

12 Steps to a higher level of health and happiness

1. **Follow Jesus.** Read the gospels - meditate on His word.
2. **Breathe deeply** - of the oxygens of air, life, truth. When you walk, run, move, think – assimilate more than sunshine and air. Assimilate life.
3. **Drink deeply** – of the water that cleans, purifies, renews. Drink enough water to keep the color of urine on the *light yellow* side.
4. **Eat well** – food as God makes it. If you eat processed and fragmented food, it will process and fragment you. Avoid manmade chemicals in food and all things. Trust God Who created the chemistry of life.
5. **Balance food groups** – with an initial goal of healthy blood pressure. Getting the sodium-potassium ratio right is a first priority. Balance other body systems as you learn more on the pathway to wholeness.
6. **Go raw** – include chemical free raw fruits and vegetables daily. Balance raw with cooked. A simple rule is *eat a raw food at every meal*.
7. **Chew well** – your food and God’s thoughts – “the Bread of God that comes down from heaven and gives life to the world” John 6:33.
8. **Color your life** – with rainbow colors of fresh foods and fresh truth.
9. **Listen** – to let the Spirit of God lead you in all things. “Acknowledge Him in all your ways and He will direct your paths” Proverbs 3:6
10. **Connect** – with God in creation or nature as well as in scripture. Always remember that “All things were made by Him” John 1:3
11. **Spice up your life** – include herbs and spices in your food and thoughts. Be spicy! Be salty! How can life taste good without flavor?
12. **“Love one another as I have loved you”.** “Rejoice - pray always – be thankful in all things” Thessalonians 5:16-18.