

The Heart of Health

The Principles of Physical
Health and Vitality

By

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Introduction

This book explains many of the reasons why we become sick while providing meaningful advice on how to stay young and healthy. The concepts delineated here are what we refer to as the Principles of Physical Health and Vitality.

This book is for those that want to understand the basic natural laws of staying healthy. It is a guide, a road map, to show you how you can take control of your own health in order to reach the natural balance that leads to optimal physical health and vitality. This book lays out the basics of energy and nutritional medicine. It shows how these two powerful healing tools/concepts intertwine to become the “Heart of Health.”

Vitality is perhaps new to many people. Vitality is not a physical attribute. It is a feeling of well-being and the energy that comes from having optimal physical health. It is also the sense of high mental and emotional coherence. Coherence is the opposite of chaos. When our thoughts are chaotic and negative our cells also become less coherent and de-energized. Our thoughts and emotions play a big role in the status of our physical health. Often, it is our desire to control outside events that moves us away from our inner peace and gives rise to negative thoughts and feelings. Therefore, to achieve

optimal physical health, we have to start with our mental and emotional well-being, the basis of which is faith in ourselves. Having an inner connection and love for ourselves can help us overcome health challenges and feelings of hopelessness during the most difficult periods of our lives.

Having faith in a higher source or at least in the power of our higher self, opens the door to achieving higher possibilities. When we surrender our sense of 'self' and instead see ourselves as a part of the Divine plan, we see only the positive in everything that happens. This allows us to stop focussing on the negative or on those things that we cannot change or control. Instead, we see setbacks in our lives as positive opportunities for deep personal growth. When we possess firm faith in ourselves, we find the mental and emotional well-being that generates the positive energy that leads us to optimal physical health. We have VITALITY. We are FULLY alive, radiant, and joyful. We simply feel good about ourselves and we WANT to take care of ourselves. We naturally want to do things that are life enhancing. We find that we select nutritious wholesome foods. We feel like exercising. And, our relationships with our spouse, children and those around us are more harmonious. Everything that we do is life-enhancing and coherent.