

HumanaNatura – A Revolutionary New Approach To Life & Health

HumanaNatura is a cooperative organization, supporting a global network of practitioner-advocates who use and promote HumanaNatura’s revolutionary natural health system in communities around the world.

The HumanaNatura system integrates four science-based techniques to create an optimally healthy, naturally fulfilling, and more adaptive approach to life in our time. HumanaNatura’s four techniques combine to foster greatly increased health awareness and our breakthrough to a new natural state we call *progressive health-centered life*.

HumanaNatura’s Four Natural Health Techniques

Through personal and community-level programs that span our four health techniques, HumanaNatura’s health system promotes complete, transformative, and open-ended modern natural life and health:



Natural Eating

Beginning from the science of human life and health in nature, the HumanaNatura technique of Natural Eating encourages a lifelong diet based exclusively on raw vegetables, healthy forms and amounts of animal protein, and moderate fruit and nut intake.



Natural Exercise

Based on the science of earlier human activity patterns and natural fitness levels, and seeking to ensure optimal personal vitality amidst modern life, the HumanaNatura technique of Natural Exercise advocates daily walking or hiking and regular calisthenics workouts.



Natural Living

As our health improves through more natural eating and exercise patterns, HumanaNatura turns to science-based health promotion in other areas of our lives – via the wide-ranging technique of Natural Living and its pragmatic seven-step method for *natural life planning*.



Natural Communities

HumanaNatura’s fourth technique, Natural Communities, involves promoting health and quality of life in our global society. This critical technique helps us to fulfill critical social dimensions of our individual health, while fostering healthier life for all people.

Redefining Our Modern Life & Health Potential

The HumanaNatura system helps us to examine and redefine our life and health potential in the modern age. Our programs show how transformative well-being and revolutionary quality of life are now available to us all – through new, conscious, and informed initiative, using contemporary science and modeled on nature’s underlying method of *health-increasing progressivity*.

All of HumanaNatura programs and tools are offered free for personal and not-for-profit use.