



5 Steps to Great Health

To reach a state of great health, most people must first overcome their chronic health problems, such as joint stiffness, muscle aches, asthma, allergies, headaches, high blood pressure and all the “itis’s” such as arthritis, prostatitis, urethritis, cystitis, diverticulitis, hepatitis, sinusitis, etc. In fact, as of the year 2000, more than 1 out of 2 Americans are termed chronically ill, according to the Center for Disease Control. The 5 Great Steps are:

1. Restore an Alkaline Body pH: The first goal on the way to great health is to restore the body’s pH to the alkaline range. Almost all chronic illness takes place in a body that has become acidic due to the gradual depletion of its mineral reserves.

2. Stabilize Hormone Balance: The hormone balance of the body is a complex, interactive symphony of different regulating compounds. These hormones are internal messengers which are necessary to control and regulate the body’s processes. Since chronic illness typically leads to hormonal exhaustion, the next step is to identify and support the glands which need more support to produce a sufficient amount of their hormones. Hormone deficiency can lead to global body symptoms such as sleep dysregulation, difficulty with the bowels, chronic fatigue or even inability to exercise.

3. Identify and Eliminate Exposure to Toxic Chemicals: The next step is to identify and eliminate the most apparent inducers and promoters of chronic illness for each person. To uncover these hidden enemies, ask each person to complete a thorough Dietary and Lifestyle Questionnaire. Our summary article, “The Instant Cure,” lists 26 of the most common inducers and promoters of chronic illness.

4. Eliminate Chronic Infections: The next step is to identify and eliminate all chronic infections. These are often difficult to detect because they may be subclinical (i.e. when infection is chronic, the common infectious responses are often absent, such as inflammation, fever, sore throat, etc.). Many therapies have ultimately failed due to the failure to eradicate these underlying chronic infections.

5. Rejuvenate the Body’s Systems: An herb that is anti-viral also is capable of DNA repair. Any anti-viral nutrient can begin the process of DNA repair. However, to proceed to a more comprehensive DNA repair, the body must first be rid of infection. Trying this clinically proven 5-step system, you’ll see faster recovery with simpler and less costly supplement expense through the recovery phase and especially through the maintenance phase.

- ⊕ Restore an Alkaline Body pH
- ⊕ Stabilize Hormone Balance
- ⊕ Identify and Eliminate Exposure to Toxic Chemicals
- ⊕ Eliminate Chronic Infections
- ⊕ Rejuvenate the Body’s Systems



Naturopathy