## THE

## **TEN RULES**

## **FOR HEALTH**

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## **IMPORTANT**

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There are 10 simple rules for good health:

- 1) Stop putting poisons into your body
- 2) It takes five to seven times more nutrition to rebuild and repair the body than it takes to maintain a healthy body
- 3) Nothing heals in the human body in less than three months. To those three months, add one additional month for every year that the condition has existed
- 4) Observe moderation in all things
- 5) Be in harmony with nature
- 6) Synchronise with the unfolding universal energy
- 7) Take responsibility for yourself and for your health.
- 8) Eat as much raw food as possible
- 9) Exercise regularly
- 10) Understand and apply Herrings Law of Cure: "All cure starts from within and works outward, from the head down, and in the reverse order as that in which the symptoms have appeared."

End

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