



Natural Health & You

The Science and Power Of The
HumanaNatura Natural Health System



Welcome to HumanaNatura

- HumanaNatura is a cooperative organization, dedicated to helping you and others transform life through the science and power of our natural health.
- HumanaNatura encourages new scientific and self-understanding, the use of specific health techniques, and the transition to modern health-based life.
- HumanaNatura offers a complete and open-ended system for natural fitness and quality of life via two natural health programs – our Personal Health Program and our Community Health Program.
- Our programs span four progressive natural health techniques: 1) Natural Eating, 2) Natural Exercise, 3) Natural Living, and 4) Natural Communities.
- These techniques for natural health promotion allow us to address important health issues and opportunities in our time – greatly improving our personal fitness and well-being, and beginning us on a revolutionary new progression to higher quality natural life.



Before We Begin...



- HumanaNatura does not provide medical care, and our natural health program is not a substitute for medical diagnosis or treatment.
- Please discuss any health questions, symptoms, complaints, or treatments with a licensed physician or health care professional. If you are uncomfortable with a diagnosis or treatment program, a second medical opinion is the logical next step.
- HumanaNatura's natural health programs are free and available on our website at www.HumanaNatura.org. Before beginning the diet and exercise sections of our personal program, please review your plans with a physician or other health care professional qualified to assess your readiness for these changes.
- While HumanaNatura's principles and techniques are designed to promote natural human health, you may have a medical condition that requires an alternative approach. Every person is unique and only a health care professional can help you make this assessment.
- Please see our website for HumanaNatura program details and Terms of Use.

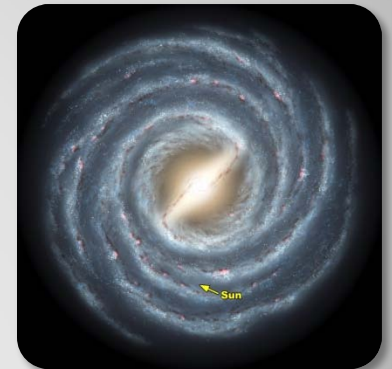
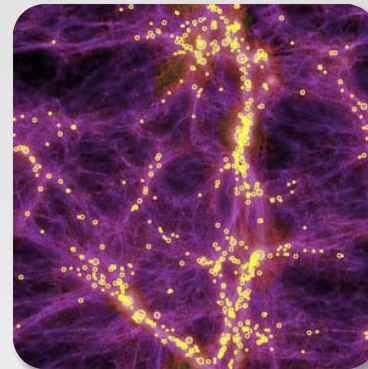
What's Inside

- The origin and nature of our health
- Our health – in nature and today
- HumanaNatura's four techniques
 - ❖ Natural Eating
 - ❖ Natural Exercise
 - ❖ Natural Living
 - ❖ Natural Communities
- Natural health & you – next steps



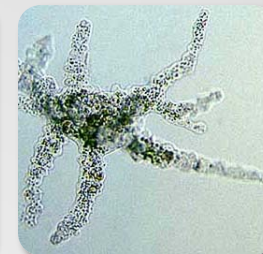
The Origin and Nature of Our Health

- Nearly 14 billion years ago, our universe began with a bang...as a vast outpouring of space and time...containing properties or laws that give our world its structure and regularity
- Our universe is likely one of many universes...part of a *multi-verse* of random or evolving worlds set in a deeper and mysterious space
- Our universe is immense in its scale and features...with now over a billion galaxies, many with over a billion stars
- Our tiny planet...the earth...revolves around a small, five billion year-old star, in an arm of an old but otherwise fairly typical galaxy



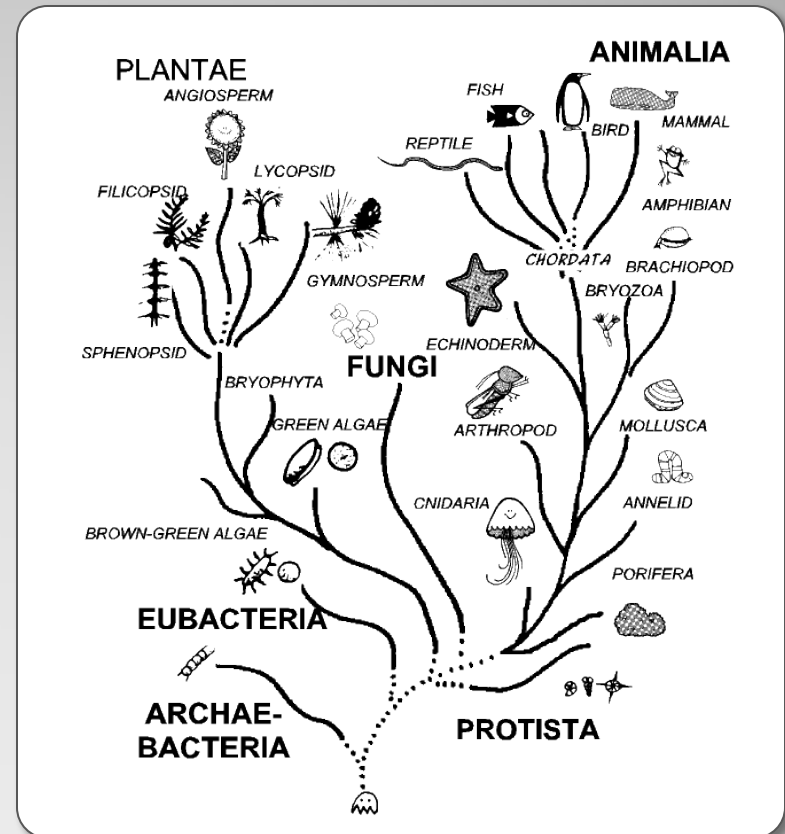
The Beginning of Life on Earth

- Our earth formed through a process called accretion...the combining of mater and gas via the force of gravity
- As the earth grew and then cooled, two important conditions soon permitted the formation of life from non-living materials:
 - ❖ An ideal distance from the sun
 - ❖ Presence of liquid water & pre-organic gases and minerals
- Over millions of years, complex and then self-reproducing molecules formed, including DNA, which led to the process of organic evolution
- You can learn more about this at:
<http://rst.gsfc.nasa.gov/Sect20/A12.html>



Evolving Natural Life and Health

- Over the course of our earth's four billion-year history, organic evolution has produced the rich array of plants and animals we now study— living in the world and fossilized in rock
- Evolution works via: 1) random changes or mutations in genes, and 2) selection of genes based on their *fitness* – their ability to help organisms thrive and reproduce in the ever-changing environment
- All genes are chemical instructions in cells that operate an organism and create new organisms of its kind
- Complex life on earth existed only in the sea until about 500 million years ago...when certain plants and then animals evolved to live out of water



The Essential Nature of Health

- Though natural organisms use a number of strategies to thrive, there is an implicit competition in all evolutionary systems
- After all, the fittest individuals and species are most likely to use available resources, reproduce, and have their genes grow in number
- While evolution is an undirected process, working through random variation and selection, it naturally produces *health*...that is, genetic and organic fitness within evolving niches in the environment
- *Natural health* can be defined as an evolving adaptive state or readiness ...an ability to thrive in a complex, challenging, and changing world



Animal and Human Health

- Humans are mammals, a line of life that evolved from reptiles about 200 million years ago, just as reptiles evolved from fish and amphibians before this time
- Mammals represent a distinct advance over earlier forms of life on earth, since we are based on and take advantage of the benefits of increased intra-species cooperation
- Mammals live in cooperative or reciprocating groups...caring for their young and often for other adults
- This approach has many advantages, including permitting active teaching, complementing environmental learning and the information communicated via our genes



Our Health – In Nature and Today

- For million of years, our human ancestors lived on the plains of Africa in small mobile bands...in this time, our natural patterns of life fostered high states of personal health
- 10,000 years ago, this long natural life was radically altered by the agrarian revolution...pulling us from our natural niche and natural health
- Since then, the progression of civilization has woven many unnatural behaviors into daily life...taking us far from our natural health & well-being
- Only now, though the modern scientific revolution, have we begun to understand this natural history... and the steps needed to restore and naturally advance our health



HumanaNatura's Four Techniques

Using the new science of our natural past, as well as scientific findings showing how human health and well-being can be optimized in modern life, the HumanaNatura natural health system uses four transformative health techniques:

- ❖ Natural Eating
- ❖ Natural Exercise
- ❖ Natural Living
- ❖ Natural Communities



Natural Eating

Based on the science of human eating in nature for more than five million years, HumanaNatura's natural health program encourages a daily diet of:

- Raw vegetables
- Healthy amounts of animal protein
- Moderate fruit and nut intake
- Elimination of all grains, cereals, beans, and starchy plants

In practice, even as little as 30 days of eating this way can transform our health and fitness, setting the stage for HumanaNatura's other techniques.

Please see the HumanaNatura Personal Health Program for details on our recommended diet.



Natural Exercise

Using the science of earlier human activity patterns in nature and seeking to optimize our health and fitness in modern life – by promoting sufficient and efficient *natural conditioning* – the HumanaNatura program advocates two exercise practices:

- Daily walking or hiking
- Regular calisthenics exercise

Together, these complementary forms of exercise allow us to achieve natural conditioning and quickly lead to breakthrough levels of physical fitness.

The exercises also encourage new health awareness and emotional well-being, while promote essential interaction with our surroundings and the health-promoting natural world.



Natural Living

As our health improves through more natural approaches to eating and exercise, HumanaNatura next encourages natural health enhancement in other essential areas of our lives.

The technique we call Natural Living involves a pragmatic seven-step method that results in our progressive use of a Natural Life Plan:

1. Assessing our health landscape
2. Envisioning more optimal life
3. Understanding our life as it is
4. Formulating a natural life plan
5. Reviewing our natural life plan
6. Implementing our natural life plan
7. Evaluating our actions and impacts



How aligned are you with HumanaNatura's ten dimensions of natural living?

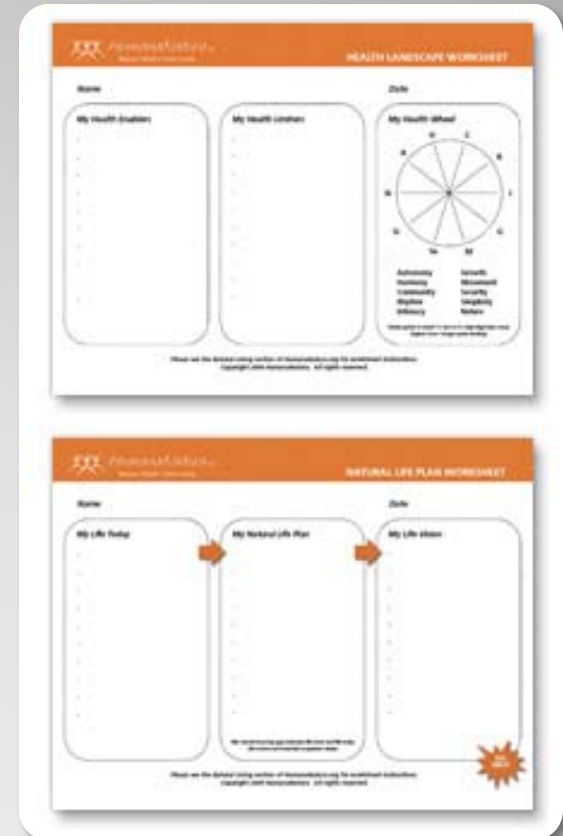
- Autonomy
- Harmony
- Community
- Rhythm
- Intimacy
- Growth
- Movement
- Security
- Simplicity
- Nature

Natural Living Worksheets

To help you begin Natural Living for yourself, or help others in this lifelong process of progressive health promotion, HumanaNatura provides two important worksheets on our website:

- **Health Landscape Worksheet**
Designed to help you self-assess your *health landscape* today, including your top health enablers and limiters, and your alignment with HumanaNatura's *ten dimensions of natural living*
- **Natural Life Plan Worksheet**
Encourages specific new steps to move you from your life and health as they are today toward a transformative and evolving vision of new natural fitness and quality of life

Our worksheets facilitate your mastery of the essential practice of Natural Living and your exploration of new and healthier forms of life.



Natural Communities

- HumanaNatura's fourth technique involves promoting new health and health awareness in others, our communities, and our global society
- The technique of Natural Communities helps us to individually fulfill critical social dimensions of our natural health and well-being
- Natural Communities also works to eliminate *health limiters* and create new *health enablers* that require collective action and social change
- The *Our Future* section of our Personal Health Program introduces community health promotion ideas
- Our Community Health Program guides HumanaNatura advocates in communities health leadership



The HumanaNatura System

That's a quick overview of HumanaNatura and our comprehensive natural health system. We would be happy to answer any questions you have on our programs and four science-based natural health techniques:

- ❖ Natural Eating
- ❖ Natural Exercise
- ❖ Natural Living
- ❖ Natural Communities



Natural Health & You – Next Steps

Some ideas to explore the HumanaNatura system:

- Review HumanaNatura's free online Personal Health Program
- Begin Natural Eating & Natural Exercise
- Consider our goal of progressive health-based life and technique for Natural Living
- Complete your first Natural Life Plan – on your own or with a HumanaNatura natural health practitioner
- Seek out health promotion opportunities around you... in your community and in our global society



My Next Steps

1.



2.



3.



4.



5.