

DECEMBER NEWSLETTER
CLUES AND TOOLS, NOT RULES, ON HOW TO LOVE AND CARE FOR OUR
MIRACULOUS BODIES

One of the greatest aspirations in life is to elevate ourselves to the highest state of physical, mental, and spiritual beauty, to discover and draw out our dormant levels of excellence; and to become strongly attractive-even magnetic.

Different foods fuel different types of thoughts, different foods fuel different potentials for success, different foods fuel different destinies or destinations in life — what you are eating now is leading you to a certain destination. **WHERE ARE YOU HEADED WITH YOUR CURENT DIET?**

One of life's greatest goals is to design a proper diet for ourselves; one that makes us feel good. The more complicated a diet is, the more likely it is to fail. One thing is certain, not one specific selection of food works for everyone. Every **BODY** has a different metabolism and rarely do two people eat the same foods each day. Experience has shown that eating **VITALITY FOODS** brings a person back into touch with their food instincts, thus allowing the person to select more precisely which foods their body needs. Eating fresh, live foods increases one's taste sensations and the sensitivity of the taste buds.
CLUES AND TOOLS, NOT RULES

A primary behavior that we all collectively participate in is the eating of food.

We begin by adding. Adding this fruit and that vegetable, this sprout and that seed. A **VITALITY FOOD** diet is about adding foods into your life. Denial and strict discipline are not part of this program, and for the most part, do not work in the long term. Bringing in nutrient-rich-raw-foods and allowing the body to shift automatically at its own pace, so that cooked foods begin to lose their appeal and taste (when compared to the superior taste of the **VITALITY FOODS**), is part of the program.

Just as the water in a river bed washes over the rocks continually, the rocks become, ever so subtly, shaped by that action. So too, do the foods we eat shape our bodies slowly, subtly, and methodically over time.

Becoming conscious of the importance of nutrition allows a person to begin to chart the direction of change in their life. Becoming conscious of nutrition means that you are becoming aware that little things add up, that consistent actions taken every day begin to take a person in a certain direction.

An interesting thing occurs when one stops eating "just anything". When one introduces discernment into one's food choices, both a physical and a spiritual transformation begins to take place.

The you of today is creating the you of tomorrow. Spend energies in becoming the person you want to be instead of struggling against the past images and addictions. The more

good you do, the less time and energy you will have to do the things which hinder your personal growth.

Don't persecute yourself too severely when you fail. Be compassionate with yourself. Praise yourself for your successes and keep on moving. With perseverance and determination you will daily become more and more the person you want to be. Love yourself daily and continuously for what you are now.

-Victoras Kulvinskas

For the recovery of health by natural means you need...

A strong DESIRE for health,

A willingness to possibly go through a healing crisis,

Sound knowledge of health,

A basic understanding of the physiology of the human body,

And the determination to pursue health steadfastly.

PRAY for guidance and the courage, strength and desire to persevere.

"Many people are out in the world trying to "get" beauty. One cannot go out and get beauty, because beauty is not something you get! Beauty is something you earn by refining the type of person you are becoming. The beautification process is about becoming the type of person who can be beautiful. If you want to become beautiful, you have to become that type of person on the INSIDE first, and then attract beauty to you. It works this way in all facets of life."

-David Wolfe

EATING FOR BEAUTY for Women and Men pg. 7