



**Nutritional Pyramid Functions**

Prayer acts of love and devotion and communion/meditation with the Almighty every day are required to be in a state of mind to receive the blessing of good health!

Moderate Exercise (e.g.s. Applied Lymphology, chi-Ki martial arts, WALKING) that activates the white blood stream to expel toxins to prevent disease - toxemia.

**Balanced Diet**

Oxygen is the highest priority physical nutrient as without it in about five minutes humans die. Therefore the room you sleep-in should have plants to convert your exhaled carbon dioxide to oxygen. Lemon Plants, Aloe Plants, Hyssop, etc.. recommendation

Dehydration being a precursor to most diseases, as well as, causing death generally when we do not have water for about three days. Therefore, high quality pure water is a must. Willard's Water with distilled water is recommended.

**Without food we generally die in seven days!**

THUS THE BODY GENERALLY NEEDS about **90 Nutrients for Life** each day:

Every day humans require about 4 to 8 cups of clean pure water, over sixty trace minerals, about 16 vitamins including the sunshine-vitamin "D", about 12 amino acids - enzymes, and about 4 essential fatty acids to maintain top physical and mental health in the correct ratio's and portions for their blood type, metabolism, etc..

60 TRACE MINERALS A DAY - MINERAL TOODY is recommended.

ESSENTIAL FATTY ACIDS – **Youngevity** Ultimate EFA is recommended.

VITAMINS ENZYMES - BARLEY GREEN TYPE FORMULA is recommended.

EACH ORGAN SYSTEM HAS A NEED FOR SPECIFIC NUTRITIONAL AUGMENTATION

The following general nutritional augmentation areas of specification have also been identified:

- |             |           |              |                    |
|-------------|-----------|--------------|--------------------|
| Anti-Aging  | Cognitive | Eye Health   | Joint/Inflammation |
| Bone Health | Digestive | Heart Health | Sleep              |
| Calming     | Energy    | Immunity     | Weight Management  |

**FOR INFORMATION & technical support contact Jasper Jones - Helping People with Technology Solutions to Their Everyday Problems™ under the - Wealth and Health Network Seminar Session™ - Life Stress Management Program- Financial Instrument Series™ - Health Insurance Cost Reduction Program - Individual Development Account Trust Agreement (IDATA™) - at 206.203.2661, E-Mail [food\\_health\\_spectrum@yahoo.com](mailto:food_health_spectrum@yahoo.com) - Web Sites <http://www.pemig.webs.com> - <http://www.god-economics.webs.com> - Emotional Freedom Technology (EFT) HEALING CODES PRODUCTS - <http://www.1shoppingcart.com/app/?af=1411557> - To get started on/purchase Yougevity Health Lfe Nutrition Pacakges go to <http://20010201.youngevityonline.com/> - copyright © 2012 Jasper Jones for UBCA Community Trust, Inc.**