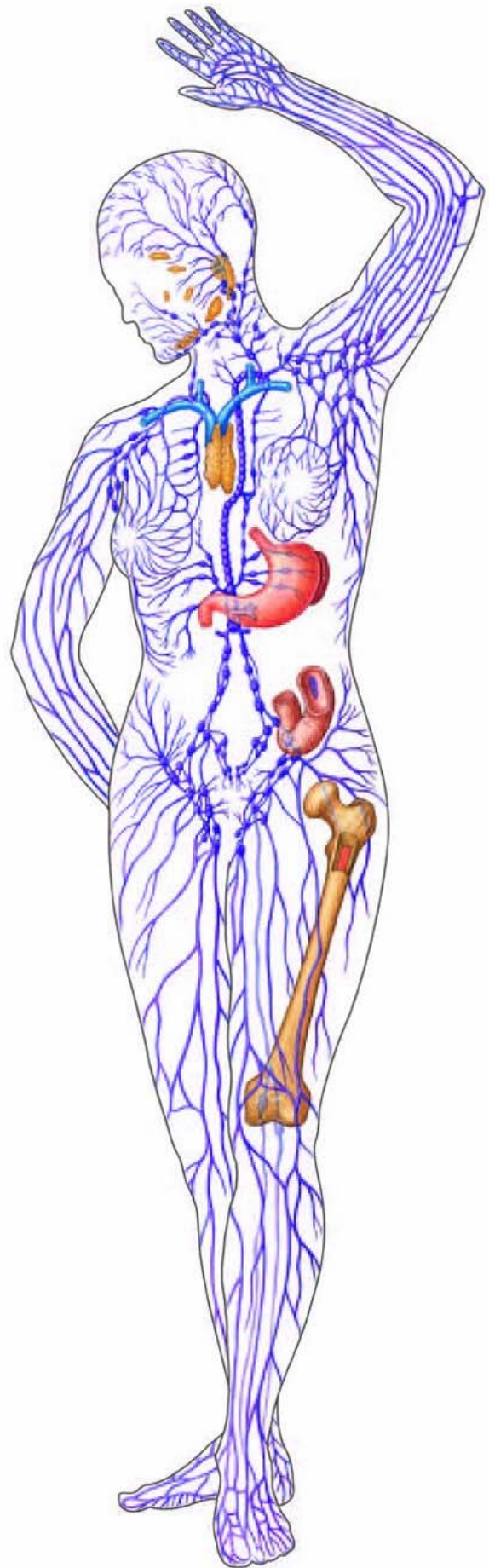


NEO HEALTH

A New Paradigm in
Essential Health
Protocols

By
Keith Armour McFarlane



**“The essence of True Healing
lies not in curing disease,
but rather in restoring health.”
Keith McFarlane**

Notice

This book in no way intends to replace any advice or treatment being administered by any health practitioner, orthodox or otherwise.

It has been compiled with the sole intention of sharing information with the reader; which, in the opinion of the author, will enable the reader to make more discerning choices in matters pertaining to personal health.

The author accepts no liability or responsibility whatsoever, which may or may not result from using the information or advice contained in this book.

No part of this publication may be reproduced in any way, without prior agreement from the author.

© 2005 by Keith McFarlane. All rights reserved.

“The Doctor of the future will give no medicine.
Instead he will interest or teach his patient
in the care of the human frame,
diet and in the cause and prevention of disease.”
Thomas Edison

For many people health is a confusing issue. There are so many differing opinions, diets and modalities; that after a while the very thought of it all is enough to leave you feeling less than well.

If you are currently experiencing a health challenge, either personally or with someone you love; the most important thing that you can do, is to find out what is actually happening inside of your body. Find out how your body works, and why it doesn't work. Whatever the condition, find out how to care for your body, how to nourish your body and find out what the cause and remedy of the disease is.

Unfortunately, until now, that information has been highly specialized, extremely complex and not generally available to the public.

Understanding is the key to success. With understanding, you have options and are able to formulate a personal plan of action. Through understanding you are once more in the driving seat and are able to take on the responsibility of healing your body and your life.

For most, the human body is a marvel of creation, and yet far too complex for the average person to understand. Indeed, our own body remains possibly the greatest mystery yet to be solved. We have systems, organs, processes, parts and countless 'other' attributes and qualities that give rise to science after science and yet we still do not seem to understand how or why it all works.

We usually carry on regardless until a 'wheel' falls off and then seek out the services of a 'professional'. Unfortunately, even the 'professional' (both orthodox and complementary) is unable to guarantee us the return to full health that we long for. As we age, we find it harder and harder to achieve our long lost youthful vigor and vitality.

Very often when confronted with a health crisis we immediately feel more vulnerable and have to resign ourselves to an 'inevitable' foregone conclusion. It's part of life's process, one of life's great certainties.

We are told that we can survive for 3 weeks without food, 3 days without water and only 3 minutes without oxygen; and yet we don't know why we die in 3 minutes without oxygen.

Recently however, scientific as well as medical research has come to light that actually reveals the very reason why we need oxygen.

Through this incredible research, we can now understand the underlying cause of all physical degeneration and what our bodies needs in order to keep them pain free and disease free for life.

The very formula for the life and death process is now known!

To understand this formula we need to come right back down to basics.

How does the Human Body Work?

The Body Electric

In 1962, it was scientifically revealed that the life processes, in all life forms, generate electrical fields.

In other words, our bodies are electrical.

Everything that happens in the body is electrical.

Eyes see with electricity, the brain thinks with electricity, muscles work with electricity; the pancreas produces insulin with electricity, and so on and so on.

So where does this electricity come from?

What part of the body is capable of generating electricity?

And how does it do it?

Answering these questions is the key to discovering how your body actually works.

It's in the Cells

Your body is made up of 100 trillion cells.

These cells make up every organ, gland, bone, muscle, tissue and fluid in your body.

If your body shows signs of pain, degeneration, illness or disease in any part; then it is not the part, or system that is affected; it is the cells in the part or system that are affected.

It is therefore vital to health that you understand how cells work.

Remember, the life processes in the body generate electrical fields.

Every life process takes place in the cells. Therefore cells must generate electrical fields.

This means that every cell in your body is like a little battery.



It is your cells that generate your electrical energy potential.

For your body parts and systems to function perfectly, they must produce full power.

Therefore, every battery must contribute its subtle electrical energy to the organ, gland, bone, muscle, tissue or fluid that it is a part of; in order for you to experience optimum functioning and perfect health.

If any part of your body shows signs of loss of energy or deterioration, then it simply means that your batteries are going flat!

You are running out of energy!

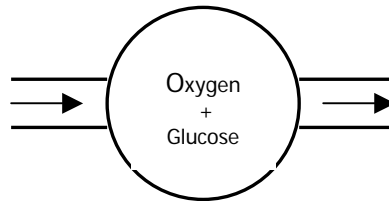
The cause of all loss of energy, pain, degeneration, illness and disease and even death is quite simply a loss of frequency.

In order to recharge your batteries and replenish your energy levels, you have to understand how they generate an electrical potential.

Turning Yourself On

Every cell in your body is supplied with a blood capillary and a lymphatic capillary. The blood vessels deliver the 'groceries' to your cells, providing optimum nutrition, while the lymphatic vessels 'do the dishes', removing toxins and cellular build-up.

For your cells to generate your electrical potential, they need two ingredients - oxygen and glucose.



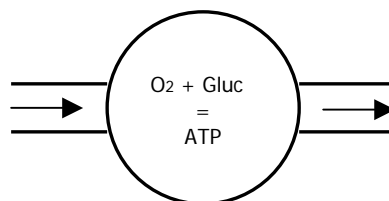
Oxygen is the most important 'grocery' that your body needs.

You can survive 3 weeks without food, 3 days without water, but only 3 minutes without oxygen.

So why is oxygen so important?

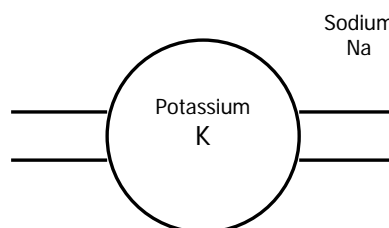
Why do we die without oxygen?

Oxygen is needed by every cell to convert glucose into a vital cell fuel or energy, known as Adenosine Triphosphate or ATP.

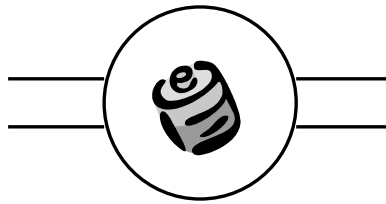


ATP is the energy that your cells need to maintain a very delicate balance of minerals in and around your cells.

Potassium levels must be higher inside your cells, while sodium levels must be higher outside your cells.



It is this **delicate balance of minerals** that gives rise to your cell's electrical potential.



If this delicate balance of minerals is altered in any way, you will lose your cellular energy potential.

For your cells to produce their full energy potential, they need to receive maximum oxygenation, convert glucose into ATP and maintain this very delicate balance of minerals.

How do your cells use ATP to maintain this vital balance?

Keeping the Balance

70% of your body is water.

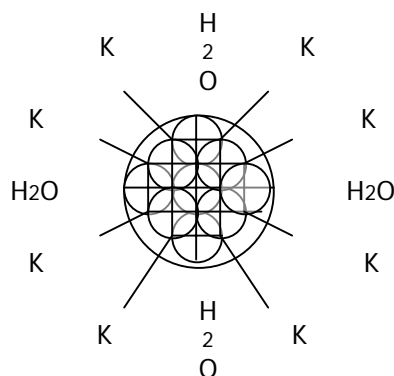
The cells in your body are mostly water.

However, they are not little 'water filled sacs'. You cannot squeeze the water out of healthy cells.

In a healthy or Living State, your cells contain protein, lipids, potassium and water in a very particular structure.

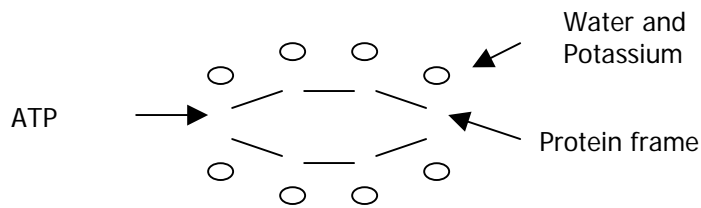
The molecules do not float freely in the water, but form a solid body; much like a jelly.

The main structure or skeletal frame of the cell is made of protein. ATP energetically charges this protein frame, causing it to have a preference for bonding with potassium ions over sodium ions. This energised frame causes the water around the frame to become structured or layered; and this gives rise to the jelly.



A simple analogy would be to think of the protein structure as iron nails and the water molecules and potassium ions as iron filings.

When a magnetic current (ATP) is passed through the nails (protein frame), the iron filings (water and potassium) naturally form in an ordered manner around the nails.



As long as your cells have ATP, the cellular protein frame will have a preference for potassium and your cells will be like little jellies.

In this jelly-like, Living State, your cells have their full electrical potential.

Each cell is essentially an electronic machine.

So how does it actually produce electricity?

Turning on the Juice

Every life process in your body, takes place in water.

There are 2 oceans of water in your body, one inside of your cells and another that surrounds your cells.

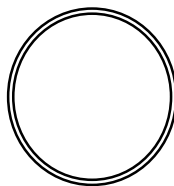
ATP maintains the water inside your cells, as a jelly; while the water outside your cells is maintained by salt.

In every life process, water leaves the blood stream to deliver vital life giving nutrients to the cells.

This water is rich in mineral ions, which are little charged particles and can be seen as little electrical driving forces.

This water then passes into the cells, through the cell membrane.

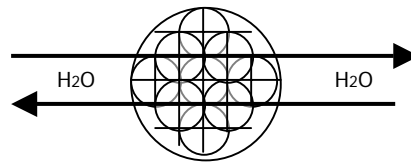
Every cell has a bi-layer membrane.



The bi-layer is separated and the space in between is used as a little 'waterway' for enzyme activity. Enzymes are responsible for all cellular activity and control all life processes.

Within the cell membrane there are little protein pumps. These pumps control the movement of the mineral ions into and out of the cell.

As water moves through the cell membrane, the movement of ions generates electricity.



This 'hydroelectric' power is the subtle electrical energy generated by the life processes that provides the power for every cell within every part of your body to function perfectly.

As long as your cells are in a jelly-like Living State, water flows through the cell and the pumps generate electricity.

If you lose your cell ATP, the Living State is altered and your cells lose their 'jelliness'.

When this happens, water leaks from the cell and the waterways between the cell membrane dry up. Without the 'waterways', enzyme activity is reduced and the pumps switch off.

The cell loses its preference for potassium, sodium builds up inside the cell and the delicate mineral balance is altered.

Once the jelly-like Living State is altered, the cells lose their electrical potential and you are no longer able to generate hydroelectric power.

In short, your batteries 'switch' off.

It is therefore absolutely essential that your cells produce ATP in order to keep the essential balance of minerals and maintain the jelly.

In this jelly-like Living State, your cells are alive and can function perfectly.

To produce ATP, your cells must receive optimum levels of oxygen.

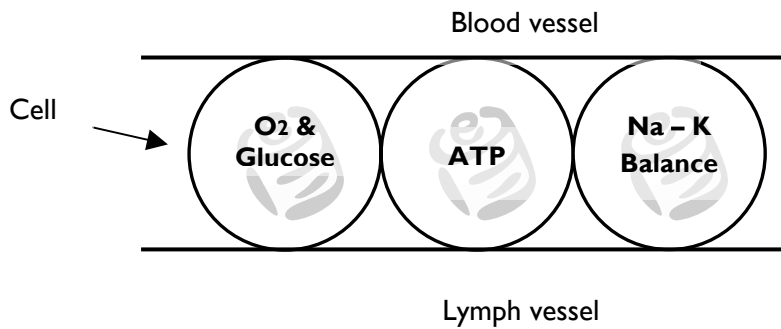
In order to do this they need to be in a very specific state.

Get into a State!

In 1961, Dr. Arthur C. Guyton described the state that was necessary for cells to get optimum oxygenation.

In order for cells to be in a jelly-like Living State, they must be in a 'Dry State'.

In the Dry State, a tiny blood capillary and a tiny lymphatic capillary tightly pack every cell; and there is only enough fluid to fill the crevices between the cells and that is all.



In the Dry State cells get optimum oxygenation, produce optimum levels of ATP and maintain the essential delicate balance of minerals needed to produce your full electrical energy potential.

Your cellular Living State is maintained by the Dry State.

In the Living, Dry State, there can be no loss of energy, no pain or degeneration, no illness or disease.

In other words, you enjoy perfect health!

If the Dry State is altered in any way, your cells will lose their potential and eventually 'switch off'.

This is experienced as a loss of energy, pain, symptoms of illness and degeneration, disease and ultimately death.

The most important question you can ask is: "What alters the 'Dry State'?"

Blood Protein

Within the blood stream, there are blood proteins.

Blood proteins are responsible for holding water in the blood stream and maintaining blood volume.

91% of your blood is water.

To a certain degree, blood protein maintains blood pressure in the blood stream.

In 1930, Dr Cecil K. Drinker of the Harvard Medical School suggested that blood protein leaks from the blood stream, practically universally.

In 1948, Dr H.S. Mayerson of the Tulane School of Medicine tagged blood protein with radioactive iodine and proved that it does indeed leak from the blood stream.

In fact, he found that in a 24-hour period, a staggering 50% of blood protein could leak from the blood vessels.

In 1961, Dr Arthur C. Guyton, of the Mississippi School of Medicine, revealed that the only way to return blood protein to the blood stream is via the Lymphatic System.

In his 'Textbook of Medical Physiology', he writes:

"The retrieval of these blood proteins from the interstitial spaces by the Lymphatic System is an absolutely essential function; without which you would die within about 24 hours!"

If 50% of your blood protein is lost in a 24-hour period; and you can be dead in 24-hours if you do not retrieve that blood protein; then your obvious question **must** be ...

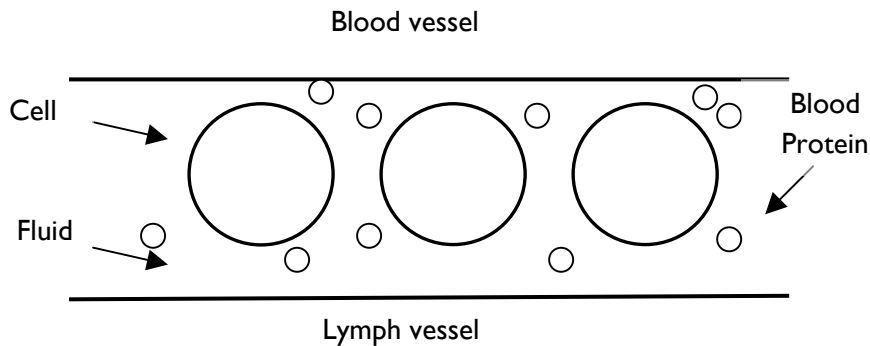
'What happens if I do not retrieve **all** of my lost blood protein?'

What happens if some of your blood protein gets left behind or trapped in between the cells?

Blood protein holds water in the blood stream; therefore blood protein that remains in the spaces around the cells will also hold fluid.

This build up of fluid will lead to an altering of the much-needed Dry State.

This can be called the 'Wet State'.



From this we can deduce that the only thing that can alter the Dry State is – **trapped blood protein**.

In the Wet State, there is a build up of blood protein and fluid around the cells and they are no longer tightly packed by the capillaries.

This means that the cells do not get their optimum 'grocery' delivery. They do not get their vital nutrients and even more importantly, they will not be oxygenated.

No Oxygen

The moment the Dry State is altered, your cells do not get optimum oxygen and without oxygen, their ability to produce optimum ATP is reduced.

With oxygen, 1 molecule of glucose is converted into 36 molecules of ATP. Without oxygen, 1 molecule of glucose is converted into 2 molecules of ATP.

Your cells need to produce energy. They need ATP to maintain the delicate balance of minerals and for your vital life processes.

They will demand more sugar!

However, when ATP is produced without oxygen, lactic acid is produced and this causes a build up of acidity in the cells and the degeneration process begins.

In the absence of oxygen, glucose ferments.

When the 'Dry State is altered, fermenting glucose builds up with the trapped blood protein and excess fluid and becomes mucous.

This provides a perfect breeding ground for bacteria, viruses and parasites, which thrive in an environment that is oxygen depleted and rich in fermenting glucose.

Chinese doctors know that: 'A mosquito does not create a stagnant pool of water – it is drawn to a stagnant pool of water.'

In this environment, you have the perfect breeding ground for infection and disease.

Nobel prize winner, Otto Warburg discovered that when he withdrew oxygen from healthy cells, they became cancerous. He also noted that healthy cells meet their energy needs by respiration of oxygen; while cancer cells meet their energy needs in great part by fermentation.

This paints a whole new picture of cancer. In this light, cancer cells are primarily oxygen deficient cells.

If your cells are not able to produce optimum levels of ATP, they will not be able to maintain the delicate mineral balance necessary to produce your cellular electrical potential.

In this scenario your cells will lose their potential, wear down and 'switch off'!!!

If the cells in your eyes 'switch off', your eyesight will begin to fail.

If the cells in your pancreas 'switch off' you will get Diabetes.

If the cells in your immune system 'switch off', you become prone to opportunistic infections.

Any medically diagnosed label, whether chronic or acute, is simply an indication of where your cells are 'switching off'.

If your body does not have full power, you will not be able to experience perfect health and you will not function at your optimum energy potential.

Breaking the Law!

Why does your lymphatic system not retrieve all of your lost blood protein?

The only reason that any part of your body experiences reduced functioning, is that it is unable to cope with your energy demands.

This only occurs when you break the Natural Laws of Health.

The Natural Laws of Health are:

- Don't argue, quarrel or fight
- Don't defile your body
- Everybody must work

In other words –

- Don't stress
- Nourish your body
- Use your body efficiently

Simply put; these are the Laws of physical, emotional, mental and nutritional well-being.

When you abide by these rules, your body will remain in the Dry State, and you will experience optimum health.

Breaking any of these Laws increases your cellular workload, as you demand more energy to cope with the given situation. This results in a dilation of the blood capillaries, an increased loss of blood protein and poor lymphatic circulation.

An increased loss of blood protein reduces the efficiency of the circulatory systems and increases the intercellular build up.

This triggers the Wet State; the 'groceries' are not delivered and the cells are deprived of vital ingredients. Unable to produce optimum energy, they begin to 'switch off'.

The first signs that you have altered the Dry State are a loss of energy, thirst and pain.

Due to a loss of energy and an increased intercellular build up, the lymphatic system becomes sluggish.

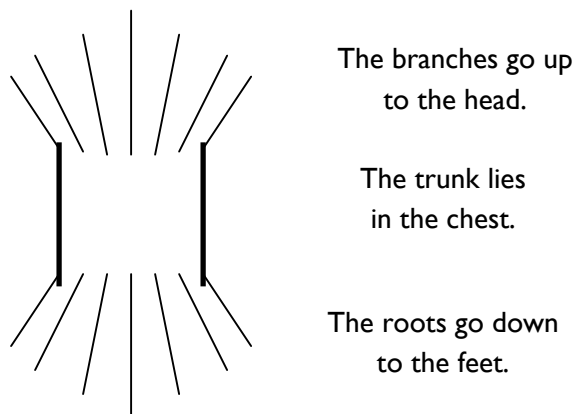
When trapped blood proteins reduce the energy field produced by the cells, they stick together or cluster, which makes them very difficult to be removed by the Lymphatic System. However, Professor Friedrich M. Plog of the Max Planck Institute discovered that electricity dissipates clustered, trapped blood protein, making them retrievable by the Lymphatic System.

The only way that your body can retrieve 'lost' blood protein, is through the Lymphatic System.

To ensure perfect health, you must understand how your Lymphatic System works.

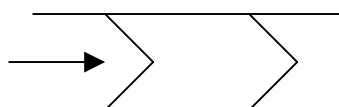
The Lymph

The simplest analogy of your Lymphatic System is that of a tree.

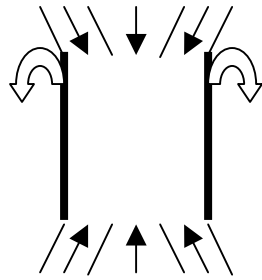


The lymphatic System is the purification system of the body ensuring that there is no build up between the spaces of the cells and maintaining the 'Dry State'.

The lymphatic vessels have one-way check valves that prevent the lymph from flowing backwards.



Lymph flows throughout your body, from the capillaries around the cells into larger vessels, into the nodes and finally into the ducts, where it returns to the blood stream.



The ducts return the lymph to the blood stream at the base of the throat

Not only does your lymphatic system retrieve lost blood protein; it also removes damaged and worn out cells, metabolic waste, as well as cellular toxins and poisons.

These are neutralized in the nodes, before the lymph is returned to the blood stream.

Unlike your blood stream, your Lymphatic System does not have a specific pump that keeps the lymphatic fluid flowing. Instead, it relies upon 2 very efficient pump actions to maintain circulation.

The first is a muscular and skeletal pump.

Simply put, every time that you move your body, the compression of your tissue forces the lymph to flow from one little chamber, through the one-way valve and into the next.

Once the lymph is purified in the nodes, it flows through the ducts and is released back into the blood stream at the base of the throat.

The ducts are the largest lymphatic vessels in your body. The main one is the Thoracic Duct, which is about the size of a straw and is found on the left side of your chest. This duct services the upper left side of your body (head, neck, arm and chest) as well as the whole of your lower body.

The Right Lymphatic Duct is smaller, about 2cm long, and is found on the right side of the chest. This duct services the upper right side of your body.

Unfortunately, contrary to what most believe, the muscular/skeletal pump action is not adequate enough to effectively pump the lymph from the Ducts back into the blood stream. You need to use your second pump action.

This is a Thoracic pump.

This means that every time you breathe deeply, your chest expands and the lymph is pumped out of the Ducts and back into the blood stream.

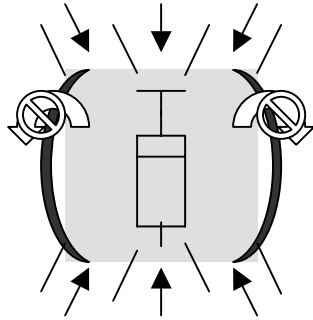
The action of the second pump is **absolutely essential**.

Without it, the lymph stagnates throughout your whole body.

It is a sad fact, but nobody breathes efficiently!

Everyone is moving their bodies to some degree, but very few people are breathing deeply.

This means that while you are removing the build up from around your cells, you are not effectively releasing it via your ducts and back into your blood stream. Imagine constantly filling a syringe, but never emptying it.



As lymph builds throughout your body, your lymphatic vessels become sluggish and full; your nodes become overworked and you lose your ability to purify your lymph.

Eventually your lymphatic system stagnates, becomes toxic and begins to seep out wherever it can.

Your lymphatic system is part of your immune system.

If you are unable to neutralise toxins, poisons and other foreign bodies, your immune system will be compromised and you become vulnerable to opportunistic infections.

The most common signs that your lymph is banking up are sinus congestion, postnasal drip, sore throats, colds and flu and skin eruptions.

It is primarily through poor breathing habits that your lymph begins to build up throughout your body.

You are constantly moving your lymph through muscular/skeletal activity, but you are not releasing it, because you do not breathe deeply.

So let's recap

- Every cell in your body is an electrical generator.
- To produce electricity, every cell must be in a jelly-like Living State.
- Cells need oxygen to convert glucose into ATP.
- ATP is the cell fuel that maintains the jelly-like Living State and the delicate mineral balance in and around your cells.
- It is this delicate balance of minerals that gives rise to your electrical potential.
- To get oxygen and remain healthy, cells must be in the Dry State.
- Trapped blood protein pulls water out of the blood stream, altering the Dry State.
- Breaking the Pure Laws of Health increases trapped blood protein.
- Trapped blood protein reduces the energy field, causing the blood protein to cluster.
- Clustered trapped blood protein is very difficult for the Lymphatic System to retrieve.
- When the Dry State is altered, the jelly-like Living State is altered and the cells lose their electrical potential.
- The cause of all loss of energy, pain, degeneration, illness and disease and ultimately death, is one and the same thing - **Trapped Blood Protein**; which alters the Dry State, reduces cellular energy and eventually 'switches off' the cells.

The **Formula for Life** can be written as:

No Trapped Blood Protein = Dry State = Full power = Health
(No TBP = DS = EE = Life)

Conversely, the **Formula for Death** can be written as:

Trapped Blood Protein = Wet State = No Power = Disease
(TBP = WS = No EE = Death)

To ensure your full electrical energy potential and to enjoy perfect health, your cells must have oxygen to convert glucose into ATP. This will ensure the jelly-like Living State and optimum cellular electrical energy, which will provide every part of your body the power to work perfectly.

Simply put:

Oxygen = ATP = Electrical Energy = Power

If your cells do not have ATP, then you will be oxygen deficient and energy deficient.

This is primarily due to poor lymphatic circulation.

Every form of degeneration and every illness known to man is quite simply due to energy deficiency.

Your Needs

In any health crisis, there are 3 principle needs that must be addressed in order to rapidly restore electrical potential.

These are:

- **Energy** - You need energy to jump start the cellular structure, uncluster the trapped blood protein and move the lymph in the target area
- **Lymph** - You need lymph drainage in the target area and throughout the whole body, particularly in the Ducts
- **Oxygen** - You need oxygen to restore cellular ATP and 'switch on' the jelly-like Living State

Therapies that focus solely on energy, or oxygen, or lymph drainage work wonderfully ... to a point. However, they fail to provide a full return to health, because they do not address the clustered trapped protein.

Oxygen therapies do not necessarily get the oxygen to the target cells, if they are in a Wet State.

Lymph drainage therapy does not necessarily remove the clustered blood protein build up and get oxygen to the cells.

Energy therapy does not necessarily move the full body lymph or increase cellular oxygen.

In order to ensure rapid restoration of the cell potential, **all three** principle needs must be met. Clustered blood protein must be dissipated with energy, lymphatic circulation must be increased and oxygen levels must be boosted.

In short, the jelly-like, Living, Dry State must be restored.

Following this there are 3 other specific needs that must be met, if your full energy potential and health is to be maintained.

These are:

- **Water**
- **Body Cleansing**
- **Nutrition**

Let's Do It!

There are three simple ways to address your 3 principle needs.

1. Breathe
2. Bounce
3. Stroke

Breathe!

As you now know, it is only through deep breathing, that you are able to release the lymph from the ducts into your bloodstream.

It is absolutely essential that you begin practicing deep breathing.

The simplest deep breathing rhythm is:

... IN for a count of 7 ...
... HOLD for a count of 1 ...
... OUT for a count of 7 ...
... HOLD for a count of 1 ...

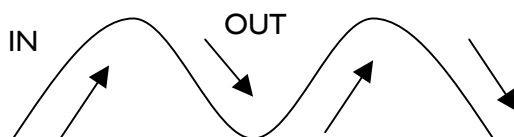
Practice this for 10 breaths at least 10 times a day.

Breathing deeply not only encourages lymphatic flow; it also ensures that you get as much oxygen into your lungs as possible. Your blood flow rate through your lungs increases the more you fill your lungs. Shallow breathing uses only a third of your lung capacity and oxygenates about a tenth of a litre of blood every minute. Deep breathing, using your full lung capacity, will oxygenate 1.5 litres of blood every minute.

To increase your cell's ability to use the oxygen that you are breathing, you need energy. Scientific tests have now shown that energised air is better absorbed by the cells.

By consciously connecting your breathing: IN following the OUT, following the IN, following the OUT; you draw in a steady stream of natural energy from the air.

This is known as Prana.



Conscious connected breathing is the most natural and efficient way of breathing a steady supply of oxygen and energy into your body. It is as though you are literally plugged into Nature.

Not only does energy increase the absorption of oxygen, it also moves the lymphatics. Coupled with the proven action of the Thoracic pump on the Lymphatic Ducts, breathing becomes the most natural way to oxygenate your body **and** move your lymph.

Using the Scientific understanding that energy follows thought; you are able to mentally direct this 'breath' energy to any part of your body.

By imagining that you are 'breathing' into your area of symptom, the energy will follow your thought intention, break down the blood protein build up and move your lymphatics.

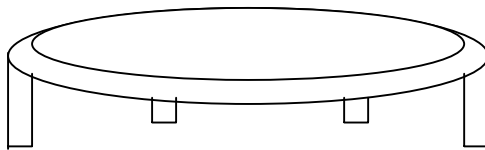
By breathing deeply, you are able to fulfil **all 3** of your body's principle needs –

- Oxygen
- Energy
- Lymph

Go on ... jump!

Every child that learns to walk ... wants to jump!

One of the greatest health devices that you can buy is the mini-trampoline, also known as the lymphasizer.



Used with the correct understanding, you can address all of your principle needs. Keep both feet on the mat, as you gently bounce up and down. Every movement increases the flow of your lymph significantly.

Every time you go down, your cells compress. Every time you come up, they relax. This increases your flow of lymph through the one-way check valves towards the ducts.



Add your deep breathing, to increase oxygenation and you have a very powerful technique.

All you need is energy, in order to supply all 3 principle needs.

When you move up and down through the magnetic field of the Earth, you turn your jumping into electrical energy.

This 'bio-energy' builds in your body. Using your mind, you can direct this 'bio-energy', by simply thinking of your area in need.

To focus on your liver; gently jump up and down, while breathing slowly and deeply and mentally repeat ... liver ... liver ... liver

Instantly, energy will be directed by your mind to your liver.

Blood protein build up will break down, your lymph will move, oxygen will be drawn in and your liver cells will 'switch on'.

This technique can be used effectively for any part of your body.

You can even address specific cells in this way!

Stroke it out!

Your most natural instinct, when it comes to easing pain, is now known to be one of the most powerful healing tools that you can use.

When in doubt, stroke it out.

A light, fast stroke over your area of concern generates electrical energy and moves your lymph.

Breathe deeply, while you stroke and you have the simplest, most effective tool 'in your hands'.

You can use it on a symptom area, or on your whole body.

Simply breathe deeply and evenly, while lightly rubbing or stroking your affected area.

This even works by rubbing above the area, when touch would be too painful!

Once again let's recap

When your body is showing signs of pain, loss of energy or degeneration; it means that your batteries are 'switching off'.

Our formula for health states:

Oxygen = ATP = Electrical Energy = Power

If you do not have full power in any area of your body, then **all** that it means, is that your batteries are running down, you are not able to produce enough ATP and you are Oxygen deficient.

This means that your Lymphatic System is not coping with your blood protein loss. You need you move your lymph.

The simplest way to move your lymph is:

- To breathe deeply and evenly
- To bounce on a mini trampoline
- To stroke your body

These simple techniques need to be performed diligently and persistently, in order to restore speedy and lasting change.

Each time that you clear the cellular build-up and restore the Dry State, you may return to a Wet State condition; if there is internal stress and toxic build-up. This can happen within 5 minutes.

Therefore, for your speed healing routine to be effective, you need to follow the 5-day plan.

The Plan

DAY 1: Perform a technique for 30 seconds, every 3 to 5 minutes, for the first hour
thereafter

Every 15 minutes for the rest of the day

DAY 2: Perform a technique every 30 minutes

DAY 3: Perform a technique every hour

DAY 4: Perform a technique every 2 hours

DAY 5: Perform a technique 3 to 5 times a day

Continue performing any one of the techniques, 3 to 5 times a day thereafter, as a regular maintenance program.

When dealing with a chronic health condition, adjust the plan accordingly to ensure that the principle needs are met constantly. It may be necessary to bring in a team of friends and family, to assist with the techniques. In some instances, stroking has been performed around the clock, to bring about rapid results.

And there's more...

The primary cause of all physical degeneration in your body is a loss of cellular energy.

Your batteries are 'switching' off!

This is due to an altering of the jelly-like, Living State inside of your cells and the essential Dry State, around your cells. This is due to trapped blood protein.

To restore health in your body, you need 3 essentials:

- You need **Oxygen** –
to convert glucose into ATP
- You need **Energy** –
to uncluster Trapped Blood Protein

And most importantly,

- You need to get your **Lymph** flowing –
in order to retrieve the lost blood protein
and clear cellular waste build-up.

From this primary condition of Trapped Blood Protein, secondary and tertiary conditions arise, which lead to symptoms developing throughout your body.

In order to deal with these conditions, there are 3 other essentials that must to be addressed.

These are:

- **Hydration**
- **Internal Body Cleansing**
- **Nutrition Saturation**

Without these, you will not be able to fully restore your health and vitality and maintain your essential Dry State’.

Water, Water Everywhere ...

The most important symptom you need to be aware of is dehydration.

Next to oxygen, the most important need of your body is water.

Most of the cell content is water. This is what gives rise to the jelly-like, Living State. Every body began as one cell. As this cell began multiplying, new cells were formed, which needed water.

This water is supplied by the mother’s body. It is of vital importance that the growing foetus gets enough water to fulfil its cellular needs. Every mother to be must drink enough water not only to supply her own needs, but also for her growing child. If mum is dehydrated, then the child’s water needs may not be adequately met. This could result in poorly formed cells with insufficient DNA activation and could give rise birth complications.

Morning sickness could be a dehydration response by the mother, as her growing child gets preferential hydration.

If cellular ATP is used up, the water loses its jelliness and begins to seep out of the cell.

Every life process in your body, takes place in water.

Water is the primary source of cellular energy. This energy is used for all cellular activity.

If there is not enough water to generate energy for cellular activity, your cells will use their own ATP to fuel your vital life processes.

This brings us right back to the beginning.

Without ATP your jelly-like Living State is altered, you lose your electrical potential and your batteries start to ‘switch’ off.

When your batteries ‘switch off’, water leaks out of your cells. This is the primary cause of dehydration in your body.

Feeling parched?

When there is not enough water passing through your cells, cellular acidity increases, enzyme activity is inhibited and nerve communication deteriorates. Your cells become like little raisins and your body responds with a drought management program.

It is vital for life that your cells are in a Living State. Your body will now takes steps to increase the water around your cells, in order to create enough pressure to push water back into your cells. This is called reverse osmosis.

In order to conserve and ration water, your body releases **Histamine** to inhibit cellular activity and hold water in the tissue; **Vasopressin** to constrict the blood vessels and ration water to the most

important organs in your body and **Renin-Angiotensin** to tighten your capillaries and promote the absorption of more salt for water retention.

When water builds up around the cells, pressure is exerted on the blood vessels and blood pressure is affected.

To prevent your cells from collapsing due to the loss of water, your body uses clay-like **cholesterol** bricks to 'prop up' the cell membrane and prevent further water loss. This restricts the 'waterway' in the cell membrane, inhibiting optimum enzyme activity and reducing the delivery of vital cell 'groceries'. Cholesterol is also used to repair tears in the blood vessels, which result from acidity and dehydration damage.

From this, you can predict asthmatic conditions, allergic reactions, poor circulation, malnourishment as well as blood pressure and heart conditions.

Dehydration and reduced enzyme activity leads to increased cellular acidity.

When this occurs, essential amino acids are used as antioxidants, as there is a lack of water to neutralize and dispose of free radicals and cellular toxins.

This results in DNA damage.

DNA is the blue print for your cellular health. Due to poor protein metabolism and depleted amino acid reserves, the DNA is unable to be repaired.

In this state, cells become immature and can begin growing at rapid rates. This results in abnormal or tumour growths.

Hormones, enzymes and anti-bodies are made of protein.

With poor amino acid reserves, dehydration, DNA damage and sluggish lymphatic flow; antibody production and immune functioning is also reduced.

This leads to Immune Deficiency Syndromes.

It is therefore **vital** that you restore your cellular 'Jelly'.

In order to do this, you need ATP and water.

One for the road

For every kilogram of body weight, you need to drink 30ml of water.

This means you must drink 8 to 12 glasses of water everyday.

The optimum times to drink water are:

- First thing in the morning to replenish water lost during sleep and morning urination
- 30 minutes before a meal, for the digestive process
- 2 hours after a meal, to replenish water lost and flush undigested food out of the digestive tract
- In the afternoon to prevent work induced water loss
- Any time when you are physically, emotionally or mentally stressed and using up extra energy.

Adequate hydration will also help to eliminate toxins that are released back into your bloodstream when your lymph flow is once again restored.

Remember: For every glass of tea, coffee, soft drink or alcohol, you need another glass of water!

Cleaning up your act

Once your lymphatic flow is restored, toxins will be released back into your bloodstream and these must be eliminated from your body.

It is of utmost importance that your inner organs are cleansed in order for them to cope with the additional waste release.

Inner organ cleansing **must** include:

- Your colon
- Parasites
- Metal deposits
- Your kidneys
- Your liver

Your colon is your drainpipe for all waste release from your body.

While it is important to keep your whole body clean, this is the most important cleanse to do.

Following that, it is imperative that your liver is kept clean, so that it can purify the toxins from your bloodstream.

There are a number of ways to cleanse your vital organs. This must be done at least twice yearly.

In chronic health conditions, it is vital that your major organs are kept clean. Always follow professional advice when doing any in-house cleansing.

Finally, if you are going to restore health to your body, you need the right kind of food!

Feed me ...

You are what you eat.

There are 3 kinds of food:

- Mental food
- Emotional food
- Physical food

To experience optimum health, you need to be saturated with the best quality of each of these forms of nourishment.

The best mental food is optimism and positivity. Fill yourself with confidence.

You know what to do.

Now surround yourself with those who will support and encourage you.

Let go of the victim and be the master.

Create your reality and decide for health. See yourself as healthy.
Fill your mind with wholesome, healthy thoughts.

The best emotional food you can have is pure love – love your body, appreciate how incredible it is, how incredible you are!

Appreciate every moment of life and live it to the fullest, honouring and valuing each moment with all of your heart and soul, mind and might. Let go of your expectations and remember that in order to love, you must let go of your fear.

Make the decision to be healthy; love your health in every cell of your body. In this way, you will experience the pure and simple love of life itself.
Health means life!

So love life, love yourself and love your neighbour. Forgive those that do not fulfil your expectations. Forgive yourself and let go of the past. It is over. The only influence that it has in your life is the attention that you continue to give it.

Some simple principles to follow are:

- Just for today, do not worry, have faith
- Just for today, do not anger, be at peace
- Never take anything personally
- Never make assumptions
- Be grateful for your many blessings
- Show kindness and compassion to yourself and others
- Always do your best
- Always be true to your word

When you nourish your body with such delectable mental and emotional treats, ensure that you do the same for your body.

Your optimum physical nutrients are:

- Oxygen
- Water
- Enzymes
- Minerals
- Vitamins
- Essential fatty acids
- Amino acids

The simplest way to get these is to breathe deeply and regularly; drink fresh, pure water and eat good quality fresh fruit and vegetables, sprouted seeds, nuts and grains and flaxseed oil.

Avoid processed, refined, fried, artificially flavoured, preserved and coloured foods and all foods with added salt and sugar. In other words, eat only wholesome, natural foods.

Due to soil depletions, it may be necessary to support your diet with nutritional supplements. Always buy the best quality that you can afford. You are looking for quality rather than quantity.

Reduce the variety of foods that you consume at each meal. This will optimise digestion and absorption of your food. Remember that moderation is the key. Most people in the eat 5 times more than their body's need.

Eat to live, rather than living to eat.

On a last note

Make sure that you get enough rest and relaxation; enough exercise and sunshine.

And more than anything else ...

Enjoy life!

After all, that's why we call it living!

Here's to you in good health!

**Recommended reference reading:**

Introduction to the Science of Lymphology
Association Induction Hypothesis
Water for health, for healing, for life
The 'H' Factor
What Really Causes AIDS

Stephen E. West (www.zerodisease.com)
Gilbert Ling (www.gilbertling.org)
F. Batmanghelidj (www.watercure.com)
Patrick Holford & Dr James Braly
Harold Foster (www.healsa.co.za)

For more information related to cleansing programs, nutritional plans, and other Neo Health protocols, please visit www.healsa.co.za.