



THE FOUR MASTER KEYS

*for vibrant
health*



Critical Information You Need to Know to
Restore and Maintain Your Health



Martin Pytela

The Four Master Keys for Vibrant Health

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**Critical Information You Need to Know to
Restore and Maintain Your Health**

By

Martin Pytela with Scott Paton

The Four Master Keys for Vibrant Health

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Dedicated to my dear wife, Maureen, my two daughters, Libby and Susanne, without whom this would have been a long, lonely journey.

~ Martin Pytela

In memory of my father, Alexander Paton. You taught me to work hard, play hard, and never give up on my dreams. And dedicated to my mother, Orma Paton, who showed me the meaning of True Love.

~ Scott Paton

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By Martin Pytela and Scott Paton

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Foreword

For the past 6 years, Martin has called me on Skype weekly as we discuss issues regarding the general state of health in North America on our popular Podcast on the Life Enthusiast Online Radio Network (Archived at www.life-enthusiast.com/podcast).

I am constantly amazed at the depth and breadth of Martin's knowledge of how the body works, on many different levels.

Of course, Martin's own journey from wondering if he'd be spending his life in a wheelchair at 26 to healthy and wise is inspirational to all who hear it.

And what I enjoy the most about Martin is his frank Czech way of telling like it is with so much technical detail behind it that everyone has no choice but to raise their hands in surrender! "We know you know, so tell us what to do and let's get healthy again."

And that's what happens to so many people that speak with Martin. The body knows what to do once it has the resources available.

For years, I have been begging Martin to share his foundational information so that we can move faster in fulfilling our mission: "Restoring Vitality to You and the World!"

And today I am delighted to say: "It's here!"

Scott Paton,

Co-Host, Executive Producer: Life Enthusiast Online Radio Network & Life Enthusiast Google Hangouts

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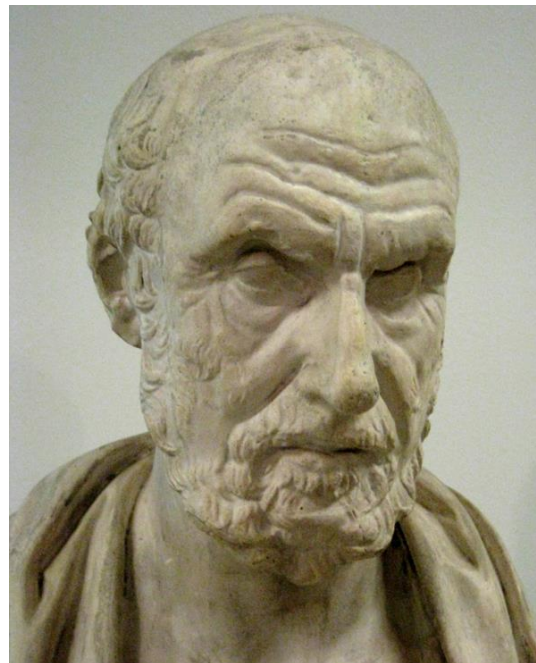
Introduction

To understand Natural Healing we must look back to 460 BC when Hippocrates, the Father of Medicine, was born. Hippocrates is remembered for saying, “Let thy food be thy medicine and thy medicine be thy food.”

Natural Healing is an art, and not an easy feat in today’s fast food society that has us eating foods that are grown in depleted soils, that are over-cooked, over-processed, or hormone injected, and loaded with antibiotics. Foods in our supermarkets can’t give the body what it needs, even if we eat only organically grown, raw vegetables, and organically raised meats. The nutrients are simply not there. Today, supplementation is a necessity.

Functional medicine that focuses on cellular function instead of organ failure, together with holistic healing forms such as Acupuncture, Chiropractic, and tools like Herbal Medicine, and Homeopathy, will in the long run be more successful in maintaining our health. With their help we can support and restore the body to its natural homeostatic balance.

The approach of Natural Healing has been losing ground to the industrial methods promoted by big business in agriculture and medicine, giving us refined and genetically modified foods, drugs, herbicides and pesticides, fertilizers, and a very unhealthy population in general. Their focus on individual symptom suppression instead of treating the whole patient has been the cause of much unnecessary suffering.



Life Enthusiast is a dynamic group working together towards a shared goal of healthy and highly functioning lifestyle that provides enjoyment of every moment each of us gets to spend on this planet. They are people who are waking up to the realization that the tactical, symptom-oriented approach to healing is failing. We are evolving together, discovering solutions to common problems, sharing ideas, and finding better choices we all can make.

We work to expose outdated medical techniques, habits, and messages that are putting your health in danger. By exposing motives - usually greed - that form the basis of commercial interactions, we work to remove barriers to your healing.

We are continually adding products and services to our website with one common theme: “Restoring vitality to you and the planet”. We will have achieved our mission

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when people throughout the world are taught in their schools and in their communities the holistic principles of life and are aware of the interconnectedness of all things.

Introduction Continued



I grew up behind the Iron Curtain, in Czechoslovakia and studied Business Administration and Computer Science at the Institute of Economics in Prague in the 1970s. I moved to Canada when I was 25, and shortly thereafter, I stepped into a dentist's office needing a checkup and a small filling.

I was a fresh immigrant from Eastern Europe, and trusted the dentist implicitly when he told me I needed a dozen of mercury amalgams. Before the month long process of receiving my fillings was over I had already experienced an outbreak of herpes on my lip. That should have been my first clue.

Within a year I started having back problems. Despite seeing a chiropractor twice a week regularly, by year two I was so debilitated with pain I had to change jobs to something less physically demanding. I also started having carpal tunnel syndrome. In year three I developed serious dental problems - periodontal disease, gum recession, loose teeth. Fortunately, I was successful in my career working in Computer technology, spending lavishly on dental care to save my teeth and gums.

Out of curiosity I had my hair analyzed at age 28 (to check for toxins), and it came back with mercury toxicity. I should have clued in then, but did not connect the mercury poisoning to the dental upgrade I had received three years prior.

And so began my quest for the solution to the problem. Rather than looking for the cause, I was seeing medical doctors, orthopedic surgeons, chiropractors, naturopaths, physiotherapists, and a good range of more esoteric therapists. The decline continued. I was still eating the Standard American Diet, and I was beginning to put on some weight.

By age 35 I came down with severe allergies, debilitating me for several weeks each spring. My doctor offered me Sudafed saying I would have to take it for the rest of my life. There was no cure for allergies, he told me.

Making a change for myself

Not one of these well-trained specialists suggested mercury poisoning, and yet, that's what I was suffering from. Not one of them tried to find the cause; they were all just treating the symptoms.

I finally hit the proverbial wall. I realized that I would have to help myself, because the professionals were not going to do it for me. I started studying books about health and

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healing. I read books by Bernard Jensen, Herbert Shelton, John Tilden, and also Harvey Diamond.

I started the Fit For Life regimen - mostly raw food, lots of detoxification with algae and proper food combining. After five years of that my back problems subsided, and after ten years my allergies went away. By that time I was at least as well read as any naturopathic doctor or nutritionist, and I decided to start a health and wellness company.

Making a change for others

I have been the CEO of Life Enthusiast since 2001. With a drive for continual study, I made a serious commitment to help those with chronic and degenerative health conditions. I seek dedicated researchers, doctors, and natural healers to help me deliver the content needed to change people's health, and offer products that aid in the body's healing.

I became a Certified Metabolic Typing Advisor and I use this method with my health coach clients to guide them on their journey towards health, freedom from chronic, degenerative disease that is so prevalent in our affluent, industrialized society.

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Chapter 1: The Beginning

“Your body hears everything your mind says.” ~ Naomi Judd

Jevari Oberon launched the original Life Enthusiast on July 4, 1989 to share his superfood formulas with these words: “Life Enthusiast is dedicated to developing the most functionally advanced life energy goods available.”

By 1994 Life Enthusiast had 70 employees and sales of half a million dollars per month. Life Enthusiast was a great success. When the FDA came to investigate the company that same year, they succeeded through a technicality that allowed them to force the management to cease operations - citing a problem with some published information on a brochure. Following the disruption, Darren Beddard carried the torch for a while, and helped inspire Martin Pytela to revive the movement.

Life Enthusiast re-launched in 2001 directed by Martin Pytela, with products from Twilight America, Miracle II, ORMUS, and ADR. In 2005, we restarted the manufacture of Exsula products, bringing them back from the brink of extinction. Life Enthusiast has continued to bloom with success, reaching like-minded people seeking natural health solutions to their chronic and degenerative health conditions.

Our work will be done when all medical professionals are truly committed to their patients’ health and well-being and when natural healing is no longer called ‘alternative’.

We invite you to join the thousands of people who wish to live their lives to their fullest to embrace the concept of becoming a true “Life Enthusiast” – a person who spreads the word that vibrant health, clear minds and strong bodies are not just a lofty concept, but an achievable reality.

This book focuses on the Four Master Keys to overcome and tap into Vibrant Health:

- Stagnation
- Malnutrition
- Toxicity
- Distortion

We could have titled this book: “The Four Doors to Disease and Pain”, but we are trying our level best to put a positive spin on it and named it The Four Master Keys for Health instead. The important point to remember is when we find ourselves in a hole, we first must stop digging.

It is our fervent belief, based on thousands of stories of people overcoming their pain and suffering, that the human body’s natural condition is ‘Vibrant Health’. It is when we burden it with toxic inputs, dead water, stressful lifestyles, deficient food, and inactivity, that disease sets in and we arrive at epidemic levels of obesity, cancer, heart disease, and other scourges of modern society.

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We will set out to explain how each Key negatively impacts your health, and then give you some solutions that may help you to deal with them.

One of the greatest realizations we made on this journey is the importance of Biological Individuality. Each human being is unique. And in our years of working with people from all walks of life, we know for a fact that what works for one may not work for another.

This is something the medical community seems determined to ignore, to their and your detriment.

Let's make it really clear: any food or nutritional supplement can have different effect on you. Depending on your genetic heritage, you may need to be a vegetarian, or a hunter, you may need more calcium, or more magnesium. We have the tools to help you find out.

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Chapter 2: Master Key#1 Stagnation

“When you are young and healthy, it never occurs to you that in a single second your whole life could change”

~Annette Funicello

All life is based on pulsating energy: inhale/exhale, shorten/lengthen, close/open, squeeze/relax. When these movements cease, you soon are dead. Your body is designed to function under a load - it is in dynamic, not static, balance that we find life's expression. Sedentary life is the antithesis to healthy function.

A stagnant body of water is a swamp - rotting, decomposing, putrid smelling. If your feet stink, or your breath is bad, it is because of stagnation - you need movement.

Your lymph needs to circulate. Unlike your blood that is pumped by your heart, your lymph moves only when you move: walk, run, dance...

There is no better piece of exercise equipment than a rebounder: it exercises every cell of your body with every bounce. It moves your lymph, and other bodily fluids, supporting nutrient and toxin exchanges.

Rebounding on a mini-trampoline is easy. You can bounce on a rebounder while watching television or even while talking on the phone. Bouncing on a mini-trampoline is possibly the most effective exercise because of the effect rebounding has on the lymph in your body.

<http://www.life-enthusiast.com/rebounding-a-3616.html>

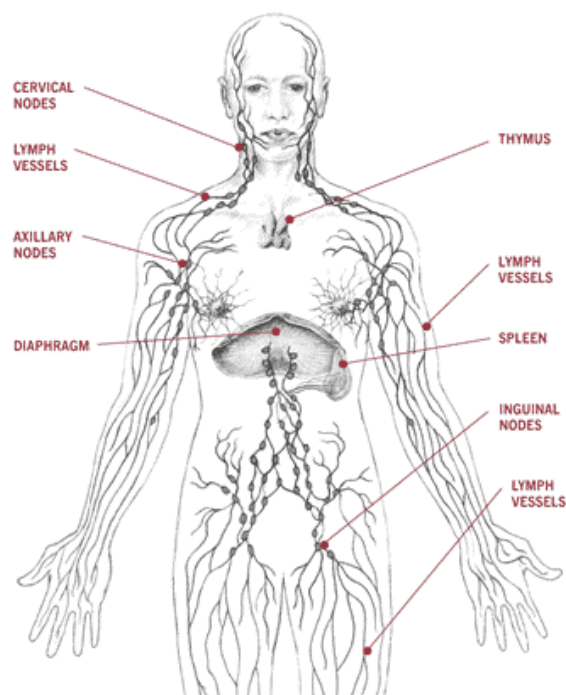


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Immune System Benefits from Rebounding

The rebounding motion stimulates all of your internal organs, moves the cerebrospinal fluid, and massages the intestines. Many immune cells such as T-lymphocytes and macrophages are self-propelled through amoebic action. These cells contain molecules identical to those in muscle tissue.

All cells in the body become stronger in response to the increased gravity pull during rebounding. Self-propelled immune cells responsible for the management of viral, fungal, and cancerous invasions become up to five times more active after rebounding. Bouncing on a mini-trampoline thus directly strengthens the immune system.



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Chapter 3: Master Key#2 Malnutrition

“Each year 2 million children die through malnutrition.”

[Jonathan Sacks](#)

Our intensive industrial agricultural practices - narrow spectrum fertilizers, herbicides, pesticides, large scale monoculture planting, tilling, and more - the opposite of bio-dynamic farming - lead to decreasing mineralization, and the lowering of humus levels.

Top soil is being washed away by rain and irrigation, and blown away by wind. Produce grown on these soils still looks normal, but is hollow - the mineral content has been steadily declining over the past several decades.

In 1936, the US Senate received the results of a scientific study it had commissioned on minerals in your food by a Mr. Fletcher.

The nutritional pioneers and geniuses of nutrition in this era demonstrated that countless human ills stem from the fact that impoverished soil in America no longer provided plant foods with the mineral elements essential to human nourishment and health!

What follows are pertinent excerpts from this report:

“Laboratory tests prove that the fruits, vegetables, grains, eggs and even the milk and meats of today are not what they were a few generations ago. No man of today can eat enough fruits and vegetables to supply his system with the mineral salts he requires for perfect health...”

“No longer does a balanced and fully nourishing diet consist merely of so many calories or certain vitamins or a fixed proportion of starches, proteins, and carbohydrates. We now know that it must contain, in addition, something like a score of trace mineral salts.”

“It is bad news to learn from our leading authorities that 99 percent of the American people are deficient in these minerals, and that a marked deficiency in any one of the more important minerals actually results in disease. Any upset of the balance, any considerable lack of one or another element, however microscopic the body requirement may be, and we sicken, suffer, and shorten our lives.”

“This discovery is one of the latest and most important contributions of science to the problem of human health.”

The magazine, Scientific American, also ran an article on April 27th, 2011, about the nutritional value of fruits and vegetables now versus thirty years ago.

In it they wrote:

“It would be overkill to say that the carrot you eat today has very little nutrition in it—especially compared to some of the other less healthy foods you likely also eat—but it is

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true that fruits and vegetables grown decades ago were much richer in vitamins and minerals than the varieties most of us get today.”

“The main culprit in this disturbing nutritional trend is soil depletion: Modern intensive agricultural methods have stripped increasing amounts of nutrients from the soil in which the food we eat grows.”

“Sadly, each successive generation of fast-growing, pest-resistant carrot is truly less good for you than the one before.”

Consider the concern the US Senate had 80 years before this article was written.

They go on to say:

“A Kushi Institute analysis of nutrient data from 1975 to 1997 found that average calcium levels in 12 fresh vegetables dropped 27 percent; iron levels 37 percent; vitamin A levels 21 percent, and vitamin C levels 30 percent.”

“A similar study of British nutrient data from 1930 to 1980, published in the British Food Journal, found that in 20 vegetables the average calcium content had declined 19 percent; iron 22 percent; and potassium 14 percent. Yet another study concluded that one would have to eat eight oranges today to derive the same amount of Vitamin A as our grandparents would have gotten from one.”

You can read the entire article at:

<http://www.scientificamerican.com/article.cfm?id=soil-depletion-and-nutrition-loss>

Human Microbiome

There is a foundational link between the profile of your intestinal flora, your ability to prevent and defeat disease, your quality of life, and the length of your life.

Good intestinal bacteria crowd out toxin-producing colonists like candida yeast and replace them with nutrient-perfecting and natural-antibiotic-manufacturing beneficial strains like Lactobacillus Acidophilus & Streptococcus Salivarius. These helpful bacteria are essential for health and cleanliness of colon and intestines.

Benefits of their presence in the gut extend to all organs and systems, especially the immune system. Having a healthy population of good intestinal bacteria improves digestion, nutrient assimilation, regularity, and overall energy. A clean and healthy colon is not an inviting nesting place for intestinal parasites.

Probiotics have also been researched in other areas of health and have been found to be beneficial in improving lactose digestion, the prevention of diarrheal diseases, improving hypersensitivity in infants with food allergies, and many other health conditions. More than 400 different kinds of bacteria live in our gastrointestinal tract!

The body depends on beneficial bacteria to manufacture B vitamins as well as to produce lactase and other antibacterial substances. Food processing can destroy viable beneficial organisms, making it difficult for the body to maintain good intestinal flora.

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Even the majority of yogurt products no longer contain a viable acidophilus culture. Preservatives, additives, high-fat diets, alcohol, birth control pills, and stress can all result in poor intestinal flora. Antibiotic drugs are especially damaging to intestinal flora and kill all kinds of bacteria, both good and bad.

The effects of antibiotic use on intestinal flora can last for weeks even after the drug is discontinued; often leading to yeast overgrowth, chronic infections, poor digestion, fatigue or allergies. It is in fact common practice for probiotics to be prescribed along with antibiotics in several countries. Including probiotic supplements into your diet can reintroduce beneficial bacteria into your system.

Some of the known benefits of Acidophilus and FOS nutritional supplementation on your health are:

1. Keeping constipation and diarrhea under control.
2. Counteracting lactose intolerance by its association with lactase.
3. Reduction of bad breath.
4. Reduction of internal gas.
5. Cholesterol control by promoting normal absorption of dietary fats.
6. Suppression of candida yeast.
7. Suppression of a number of intestinal disorders.
8. Prevention of intestinal contamination from infectious organisms common in some foreign countries.

Before the advent of refrigeration, beneficial bacteria were used to ferment foods, preserving the nutrients for long periods of time. The best probiotic supplements combine strains of good bacteria that work together to promote health, specifically in the acidic environment of the lower bowel.

Probiotics supplements that contain soil-based organisms help to restore and maintain your immune system and overall health.

Cooked, sterile food contains very few beneficial bacteria. As a result, the more cooked food you have in your diet, the more of a strain on your good bacteria, especially if you ever go on antibiotics which of course kill all bacteria, good and not-so-good, in your digestive system.

Learn more about Probiotics and Soil-based bacteria at
<http://www.life-enthusiast.com/about-probiotics-a-4460.htm>

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Chapter 4: Master Key#3 Toxicity

“The best way to detoxify is to stop putting toxic things into the body.”

~ Andrew Weil

Mercury (usually with a +2 charge) can grab the biological spaces that should be filled by an essential mineral. As a result, there may be plenty of the mineral found in the blood, urine, hair, etc. but as a result of the displacement at the active site; mercury interferes with the activity of the essential mineral. Symptoms that can be caused by a deficiency of minerals displaced by mercury include:

Magnesium: irregular heartbeat, chocolate cravings, cramps, PMS, receding gums, elevated blood pressure, etc.

Iron: anemia, fatigue, etc.

Copper: anemia, thyroid dysfunction, impaired digestion; liver enzymes are all copper-dependent, easy bruising, etc.

Zinc: anorexia nervosa, loss of taste and smell, loss of appetite, low libido, PMS, impaired growth, acne and other skin disorders, etc.

Iodine: thyroid dysfunction, thickened bile, etc.



Digestive Effects

Mercury acts as an antibacterial agent and has been used in some medicines (vaccines, eye drops, etc.) as a preservative. Mercury could be an important cause of bowel yeast or parasite overgrowth due to the effect of killing off beneficial bacteria, which normally repel parasites and aid in digestion. **Yeast overgrowth** with its attendant symptoms of fatigue, sweets cravings, and vaginal infections is often traced to the antibiotic effect of dental mercury. Suspect this as a root cause when yeast is a recurring problem in spite of repeated treatment. The symptom (yeast overgrowth) will not likely go away until the root cause (mercury) is dealt with. The effect of dental mercury on normal gut flora is well documented. Start your research from here:

<http://www.life-enthusiast.com/candida-indepth-review-a-690.html>

Thyroid Problems are greatly increased with mercury toxicity. Low body temperature problems often improve when mercury-containing amalgams are removed. Normal body temperature is about 98.6 °F orally. Those with a temperature range of 96.2 to 97.6 degrees are often considered to have hypothyroid (low thyroid function). It has

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been observed that their temperature can rise to 98.2 in as little as one day after amalgam removal and to 98.6 soon afterward. It is plausible that a low body temperature, which can be a sign of low thyroid function, is another symptom caused by mercury toxicity. It would be far better to correct the cause of the apparent thyroid malfunction by removing the fillings or other cause responsible for the low body temperature, rather than prescribing thyroid hormone therapy.

There are of course many other sources of toxicity.

Heavy metal poisoning is much more common than most people realize, and if you are thinking that it doesn't apply to you because you haven't been exposed to any, think again. If you've eaten fish regularly, had amalgam fillings, received vaccinations, drank contaminated water, done industrial or agricultural work, or pharmaceutical manufacturing, there is a good chance that you have a fair amount of toxic metals in your system.

The effects of these toxic metals can range from subtle symptoms to serious diseases. Since metals build up in your body over time, symptoms are often attributed to other causes and people often don't realize that heavy metals have affected them until it's too late.

The worst part about heavy metals is that once they build up in your body they can cause irreversible damage. Removing the metals can prevent further damage, but this can be a slow, difficult process. Prevention is the best defense when it comes to metal poisoning.

Learn more about common toxic heavy metals here:

<http://www.life-enthusiast.com/toxic-metals-to-avoid-a-44.html>

Learn more about function of zeolite here:

<http://www.life-enthusiast.com/zeolite-a-5094.html>

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Chapter 5: Master Key#4 Distortion

“Forgiveness means giving up all hope of a better past.”

~ Jack Kornfield

According to quantum physics, the material universe is nothing more than a very dense form of energy. Everything that exists in this universe, from the most subtle, refined realms of energetic structures, to the grossest, densest realms of matter, is aligned in an energy continuum. Energy flows constantly from these highly refined, subtle realms - starting from the causal or super causal world as it is referred to in Yoga teachings, and moving down through the astral, etheric, electromagnetic levels, and finally into the material realm of existence.

If any layer of the subtle body system is blocked, energy will not flow freely down into the next grosser level. From that level onward, there will be significant deficiencies in energy flow. Blockages in any of the subtle layers prevent effective functioning of the physical, material body. This is why so many diseases are co-influenced or co-created by blockages in subtle bodies. This also explains why our psychological state affects our physical body.

Since the organizing life force information flows through the mental and emotional bodies, significant blockages in the subtle fields eventually create physical disease.



Electromagnetic Disturbances

When we sleep (and in daily life) we are constantly exposed to electromagnetic fields that are emitted by electrical cables (within walls too) and electrical devices (even when turned off) that are not visible, but can still have a negative effect on your health.

The most common negative effects caused by electromagnetic fields are:

- Sleeping disorders (and their numerous consequences)
- Bad moods
- Chronic tiredness
- Headaches
- Disturbances of the nervous system (e.g. irritability, dissociation)

Cell phones, power lines and Wi-Fi are common sources of electromagnetic pollution.

“Living near a high-voltage power line roughly doubles the risk of childhood cancers such as leukemia,” scientists say.

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“Dr Gerald Draper of the Oxford-based Childhood Cancer Research Group said a recent study he led looked at 35,000 cases of childhood leukemia and other cancers between 1962 and 1995, and results suggest a slightly higher chance of children living within 100 metres of a high-tension overhead cable developing the disease.” ~ from

<http://rense.com/general59/powerlines.htm>

Grounding and pH Balance

The most readily visible signs of blocked energy flow are the signs of aging - wrinkles, arthritis, stiff joints, loss of flexibility, presbyopia, and so on. They are the expression of oxidative stress made worse by dietary choices, lifestyle habits, stress, and environmental exposures. Supplementing essential fats, minerals, micronutrients, and phytonutrients, while eating metabolically balanced meals, will have a great impact on helping restore youthful function.

Oxidation is another name for the process of stealing electrons, or becoming more acidic. It is the opposite of reduction, of donating electrons, or becoming more alkaline.

The Earth is charged with life-giving electric energy, the electrons needed to balance the deficit created by our industrial environment. We see it discharge often as thunder storms. We also know the Earth has a magnetic field. The movement of the magnetic pole has been documented in rock formations, and its fluctuation affects us greatly.

We sometimes think that we are separate from the flow of all this energy.

We aren't.

We unwittingly block it with our shoes, our cars, our homes. When we block it, we become more stressed, less emotionally stable, thinking too much, and don't find it easy to fall asleep.

When was the last time you walked barefoot on the grass or a beach?

Most shoes have rubber soles. Rubber is a wonderful insulator that disconnects you from the Earth. Try a barefoot walk in grass, or on a beach – it needs to be moist, electro-conducting surface, not a paved parking lot.

Sunlight

Natural sunlight is essential for the sustenance of all life, including human beings. We need sunlight for our body, mind, and soul to flourish, and we are instinctively drawn to it, just as plants are.

To feel sunlight on your face can be rejuvenating. The sun draws us outdoors, offering to build strong bones and teeth, and to ward off rickets and dental decay. Without sunlight we can suffer from light starvation, just as we can suffer malnutrition from lack of food, or lack of proper nutrition. Any other symptoms of light starvation or recommendation of what they can do if they can't access enough sunshine?

The rhythm of day and night ruled how we lived, until 1879 when Thomas Edison invented the light bulb. This enabled us to turn darkness into daylight, revolutionizing

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the way we live, with questionable advantages. Yes, you can stay up and watch a movie, or play a video game, but by doing so you are upsetting the natural circadian rhythm your body requires to operate at its best. We are meant to be going to bed at sunset and get up at sunrise.

Your goals in life need to be supported. Physical goals require physical nutrition, and spiritual goals require spiritual nutrition. They are intertwined, so focus on providing your body, mind, and soul with appropriate nutrition to allow full expression of your talents and support reaching your goals.



Learn more about subtle energies here:

<http://www.life-enthusiast.com/subtle-energy-and-lifeforce-a-1297.html>

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Chapter 6: Movement

“Clear your mind of can’t” ~ Samuel Johnson

To combat stagnation, you need to move your body up and down, against gravity.

Walking is the basic movement that almost all of us can do. We are designed to walk about ten miles every day.

Regular brisk walking can help you:

- Maintain a healthy weight
- Prevent or manage various conditions
 - heart disease
 - high blood pressure
 - type 2 diabetes
- Strengthen your bones
- Lift your mood
- Improve your balance and coordination

The faster, farther, and more frequently you walk, the greater the benefits.



If you find it difficult to exercise because of weather or because of physical limitation, we would like to point out another form of exercise that has positive impact on all cells in your body.

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Cellercise® is Dave Hall's unique name for exercise that applies weight and movement to every cell causing the entire body, its parts and functions to become stronger, more flexible, and healthier. Cellercise® works because all body parts and functions are made up of cells, and this is essentially exercise at the cellular level.

Cellercise® is a weight bearing exercise without the jarring and damage of most impact aerobic activities. Cellercise® uses vertical movement like weight lifting, push-ups, pulls-ups, or sit-ups in a repetitive up and down motion. However, these conventional forms of exercise target and isolate specific muscles or muscle groups. It's very time consuming and often tears down the body to build it up.

When weight or stress is applied to a muscle, it applies weight or pressure against the cell membrane. Cells increase the amount of protein in their membrane to avoid rupture. As we Cellercise® the cells get bigger and stronger. The movement creates momentum. Acceleration and deceleration create pressure changes within the body and an increased amount of weight against the cell membrane.



At the bottom of the bounce, every cell in the body is stimulated, exercised and strengthened. Cellercise® exercises more than just muscles. Every cell is exercised, including internal organs, veins, capillaries, bones, connective tissues, and skin. They are toned, cleansed, and strengthened.

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Dr. Morton Walker has long been an advocate of the benefits achieved from Cellercise®. He has been our customer and friend for many years. He states the following:

1. It increases the capacity for respiration
2. It circulates more oxygen to the tissues
3. It establishes a better equilibrium between the oxygen required by the tissues and the oxygen made available.
4. It causes muscles to perform work in moving fluids through the body to lighten the heart's load.
5. It tends to reduce the height to which the arterial pressures rise during exertion.
6. It lessens the time during which blood pressure remains below normal after severe activity.
7. It holds off the incidence of cardiovascular disease.
8. It increases the functional activity of the bone marrow in the production of red blood cells.

Learn more at <http://www.life-enthusiast.com/cellerciser-workout-a-3614.html>

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Chapter 7: Superfood

“Out of trillions of organisms that were alive at the beginning of time, are alive now and will be alive at the end of time, only one tampers with its food. You do not want to bet against those kinds of odds.” ~ David Wolfe

By our definition, SuperFood is a blend, a combination of natural ingredients, whose effect is greater than the sum of its parts. Because of industrial agricultural practices, the food you eat is deficient in most every aspect other than its looks. Missing minerals, destroyed enzymes, coagulated proteins, the list is long. Make SuperFoods part of your daily routine and thrive.

Enzyme Rich Foods

One of the keys to Superfoods' effectiveness is their high level of Enzymes.

Since 1930, there has been no drug or supplement as widely researched and documented, and found as highly effective in curing disease, as enzymes. Enzyme therapy has been used to perform “miracles” in closely scrutinized clinical studies, providing inexpensive treatment for disease.

Enzymes have been documented to completely erase colds, flu, heart ailments, and cancer from whole cultures of people as well as whole species of animals. Enzymes have even cured “incurable” diseases including herpes and AIDS.

Cultures that consume high enzyme diets are documented to be practically disease-free. Whatever your ailment; whatever your degree of suffering; whatever your level of health, enzymes will help you improve.



Enzymes are killed by heat - none survive above 140°F. Cooking, pasteurization, and microwave heating destroy enzymes in your food, supplements, or liquids. This causes

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vital parts of the body (heart, bones, organs, brain, blood, etc.) to run short of enzymes and become inefficient, diseased, prematurely old, and finally nonfunctional.

What Are Enzymes?

Enzymes are living catalysts found in every part of the body and involved in every biochemical reaction. Enzymes digest food, making it ready to pass through intestinal walls into the bloodstream so the nutrients can be distributed throughout the body. Enzymes are instrumental for toxin elimination, as well as mineral absorption, and vitamin function. Without enzymes, minerals and vitamins lay useless in the body or pass through unused.

Enzymes are important in every aspect of the immune system. White blood cells are merely vehicles transporting enzymes that actually do all the work of healing the body and preventing disease. Every body function is dependent upon enzymes, including breathing, seeing, hearing, and thinking.

The Dangers of Plant Enzyme Deficiency

The consequences of eating a predominantly cooked-foods diet: inflammation, pancreatic hypertrophy (enlargement), toxic colon, and frequent allergies. Because of inflammation, conditions such as bronchitis, sinusitis, cystitis, rhinitis, and arthritis may occur, and may be accompanied by fever, redness, swelling, and pain.

Pancreatic hypertrophy results when a diet lacking in enzymes puts an extra strain on the enzyme “production” of the pancreas. Eliminate this separation

If the pancreas falls behind in its work, the organ will hypertrophy (enlarge) just as a thyroid produces a goiter when it cannot make enough hormones. This happens anytime an organ cannot produce enough secretions and “enlarges” in an attempt to make more secretion.

Low levels of enzymes can also lead to a toxic colon. Undigested food can remain in the intestine and not be excreted.

In these instances, the undigested molecules are “converted” into toxins that are transported by the blood to the liver for detoxification. If the liver is overworked, however, it will be unable to properly “detoxify” the blood.

In his practice Dr. Loomis analyzes the urine and often finds toxins such as ‘phenols’ (an organic molecule with a structure similar to alcohol) present.

Presence of these phenols can lead to a wide range of problems, including allergies, acne, sciatica, and breast pathology.

Life Energy to Electrify Your Diet

Your entire body is electrical. Everything you’ve ever seen, heard, felt, tasted, or smelled was really an electrical signal that was sent to your brain by your nervous system. All food and nutrition that you consume can either increase your electrical energy, or decrease it.

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Raw, uncooked, unpasteurized, nutrient-rich, live food has the highest amount of electrical potential, while cooked, processed, packaged, or canned foods (dead foods) have the lowest amount of electrical potential. Electricity is mainly held in chloroplasts where the plants made energy through photosynthesis.

Cooking plants kills that abundant electrical charge.

Eating raw food is an excellent way to deliver energy to your cells, but it can be a challenge to eat the required volume of raw food. We recommend Superfood drink powder blends.

In a delicious drink you can ingest the 5 to 10 daily servings of vegetables your body needs for optimal functioning.

It's a great idea to start your day fresh, with a SuperFood Smoothie.

- Naturally balanced source of antioxidants, B-vitamins, carotenoids, phytonutrients, enzymes, dietary fiber, and essential fatty acids

- Sustains energy naturally and boosts your immune system

- Great for cleansing and detoxifying

- Provides enzymes to aid digestion and absorption

- Complete raw food with powerful antioxidants

Just make sure it is Gluten Free, Soy Free, No Chemicals, No Additives and Non GMO.

You may notice wheat, barley, and oats on the ingredients list and question how this product can be called gluten free; but it's true! These sprouted grains contain only traces of the proteins involved in gluten intolerance. Only the most severely allergic people may have a problem with barley grass powder.

Learn more: <http://www.life-enthusiast.com/hollow-foods-a-2864.html>

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Chapter 8: Detox

“Most of the foods today that statically cause sickness, cancer, and disease ALL TASTE GOOD; it’s well seasoned and prepared poison.”

~ SupaNova Slom

According to the EPA, 70,000 chemicals are used commercially in the US, and are being dumped into our environment, 65,000 of which are potentially hazardous to our health. We live in a virtual sea of pollutants, and carry many of these toxins within us. They can be found even in unborn children. A 2004 study by the Environmental Working Group identified 287 industrial chemicals in babies’ umbilical-cord blood, including 180 known to cause cancer and 217 that are toxic to the brain and nervous system.

In research to develop a detoxification system for prospective mothers, Gabriel Cousens, Diplomate of the American Board of Holistic Medicine, Diplomate of Ayurveda, and author of “Spiritual Nutrition”, “Conscious Eating”, “Depression-Free for Life”, “Rainbow Green Live-Food Cuisine”, and “Sevenfold Peace”, wrote an article about zeolite, a naturally occurring mineral detoxifier with a unique crystalline structure.



Clinoptilolite, a form of Zeolite, is formed from the fusion of lava and ocean water, and combines several elements. It is on the FDA’s GRAS list (generally recognized as safe). Zeolite is available commercially in powder, capsules, or liquid form.

The results of research on zeolite are very impressive:

Zeolite appears to prevent cancer, and may become an important treatment in the future. In one study, 78 percent of the 65 participants with terminal cancer (all types) are now in complete remission for 12 months (LifeLink Pharmaceuticals, 2005).

It has a chelation-like effect in removing heavy metals (particularly lead, mercury, cadmium, and arsenic), pesticides, herbicides, PCBs, and other toxins from the body. These toxins are strongly correlated with the occurrence of a wide range of diseases, including cancers and neurological disorders such as Alzheimer’s, autism, and dementia.

Zeolite also improves liver function, indirectly improving elimination of pesticides, herbicides, and xeno-estrogens.

Zeolite appears to block viral replication, and may prove to be a potent antiviral and general remedy for all viruses. To date, 40 anecdotal cases of herpes zoster have reportedly been healed. Preliminary anecdotal case studies suggest that it may help alleviate rheumatoid arthritis, multiple sclerosis, and hepatitis C as well as the common cold and flu.

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Zeolite's binding power was proven during the Chernobyl disaster, when tons of it were used to remove radioactive cesium and strontium-90 before they contaminated local water systems.

Zeolite creates a natural buffer in the system by establishing an optimal pH level, which in turn activates healthy function and a strong immune system.

It shows promise as an effective detoxifier for prospective mothers. Recently, at the Tree of Life Rejuvenation Center, Liquid Zeolite was added to the protocol for the 10-day detoxification program for prospective mothers. In two women who just completed the program, toxins in their breast tissue dropped significantly - from 12 in one and 13 in the other to only two - over the course of seven days. Although anecdotal evidence and centuries of use in Asia suggest that zeolite is safe to use even during pregnancy and breastfeeding, its safe use in pregnancy has not yet been proven in double-blind studies.

According to testimonials, zeolite promotes a sense of well-being, clarity, and happiness. It appears to do this as a consequence of eliminating toxins and also, according to preliminary research, by increasing serotonin production. One study suggests that zeolite also helps relieve depression. Anecdotal reports suggest that zeolite increases energy, immune function, and general health.

Zeolite neutralizes the formation of nitrosamines in the stomach, which are found in processed meats, and are one cause of stomach cancer. Another positive effect on the stomach, according to many anecdotal reports, is relief of acid reflux.



Testimonials suggest that zeolite captures triggering antigens, which cause allergies, migraines, and asthma, decreasing the rate and severity of these symptoms. Zeolite also directly absorbs free radicals and thus decreases free radical activity and damage to the body.

To test the effectiveness of zeolite in detoxifying prospective mothers and fathers, he designed a pilot study of 60 people at the Tree of Life Rejuvenation Center based on his protocol for preparing parents to bring forth non-toxic babies. The basic protocol consists of a one-week green-juice fast and detox support program, to which he added 15 drops of Zeolite four times a day. The following very significant results were found:

60 people were tested for 14 to 26 common toxins including heavy metals, pesticides, and herbicides. In these 60 people, 801 of these toxins were initially found in the subjects' livers, 825 toxins were detected in the breasts, and 824 toxins were identified in brain tissue.

On average, they were initially found to have 90 to 95% of these toxins in their livers, breasts, and brains, regardless of their diets (many of the people in the study were vegans who eat live food).

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After the week-long zeolite/green-juice fast protocol, just 73 toxins remained in the subjects' livers, 103 toxins were left in their breasts, and 111 toxins were detected in their brains.

The overall percentage of removal of these toxins from the participants' organs was 88%, leaving only 12% of the toxins in their systems overall. This included 91% removal of these toxins from the liver, 88% removal from the breast, and 87% removal from the brain.

Bottom Line: Toxin levels dropped 88% in one week.

Learn more about Zeolite here:

<http://www.life-enthusiast.com/zeolite-detox-a-5094.html>

Cilantro Detox

The most useful method of detoxing involves the use of common herbs or spices that exhibit unusual healing properties. Cilantro's medicinal benefits were uncovered through the work of Dr. Yoshiaki Omura. Dr. Omura discovered that traditional methods of treating viral infections, such as herpes simplex, would cause the symptoms to disappear for several months, only to resurface at a later date.

Through his studies, Dr. Omura found that these viruses continued to breed in areas of the body where there were concentrations of heavy metals like mercury, lead, and aluminum. During the research process, Dr. Omura found that cilantro helps the body accelerate the excretion of mercury, lead, and aluminum.

When cilantro is used along with natural antiviral or antibiotic agents and/or omega-3 fatty acids, the infections can be eliminated this sentence makes me think that it's the other antiviral or antibiotic that does the work, not the cilantro.

Cilantro is the cheap and easy way to get similar results as you would from Chelation therapy. Simply add about one cup of cilantro to your diet for two to three weeks and see how your body responds.

Cilantro is most effective in combination with chlorella, the algae well know for its ability to bind heavy metals to it.

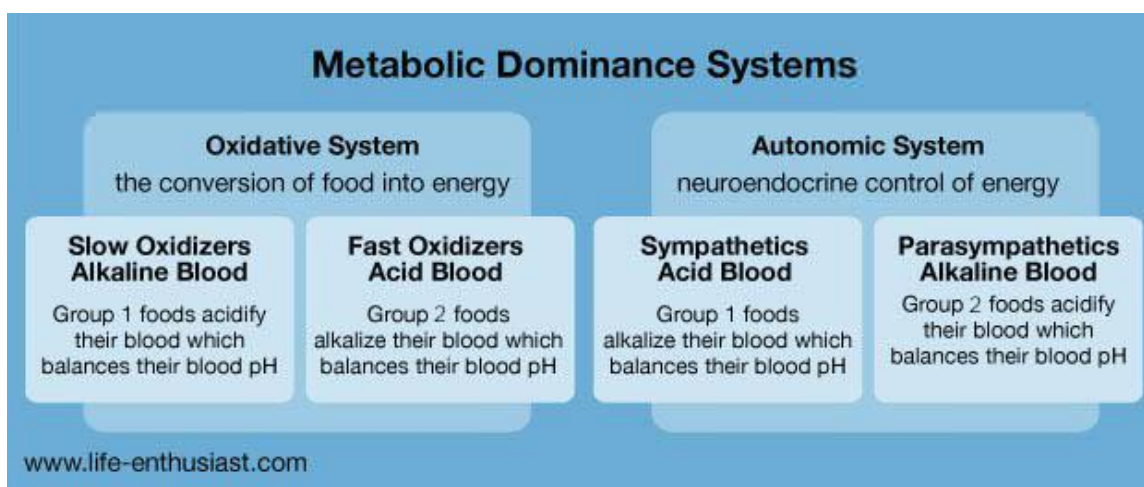
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Chapter 9: Metabolic Typing

"I'm not young enough to know everything."

~ J.M. Barrie

Metabolic Typing® is a scientific approach to your health that carefully looks at your unique digestive system and recommends the specific foods and supplements that support your unique body structure. It can help you stabilize your weight at optimum levels, and improve your overall health and energy.



The secret reason diets don't work

There is no "One Size Fits All" Diet. Eating food that aligns with your metabolic type improves your energy, your mental capacities, and boosts your emotional well-being. Every meal should leave you feeling satisfied. If you are already feeling good, eating should, at the very least, help to maintain your energy level.

But if you feel worse in some way, an hour or so after eating, such as:

- You still feel hungry even though you are physically full
- You have sweet cravings
- Your energy level drops or you need a nap
- You feel anxious, nervous, angry or irritable
- You feel down or depressed

If the food you ate worked against your Metabolic Type and made you either too acidic or too alkaline, you will be experiencing negative health consequences. When you know your Metabolic Type, a whole new world opens up to you as you begin to become aware of the effects different foods have on your body, mind and emotions.

Metabolic Dominance Systems

William L. Wolcott in 1983 showed that either the Oxidative or Autonomic control system determined a person's response to acid or alkaline foods. Francis M. Pottenger,

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Royal Lee, and Dr. Donald Kelly, D.D.S. contributed to the development of Metabolic Typing.

The older docs who developed metabolic typing, used pH of venous blood to determine the sub-type within the dominant metabolic system characterized the individual. Individuals who operated primarily under the influence of the Oxidative system would be typed as Fast Oxidizers if they had acid blood, or Slow Oxidizers if they had alkaline blood. If, however, they primarily operated under the influence of the Autonomic system, they would be typed as Sympathetics if they had acid blood, or Parasympathetics if they had alkaline blood.

Fruit and vegetable juices (Group I foods as below) have an acidifying effect on the blood pH of Oxidative dominant types, but an alkalizing effect on the Autonomic dominant types; while a high protein meal (Group II), has an alkalizing effect on the Oxidative types, but and acidifying effect on the Autonomic dominant types.

Metabolic Type can be confirmed with a glucose tolerance test, or with a online Metabolic Typing Test. You will be found to be in one of Group I (vegetarian, carbohydrate) or Group II (protein and fat) in Oxidative or Autonomic types.

Fast Oxidizers tend to burn up glucose too rapidly; therefore they require more proteins and fats to slow down the rate of glucose combustion. Conversely, Slow Oxidizers do not burn up glucose rapidly enough; therefore they require a higher percentage of glucose (and less protein and fats) to fan the flames of oxidation.

CO₂ is a catalyst that allows oxygen to be released from the hemoglobin, freeing it up so that it can be absorbed into the tissue cells. Actually the tissues require three times as much CO₂ as they do oxygen. If there isn't sufficient CO₂ the oxygen remains bound to the hemoglobin. Oxygen is alkaline forming in the blood while CO₂ is acid forming.

This drink is acid forming to the two Oxidative dominant types, thereby increasing their blood levels of CO₂ and decreasing their levels of oxygen. This has the effect of increasing the respiration rate, blood pressure and pulse as the body tries to compensate by breathing in more oxygen, while decreasing the ability to hold the breath, due to deficient oxygen. Also their saliva will become more acid, and their urine more alkaline. Their venous blood pH will be acidified by the drink.

Conversely, the glucose challenge drink is alkalizing to the Autonomic types, thereby increasing blood levels of oxygen and decreasing their levels of CO₂. Accordingly their respiration rate, blood pressure and pulse will tend to drop, due to the presence of adequate amount of oxygen while their ability to hold their breath will increase. Their saliva will become more alkaline, and their urine more acid. Their venous blood pH will be alkalized by the drink. From this one can determine which type you are, and which diet will be right for you. <http://www.life-enthusiast.com/metabolic-typing-a-3542.html>

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Chapter 10: The Rest of the Story

*“There is only one thing in this world shittier than biting it from cancer when you’re sixteen, and that’s having a kid who bites it from cancer.” — John Green, **The Fault in Our Stars***

The human body can be unfathomably complex, but the principles are incredibly simple.

It all depends on your point of view and what you are trying to do. If you speak to a scientist, their microscopes show miracle after miracle of complex interaction.

When you speak to an Amazon Shaman, you receive a decidedly different reaction. The Amazonian plants that surround the Shaman ‘explain’ to the Shaman which plant is best suited to solve the health issue at hand.

We believe that falling into the trap of complexity and artificial foods and drinks has caused the majority of our culture’s health problems.

To be healthy is simple:

1. Eat real living food (Follow us on Twitter @lifenco hashtag #eatrealfood for ongoing information about real foods)
2. Get Probiotics into your diet
3. Drink ‘living’ water (hint: it doesn’t come from stores or out of your tap at home)
4. Breathe clean, natural air deeply
5. Rest, meditate, pray, relax
6. Smile
7. Cultivate healthy relationships
8. Exercise
9. Get out in the sun
10. Find your Metabolic Type and eat to support your genes

If you are not healthy right now, perhaps because you broke some of the eight rules, the first thing you must do: Stop digging.

Recognize that you are in a hole and that everything you have done to date has made it deeper. Then check where you are on the Four Master Keys.

Are you malnourished, stagnant, toxic, and disconnected?

Unfortunately most of us are. We spend hours in our cars, in front of computers, talking on cell phones, rushing here and there, picking up coffee and a donut at drive through cafés, with just enough time to tuck our children in bed before working some more until much too late, and then getting up much too early to start all over again.

Are you stressed out? Fat? Tired? Eating fake food? Drinking dead water? Mad? Sad? Stuck inside an air conditioned car or building all day?

Are you in pain? Sometimes that is a blessing; at least you know something is wrong.

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With heart attacks, the first sign of trouble is often so intense that you don't live through it. Everything seems fine until the heart attack hits. One in every 4 deaths comes without warning.

The signs are all around you, please do not ignore them.

Start today.

Start moving.

Start breathing.

Start eating real food.

Start drinking living water.

Start detoxing.

Start living to your potential.

Educate yourself, but be discerning. The Internet is full of opinions, and you can find support for both sides of every argument.

Stick with us at Life Enthusiast. You can find hundreds of health related articles, videos, and podcasts on our website that have been carefully selected against the 30 years of real life experience.



Check your local newspaper for information workshops given by local health experts. Check for a local Raw Food or Paleo group. While going full out raw, organic, or vegan, may seem 'way out there' today, you will learn a lot about eating real food and drinking living water.

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By being around like-minded people it will make your journey easier. Of course, the people you know now may be your toughest obstacle to your health as they will tempt you with your favorite meal or drink, as well as questioning why you need to change.

Stop listening to people who poison you. Surround yourself with people and resources that will draw you towards greater health. Start today to listen to people who want you to live life fully.



Go to <http://www.life-enthusiast.com>, and use the coupon code: **StartKin**

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