

Power of Trust - Part 3

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After reading Parts 1 and 2 you now have a strong important foundation to build on for Do-It-Yourself (DIY) naturopathic medicine, commonly called natural healing. You may download these and other articles from the “articles” page at www.phpower.org.

“Eat when you are hungry, drink when you are dry”. That’s where the simple ends for trusting your instincts in choosing what to eat and drink. Due to multiple deviations from God’s design for healthy food we all now have to deal with *quality of food* in a serious way if the goal is a healthy appetite and a healthy body and mind. We also need to deal with *inclusion* of foods and food groups and *balance* of major food groups with urine and saliva pH testing. Beyond pH are four more key body systems that need to be included in a body balancing program: digestion, blood sugar, body temperature, blood pressure. Put it all together and you have powerful Do-It-Yourself natural healing.

The good news is that when you balance any one key body system the other four also are moved to a more perfect balance. For example, when you eat a freshly picked apple the fiber content helps move digestive contents down and out for a healthier “transit time”. That’s healing for digestion. It also means better elimination of toxins that the liver dumps in bile, a natural laxative. That’s healing for everything. The toxins come to the liver from the lymphatic system, the drainage system of cell waste. Whamo! You have just moved trillions of parts to a better balance. 40 trillion cells now enjoy less toxicity and work better to keep you warm and alive at an ideal body temperature. An apple is also alkalizing which means better enzyme function and oxygen delivery and CO2 removal for cells. Whamo! More body systems and parts than you can count are moved to a more perfect balance by just an apple! Amazing! Dance a jig. Good health can be fun!

Now fasten your seatbelts because it gets a little more complicated. A doctor once said “you are what you eat and you eat what you are”. Most understand “you are what you eat”. Few understand “you eat what you are”. You eat what you are because long term habits create biochemical pathways that prompt you to continue “steady as she goes”. It’s worked so far. Your instincts say keep going. Thus we are caught in a feedback loop which is OK if it’s a positive loop. What if your long term eating and drinking habits have made you weak, sick, in pain, or aged too fast? Maybe you face a miserable old age, a wheelchair, or death *unless you change direction*. Keep doing the same thing, expect the

same results etc. How do you go from a downhill direction to uphill? STOP TRUSTING YOUR APPETITE. Start doing some objective testing. The only way to identify the specific mistakes you have made that led you downhill is to *test*, don't guess. Testing tells you what systems are out of sync, what numbers too high or too low, metabolism too fast or too slow etc. Since 1990 thousands have learned to do *objective testing* with a Nutrition-For-Life kit. You are not born with this knowledge. This is something you have to learn.

The simple tests for the five key body systems can be done at home for little or no cost. After the testing you compare your results to a healthy or *perfect standard*. You aim for an ideal standard to replace the old pattern that has led you the wrong way. For a few examples: a blood pressure of 120/80, a salivating saliva pH of 7.4, a urine pH cycle range from 5.5 to 7.0 are ideal. After the testing comes the *balancing*. That completes a simple three step process; **1** - test; **2** - compare; **3** - balance. This is the **1-2-3 perfect health system** - a pathway to wholeness. The system is simple and works as long as you have the necessary knowledge, some desire, and a little patience. There are no guarantees, only opportunities. A doctor can't give you guarantees either when your health falls apart. God has given us all one big guarantee - *the opportunity to learn from our mistakes*.

For the **1-2-3 perfect health system** to work as mentioned there is one important pre-condition. That's knowledge. "With all thy getting, get understanding" Proverbs 4:7. Since this is not taught in schools almost everyone has to start from ground zero. We all come from different places but we share an equal opportunity to learn. The earlier in life you get started the better. This system also accounts for "biochemical individuality". We are all as unique in our body chemistry profiles as we are in fingerprints and genes. The adjustments and changes on a pathway to wholeness will be unique for each of us.

Now you have an introduction to a path to take you from point A - where you are now with your health, to point B - where you want to be. It works for both body and soul. In spiritual matters Jesus is the perfect standard to compare your unique thoughts, words, and deeds. If under medical care or on medication it is mandatory to work with your doctor or other trusted health professional in this or any program to improve health.

Comments? Send to Jim LeBeau at lebeaultj@aol.com with "nutrition" in subject box. For a copy of "Let Your Body Be Your Teacher" send \$5.00 to Perfect Health P.O. Box 132 Waupun WI 53963. For information on **Nutrition-For-Life** kits that teach a pathway to wholeness visit www.phpower.org . Articles may be downloaded from "articles" page.