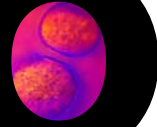


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HEALTH

*The Handy How to Book*

Life is a full time job.

However, keeping healthy can be deceptively simple.

It is as simple as breathing fresh air, drinking clean water, eating good food and exercising your body.

By following the understanding revealed in 'Neo Heath – A New Paradigm in Essential Health Protocols', and the 4 simple steps outlined in this companion booklet, everyone can attain and maintain optimum health.

Good health is not a luxury ... it is a birthright.

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## How to live Life – the manual

Life is a full time job!

However, there are simple guidelines to follow that will ensure that you always get the most out of life.

It is only by not following these guidelines that you begin to lose energy and your body shows signs of degeneration, illness and disease.

If you are confronted with a health challenge, whether a loss of energy or a medically diagnosed, chronic condition label ... pay ATTENTION.

Your body is talking to you.

It is vitally important that you understand in the simplest possible way, what it is telling you and what you are dealing with.

This booklet is a companion to the book 'Neo Health – A New Paradigm in Essential Health Protocols'.

It is essential that you have read and re-read this booklet, before beginning this simple program.

The most important thing to remember is: you are NOT curing disease; you are restoring health.

Once you understand what is happening inside of your body, it then simply becomes a question of finding the quickest, most effective and most natural way of giving your body what it needs to restore health.

There are 4 simple steps that need to be followed in order to achieve and maintain optimum health, vitality and youthfulness.

### The Steps

1. Know where you are
2. Know where you want to be
3. Do the work
4. Don't turn back

### Know where you are

Whether you are just feeling 'under the weather' or have been diagnosed with a 'terminal' label; you must remember, underneath it all, there is only one thing going on ... your batteries are going flat.

DO NOT get caught up in the label!!!

That can kill you!

Whether you are experiencing lethargy, aging, pain or disease; you must constantly remind yourself that it is ultimately a cellular condition.

... it is the **cells!**

There is only one reason that your cells are being drained and that is ...

... you are **not coping!**

Knowingly or unknowingly, you have been breaking the Pure Laws of Health and are now suffering the consequences.

It is time to face the music and take responsibility.

Your lymphatic system is not coping with its workload and as a result, you have trapped, clustered blood protein.

The bottom line here is ...

... you are in a **Wet State**

As a consequence, your cells are oxygen deficient, dehydrated, toxic and starving.

They have lost their electrical potential and are not able to generate energy.

This is happening in your symptom area as well as in your whole body.

On another level, you are in a rut; your life has come to a standstill and you are merely treading water. It is time to let go of the past and move on.

### **Know where you want to be**

If you want to be healthy, every cell in your body must receive optimum nutrition, must be chemically balanced and must have no waste build up. In short ...

... you **must** be in a **living, dry state.**

This means that every cell in your body must be in a fully charged, jelly-like state and there can only be enough fluid to fill the crevices that surround the cells and no more. In this state, your cells are able to generate optimum levels of power and every part of your body will be able to work perfectly.

Before you start doing anything though, you have to ... **STOP!**

Stop breaking the Pure Laws of Health.

These are:

1. Don't argue, quarrel or fight
2. Don't defile your body
3. Everybody must work

Take a good look at your life. Be kind, but totally honest with yourself.

- Are you coping?
- Is your life filled with stress?
  
- Are you nourishing your body physically, emotionally and mentally with the best foods possible?
- Are you living a sedentary lifestyle?
- Are you breathing deeply and regularly?

It would be a futile effort, if you continue to cause trapped blood protein, stagnate your lymphatic system and deprive your body of vital nutrients.

You must follow the Law; it is the only sane thing to do. You must be willing to make a lifestyle change.

The extent of your condition, will determine the level of change needed. No one can make that decision for you ... the buck stops here!

This leads us to a very important question:

### **Do you want to be healthy?**

For someone in a health crisis, this might seem like an absurd question. But here it is again ...

### **Do you want to be healthy?**

Before you start this 4-step program, you must state your intention.

Do you want less pain, more energy, more flexibility, greater health, perhaps more time?

No one can decide for your health. The decision is yours; however, once you have made your decision, support is everywhere.

Knowing what you want and knowing what your body needs, all that remains is simply to get on with it and do the work.

### **Do the work**

There are 8 essential areas that must be addressed in all health conditions.

Pay full attention to each one, and you will get your result.

You need:

1. Energy – You batteries are running down, and you still need to keep your body functioning. It is absolutely vital that you boost your energy levels, in order to clear the clustered, trapped blood protein.
2. Oxygen – all ill health is a direct result of oxygen deprivation. This may be the result of the Wet State, poor breathing habits or poor oxygen levels in the air. It is vital that you increase your oxygen levels, so that you can recharge your batteries and generate energy.
3. Lymph – the importance of good lymphatic circulation cannot be stressed enough. The only reason your body is in a Wet State is because of poor lymphatic circulation. You need to ‘do your dishes’. Getting your lymph flowing is the only way that you will be able to restore the Dry State, get your essential nutrients and turn your batteries on.
4. Hydration – 66% of body dehydration happens inside the cells. This is a direct result of altering the Living, Dry State. You must hydrate your cells with pure, structured water, if you want to turn your batteries on.
5. Nutrition saturation – the bottom line is ... you are starving at a cellular level. You need ‘groceries’ and only the best will do, if you are going to rebuild healthy cells.
6. Cleansing – the Wet State is not a pretty sight. It’s time to let go of years of toxic accumulation. This is probably going to be the most crucial success factor of your program.
7. Emotional – pay attention to your self; love your body, love your cells ... love your life!
8. Mental – stay positive, be optimistic and surround yourself with enthusiastic people who understand your needs and are willing to support you.

### **Reminder:**

Constantly remind yourself what it is that you are doing. You are clearing the Wet State ... you are restoring the Living, Dry State. You are switching on your batteries!

Now do it!

## **Doing it!**

The quickest, simplest and most effective way to address your primary needs is to:

### **Breathe ... bounce ... and stroke**

- Breathe deeply and evenly in a continuous, connected flowing rhythm. Think of the waves of the ocean. This is literally the breath of life! Strengthen your lungs by using a 7 (in) : 1 (hold) : 7 (out) : 1 (hold) exercising rhythm. Place your hands on your area of need, breathe and direct the energy there.
- Bounce using a rebounder; perform a gentle bounce, while breathing deeply and directing the energy to your area of need simply by quietly thinking of it.
- Stroke – Using a light, fast stroke, breathe deeply and stroke your area of need as well as your whole body. One of the most important areas to stroke is the sole of your feet.

This must be done as often as possible. Bring in the team and follow a timetable that not only works for you, but one that you can stick to.

**Remember:** the more you do it, the better you will feel; and the better you feel, the more you will want to do it.

Speed healing requires consistent, persistent effort. In a word ... endurance.

## **Nutrition**

Drink 8 to 12 glasses of clean, structured water every day. Start the day with 2 full glasses and make sure you drink at least 1 full glass 20 minutes before every meal and 1 full glass 2 hours after every meal. The rule is 30ml for every kg of body weight.

Cut out all artificially refined, processed, flavoured, coloured and preserved foods as well as GM foods and foods with added salt and sugars.

Recognize your food; it must be as close to nature as possible. A chip does not look like a potato and a fish finger does not look like something that swims in the sea!

Eat plenty of fruit and vegetables. Follow the 70-30 rule; 70% raw ... 30% cooked food. Drink plenty of fresh juices.

If you are eating cooked food, use a good quality digestive enzyme supplement.

Eat a brazil nut every day, for Selenium.

Take ¼ teaspoon of pure sea salt for every liter of water that you drink for minerals.

Take flax seed oil for essential fatty acids.

Eat fresh sprouts and soaked seeds and nuts for 'live' amino acids.

Eat sour milk or 'live' yogurt for friendly intestinal bacteria.

## **Cleansing**

Drink the 'lemon juice' every morning for internal cleansing of the liver and colon and to balance acidity.

To make the lemon juice, wash and blend a whole lemon with a full glass of pure water and a tablespoon of olive oil.

As a variation, use a glass of freshly squeezed orange juice instead of the glass of water and add a small piece of peeled ginger.

Eat pumpkin seeds to clear parasites.

Eat coriander to clean out metal deposits.

Eat watermelon to cleanse your kidneys.

### **Don't Turn Back**

The difference between those who succeed and those who don't, is ...

... those who do, practice the steps to the letter ... every time ... all the time.

Stay focused. Keep with the program. You can do it! The only reason you will not succeed, is because:

- You do not believe that you can restore your health. Remind yourself what is really going on ... you are clearing the Wet State and restoring the Living, Dry State.
- You are getting caught up in labels. Focus on restoring health, not on curing disease.
- You are not 100% sure of what you want. Do you want to be healthy? The choice is yours. Uphold the Pure Laws of Health.
- You keep changing your mind. Do not get caught up in any one else's opinion. That is all that it is ... an opinion. No matter who it is, what their qualification. It is your life; you are entitled to the best you can get. Surround yourself with those who share that opinion and who are willing to support you. Stay focused.

The length of time needed to restore your health depends upon you. The more you do it, the better you will feel. The better you feel, the more you will be able to do it.

It's all about attention and intention. If any part of your body is losing power, pay attention. Remind yourself of your needs and address them immediately!

Read the steps, follow the guidelines and do the work. Restore your health!

### **Simple reminder**

The cause of ALL pain, degeneration, illness, disease and death is a loss of energy.

Only one thing can alter the Living, Dry State ... clustered, trapped blood protein.

The only reason that this is happening is because you are breaking the Pure Laws of Health and not doing your 'dishes'.

- Know where you are
- Know where you want to be
- Do the work
- Don't turn back

Good health cannot be taken for granted. It is a full time occupation. It is not a luxury for the privileged ... it is your birthright!

Claim it ... and live well and prosper!

## **Immune System Alert**

Poor breathing habits and inactivity stagnate the lymphatic system ... a major part of the immune system. Most of the CD4 cells reside in the lymphatic nodes.

Long-term chronic dehydration leads to drought management, which in turn causes immune suppression, lowering the CD4 count.

Eating enzyme deficient, cooked food causes digestive leukocytosis ... alerting the body of a threat and flooding the stomach and intestinal area with white blood cells.

Constant sexual release leads to a depletion of a man's vital organ energy and a suppression of his immune system.

## **Power to the People AIDS program**

On top of what we have already mentioned, the following daily program is proving to be very successful for compromised immune functioning:

1 glass of lemon juice mixture to neutralise acidity, clean the liver and restore the absorption of fats

2 tsp Africa Solution (all in one formula)

5 Tbsp Pronutro for nutrients (zinc and selenium)

1 Tbsp garlic for anti- bacterial, antiviral, anti parasitic and anti-fungal

1 tsp ginger for chest conditions (circulation, expectorant)

1 bowl carrots, spinach and beets for beta carotene, iron and to build healthy blood

½ tsp of cayenne pepper to warm the body

2 Tbsp charcoal every 2 hours to stop diarrhoea

Bananas for potassium

Absolutely no sugar or peanut butter



**BONUS**

# The Road to Wellville

Driver's manual

# YOUR BODY IS LIKE A CAR



In order for it to work, you must drive it sensibly. You must make sure that it has the right fuel in the tank, air in the tyres and water in the radiator; you must look after it, keeping it clean and regularly serviced and most importantly, you must keep the battery fully charged. Without a fully charged battery, no matter how much petrol you put into the tank, it will not start.

In the same way, your body is electrical.



For any part of your body to work, for your eyes to see ... your brain to think ... your muscles to give you power ... your immune system to protect you ... you must be fully charged.

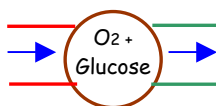
So where do you get your power?

Every cell in your body is like a little battery.

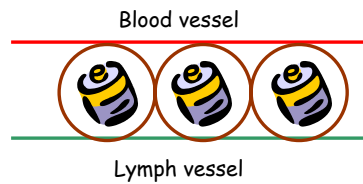


In order to be healthy you must look after your body; nourishing it with the right 'groceries', exercising it and keeping it clean. Most importantly, you must keep your cells fully charged.

To make electricity, your cells need 2 very important 'groceries', oxygen and glucose. This makes the vital cell fuel known as ATP, which keeps your cells balanced and gives them their power.



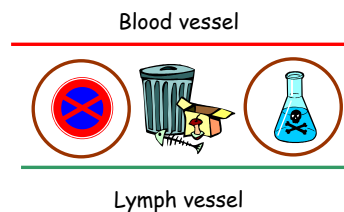
Every cell is supplied with 2 little vessels, a blood vessel and a lymph vessel. The blood delivers the 'groceries', while the lymph cleans up and 'does the dishes'. As long as this happens, your cells will be healthy.



This healthy state is called the Living, Dry State, as there is only enough fluid to fill the crevices around the cells and no more.

In this state every cell can produce electricity and every part of your body can do its job. If this healthy state changes, your batteries will run down and you will lose energy. This leads to every form of pain, illness and sickness.

This is called the Wet State. In this state there is a build up of water and waste around your cells and they are unable to get their 'groceries'. Without oxygen, your cells lose their ability to generate electrical energy.



This only happens when you are not 'doing your dishes'.

Every time you ask your cells to work for you, blood protein leaves the blood stream to deliver the 'groceries' to your cells. Once they have done their job, they must be returned to the blood stream, so that they can deliver more 'groceries'.

If blood protein gets stuck around your cells, waste will build up and alter the Living, Dry State. This waste becomes toxic, causing more stress.



The only way to clear the blood protein and keep your 'batteries charged, is to 'do your dishes'.

In order to 'do your dishes' and clear the blood protein, your lymphatic system must be working

The most important thing that you can do for your health is to keep your batteries charged.

The only way to do this is to make sure that you are constantly breathing deeply and moving your body. This will ensure that you get plenty of oxygen and your lymph keeps flowing.



If you are not feeling well, then it simply means that your batteries are running down. You are overworking your body and not 'doing your dishes'.

This could be because you have been getting too stressed.



Perhaps you are driving your car too fast?



Or maybe you have been eating too much, or the wrong kinds of food.



You wouldn't put sand or coca cola into your car's petrol tank, would you?



Perhaps you have been spending too much time indoors, sitting or lying around and not getting enough exercise and fresh air?



If you leave your car parked in the garage for too long, the battery will run down and before long your car will get dirty and start to rust.

To restore your health, you need to clean up and re-charge your batteries.

There are 3 simple ways that you can do that:

Breathe slowly and deeply, as often as you can, to get lots of life giving oxygen and to get your lymph flowing.



Move your body by gently jumping, dancing and shaking up and down.



This is the most fun way to move your lymph and charge up your 'batteries'.

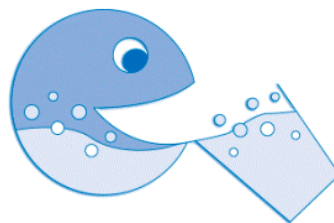
Rub your body gently, with a light, fast stroke.



This will make you feel tingly and alive and give your body the energy it needs to work for you.

It is the simplest way to ease pain and can be done by anyone, anywhere, anytime.

It is also very important that you drink 8 glasses of water every day. Next to oxygen, water is the most important 'grocery' for your body.



Water washes your cells clean and makes sure that your electricity is flowing. No other drink will do the job.

Always start the day with 2 glasses of water and then drink a glass of water 20 minutes before eating a meal and another glass 2 hours after eating.

Eat plenty of fresh, raw fruit and vegetables as well as seeds and nuts. These have all the healthy 'groceries' that your body needs. Some of the best foods include apples, bananas, carrots, beets, spinach and almonds.

Junk food is just that ... junk.

Say no to sugar, it steals your energy!

Avoid all processed and refined foods; they have lost their vital 'groceries'.



Keep your body clean both inside and out.



Take 2 tablespoons of apple cider vinegar in a glass of water, three times every day, to neutralise the acidic, toxic waste that is building up inside your body.

Another way to clean the inside of your body is to use the lemon drink. Blend up a whole lemon, with the peel, pips and juice together with one glass of water and a tablespoon of olive oil.





Strain the mixture and drink it first thing every morning before you eat.

You can also drink this mixture 20 minutes before your meals, to help your body absorb the 'groceries' from your food and get them into your bloodstream.

If you are ill, then you need extra Selenium. The best source is Brazil nuts.



Eat one a day to strengthen and recharge your immune cells.

Pronutro is a wonderful source of 'groceries', while yoghurt restores the friendly bacteria in your intestines.

Eat garlic to clear parasites, bacteria and viruses and a piece of ginger to clear mucous and open your lungs so that you can breathe deeply.

In order to be healthy, you must want to be healthy.

Be positive and surround yourself with positive people who will encourage you to be healthy.

Remember to smile; it makes your immune system strong. Frowning only drains your batteries.



Look after your body and look after one another. It's more fun when you share.



Remember to breathe, bounce and stroke, drink good water and eat good food and most importantly ... love life.

After all, that is why it is called living!

Life is a wonderful journey.

If you are not enjoying the ride, you could make excuses and blame others for where you are going; or you could simply change direction.

You are the driver ... your body is your car. You choose the direction.

If you are feeling tired and lost and unsure of where to turn, ask for help, get the best directions and the best support that you can.

It is your car, take responsibility for your health ... for your life ... you can do it ... do it now!