequency of at least 60 - 80 MHz.

Dr. Robert O. Young,

***Sick and Tired?* When we don't eat foods that carry 70 MHz or above, our body craves more energy, and we often seek out "artificial" energy from high calorie foods, caffeine, or sugar.**