

HumanaNatura – the Science & Power of Our Natural Health

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. The HumanaNatura system includes two comprehensive natural health programs – our Personal Health Program and our Community Health Program – spanning four progressive natural health techniques.

HumanaNatura’s Four Natural Health Techniques

Through our two health programs, HumanaNatura’s natural health system promotes transformative new health awareness and the mastery of four simple but revolutionary natural health techniques:



Natural Eating

Based on the science of human life in nature for more than five million years, the HumanaNatura’s technique of Natural Eating encourages a lifelong diet of raw vegetables, healthy forms and amounts of animal protein, moderate fruit and nut intake, and the elimination of all grains, cereals, beans, and starchy plants.



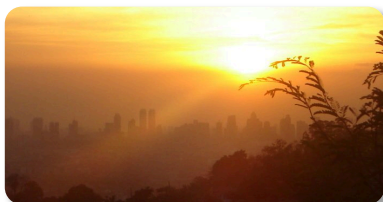
Natural Exercise

Using the science of earlier human activity patterns in nature and seeking to ensure optimal personal fitness amidst modern life – by promoting sufficient and efficient *natural conditioning* – the HumanaNatura technique of Natural Exercise advocates daily walking or hiking and regular calisthenics exercise.



Natural Living

As our health improves through more optimal eating and exercise patterns, HumanaNatura turns from these foundational practices to the challenge of natural health promotion in other areas of our lives – via the technique of Natural Living. Natural Living employs a pragmatic seven-step method aimed at greater health and quality of life that results in our progressive use of a *Natural Life Plan*.



Natural Communities

HumanaNatura’s four technique involves promoting new health and quality of life in others and our global society. The technique of Natural Communities helps us to individually fulfill critical social dimensions of our natural health and vitality. It also works to eliminate health limiters and promote new health enablers that require collective action, fostering new health possibilities for all.

These four science-based techniques for natural health promotion allow us to individually and collectively 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.