

Principal of Live Nourishment	Food is the building block for the body. To ensure optimum health, the body requires optimum nutrition. The correct nutrition supports not only the physical but the mental and emotional bodies too.
Principal of Water	We are 70% water. It carries our nutrition, our emotions and makes up our blood. Without it we would die, with too little we solidfy and degenerate, too much and we drown.
Principal of Air	Oxygen (O2) is one of the most important elements required to sustain life. Without it, our health begins to suffer and/or we die. Unhealthy or weak cells due to improper metabolism lose their natural immunity and are susceptible to viruses, leading the way to all kinds of serious health problems. O2 not only gives us life but also destroys the harmful bacteria in our bodies without affecting the beneficial bacteria that we need. No antibiotic or drug can make that claim.
Principal of Thought	Thought preceeds all manifestation. It leads to words, actions and therefore preceeds all circumstances, situations and manifestation in our lives. If our thoughts are negative, it will lead to negative tendencies, bad habits and congested energy in the body, mind and spirit, manifesting as poverty, lack, disease, loneliness and other victim based circumstances.
Principal of the Discipline	Routine is the formula to success. The ability to discern, discipline and empower ones choices ensures balance within diet, consumerism, and being able to seperate need from desire. Moderation is the key to health, happiness and abundance in all area's of life.
Principal of Movement	A strong, fit body has balance in all systems of the body, the spirit is vibrant and we are empowered. Movement includes dance, exercise, sports, and the ability to move from place to place through the use of our bodies, as opposed to cars.
Principal of Elimination	Of most importance is to ensure complete illimination on a daily basis to avoid putrefecation of the vital organs. Periodic fasting and detoxification programmes are essential to thriving, pro-active health care



