

Scientists tell us that if we give our bodies the nutrition, water, sunlight, exercise and rest they're designed to use, they should be good for 150 years. We're only averaging half that, so we're really screwing up. Most of us are screwing up on all five requirements.

Once you change over to a raw food diet, drink enough pure water, exercise out in the sun, and get enough sleep, any illness you have, no matter how supposedly incurable, will go away and you'll never get sick again. The gift of health. There is no greater gift.

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