

# *Living Healthy Beyond 120*



*With Steve and Joanna Wallace*

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Cover Picture: Sanibel Island, FL

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**Disclaimer:** BY LAW, I am required to say the material in this book is for informational purposes only. They have not been evaluated by the Food & Drug Administration. I am not a medical doctor and no information is intended to diagnose or treat disease. I am a health coach to help people receive critical information and to inspire them to seek truth and take charge of their own health in spirit, soul, and body. I am a minister of the Gospel of Jesus Christ which promotes healing through the power of God and the wisdom of God. If you have any doubts about taking charge of your health and especially if pregnant; consult a competent physician (preferably one trained in alternative holistic therapies). My recommendation is always seeking the Great Physician!

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# Introduction

This information was designed to give you the tools you need, to have confidence in living healthy beyond 120 years. This may sound out of reach for you, but I assure you, it is not. From the beginning of time, we see that man lived to be 800-900 years old. We were created to live forever, but as the destruction of sin entered the world and progressed over time, man's lifespan became shorter and shorter. Sin started the degradation of man's body and everything in this world. Though we do not see people living to 900 years now, we can see a much longer life than most expect and get. We have more recently sped the process of degradation due to our blindness and lack of knowledge. God has given man the promise that we can live a minimum of 120 years and we do not have to stop there!

**Genesis 6:3** says; *“Then the Lord said, My Spirit shall not strive with man forever, because he also is flesh; nevertheless his days shall be one hundred and twenty years.”*

Today, we have more understanding of the way our bodies were created and what they require to thrive, than at any other time in history. Most would say they do not want to live that long. The reason they think that way is because they are basing their opinion on what they know of as the norm. The norm for the world is weak, decrepit, broke, impotent, and depending on others for daily care in the later years. Well, from this viewpoint, I would agree. Why would anyone want to drag their days out longer with that lifestyle? The promise given from God though, is not a decrepit 120 years, but years that are strong and prosperous, the whole way through! Knowing this information, could change the way people look at getting older.

As a teenager, I remember my grandfather on his deathbed, telling me not to worry, that he had received his three score and ten. What he meant, was that he had received the promised 70 years as he believed the Bible taught. One score was equal to 20 years. My grandfather did not understand that he was actually promised 120 years and could live that long and even longer. This belief hindered his life from moving on, since he got cancer and believed that he had all that he could depend on. It is not that he would not have wanted to live longer, but he thought since he was sick and had reached the number 70 that it was his time to go. When we believe it is our time to go, there is not much that can change it. Where did he get this belief from?

My grandfather read the King James Bible and according to **Psalm 90:10**, it says; *“The days of our years are threescore years and ten; and if by reason of strength they be fourscore years...” (KJV)*

My grandfather’s beliefs came from this verse, that he would only be able to depend on three score and ten (*70 years*) as a lifespan. He thus died at age 70. This verse is referring to the Israelites in their sin and unbelief, but not what God had promised man. Verse 9 says, *“For all our days have declined in Thy fury; we have finished our years like a sigh.”*

The second half of **Psalm 90:10** says; *“...Yet their pride is but labor and sorrow; for soon it is gone and we fly away.” (NASB)*

It was their disobedience and unbelief that cut their life short. This was not the will of God, He already declared man’s days to be 120 years from *Genesis 6*, as we read. The problem is that most of society has lost sight of this and only go by their experience. Since so many die in their 60’s, 70’s and 80’s these days, most people believe themselves lucky to make it that long and accept this as the norm. If there is one thing I have learned, is not to accept what the world considers the norm. They are most often wrong! The Word must be our standard for how to live and what to believe for.

Some ancient versions add in **Genesis 6:3**; *“...in his going astray he is flesh, nevertheless his days shall be one hundred and twenty years.” (Emphasis mine)*

It is because of our going astray (*pride*) that has caused a short life. We are out of alignment with God’s ways and His design for our bodies. Even now, our going astray from the things our bodies need to maintain health, cause us to forsake our God-promised right of the minimum 120 years. God granted our days to be at least 120 and we can expect it as we use wisdom in cooperation with His promise. The truth is, we should be living to 150 or 160 in good health. It is possible with understanding and applying the concepts I have written in this book.

As health coaches, helping people prosper in spirit, soul, and body; my family has been on a quest to understand what is ours in Christ and what things the Lord has given us to live a long and prosperous life. We have studied the science of how God created us and how to align with His science. We want to help our own family, along with yours, to walk in these things. We hope this book will give you the knowledge to make choices that will guarantee you a long and healthy life as God promised.

We know that we will not exhaust this subject but hope to give you some foundational truths for you to incorporate for a long and prosperous life. From there, the

Lord will show you individual choices that are right for you. These truths are for us and will work to the degree that we take hold of them and embrace them within our heart. It takes a lifestyle change which comes from a passion to live healthy beyond what the world calls the norm. Once you do, nothing, or no one, can stop you from living a healthy and strong life, even beyond 120 years! Our motivation for this long healthy life should be the wisdom and instruction that we can pass on to multiple generations for Christ, as we accomplish all God has for us.

God has shown us five foundations that we believe are the foundations to help us live 120 years and beyond! There are many other things we can do to stay healthy that we have on our website, but we believe these five areas lay the foundation for whatever else the Lord reveals to you. These are the foundations that we incorporate and build on in our life and want to share with you, to break the worldly mindset that we must die early, before we have done all that God has called us to do.

Many of you may be thinking right now; Steve, even if God has given us the means to walk in health for a long life...we are still going to die! You are correct about that. We are all going to die in the natural, unless the Lord comes back first, but we do not have to die sick and feeble! Death for the Christian is not scary. It is living below God's provision that should concern us. We must quit settling for an inferior quality life when Jesus paid the price otherwise. This is about a quality of life, all the way to the end, as well as the quantity of life.

*Deuteronomy 34:7* says; “Although Moses was one hundred and twenty years old when he died, his eye was not dim, nor his vigor abated.”

Moses did not die sick. He had disobeyed God and was not going to be allowed into the Promised Land. He knew his time was up and would not be allowed to live longer. Moses had just climbed up a mountain at the age of 120 before he died. That should tell us a lot about his health! Though he was strong and healthy, his spirit and soul departed and went to be with the Lord, leaving his body behind.

Disease is optional. When sickness is present, we are either directly or indirectly making choices that have invited that sickness or disease in our life, or keeping that sickness or disease in our life. This is not what most people want to hear. Most things, that were even a result of deficiencies in our parents at birth, can now be turned around through these foundations.

*Proverbs 26:2* says; “Like a sparrow in its flitting, like a swallow in its flying, so a curse without cause does not alight.”

This is not a curse that someone puts on you like Voodoo. The word “*curse*” means lowering to a lesser state. It is settling for less than God’s best. When we make inferior quality choices, we are inviting an inferior quality life to occur. Disease is the same way. It does not come unless we are inviting it in by our choices (*directly or indirectly*). If you are struggling with some sickness now, do not be offended or feel condemned. We have all done this, even if it were a simple cold. The point being, that no matter where we are in life, we can learn what choices to make, to rid our life of any inferior quality, resulting in sickness and disease. Just as we have, you too, can choose health and prosperity for you and your family. God has given us all provision for health and healing through either supernatural means or through naturally super means. Both are from God and either way; we can be healthy!

We do not have to get sick! We get sick because of two main reasons; *1) our thoughts are toxic and under-nutrifed. 2) our bodies are toxic and under-nutrifed.* These two factors result in either health or sickness in spirit, soul, and body. Our physical health lives or dies at the cellular level. If our cells are healthy, we will be healthy. If our cells are sick, we will be sick. If our thoughts are healthy, it will lead to healthy cells. If our thoughts are sick, it will lead to sick cells. In other words, our health is determined by the choices we make and how many toxins we allow into our bodies (*physically and mentally*) plus, how many proper nutrients we supply our bodies (*physically and mentally*). Of course, what we think on or believe, determines the quality of our soul. The formula is very simple. Go to [Appendix A](#) to see our model of health and how we coach people.

Our model for health is very simple. True health and prosperity only comes as we align with God’s ways, which incorporates His wisdom and power. Too many Christians try to operate in God’s power, while leaving out all signs of practical wisdom, as if that is in some way, apart from God. It isn’t! Our alignment with Him must be in all three areas: spirit, soul, and body. If one area is sick, it will affect the other areas. There are basically two factors that simplify how we take charge of our health: nutrition and toxins. Our model is simply helping you determine what nutrition you need for each area, along with determining what toxins are hindering the same areas. When you can do that, you will regain your health and take charge of your destiny! That’s it! If you do that and get out of the way of your body, it will heal and protect itself as God designed, living in homeostasis.

To do a self-diagnosis and treatment, all we must do is determine what (*if anything*) is poisoning our cells, hindering our healing and what nutrition our cells may need to initiate healing. In simplistic form, **detoxify and nutritify in spirit, soul, and**

**body.** This is what I concentrate on at Kreitton Coaching. If we can perceive our habits in these two areas and educate ourselves in the knowledge needed to make better choices; we can protect our body from harmful toxins, as well as giving them the life-giving nutrients needed to live a long and strong life, way beyond 120 years! This is what the information from this book and from Kreitton Coaching were designed to help with.

I like the premise of what Raymond Francis, (*MIT Scientist*) says in his book; **Never Be Sick Again** (*ISBN-13: 978-1-55874-954-2*), that there is only one disease, malfunctioning cells; only two causes of disease, deficiency and toxicity; and six pathways between health and disease: nutrition, toxin, psychological, physical, genetic and medical. So, our cells are either deficient of something needed for them to function properly, or they are being poisoned by a toxin, which is hindering them from functioning properly. Dr. Francis has an incredible story of almost dying at the hands of our modern MD's and how he healed himself by understanding this simplistic formula for what causes disease and what heals disease. In short, his definition of disease is simply the result of a large number of malfunctioning cells. The thrust behind his book is simply to give the cells what they need to thrive, while protecting them from toxins and the body will maintain homeostasis and self-repair. This book should be a part of everyone's library who wants to live a long life.

We were designed to resonate with our Creator. When we get out of alignment with God, we invite an inferior quality life resulting in sickness and disease.

*Psalm 84:11* says; “*For the Lord God is a sun and shield; the Lord gives grace and glory; no good thing does He withhold from those who walk uprightly.*”

To walk “*uprightly*” means to walk in integrity. This integrity is the congruence of what we think, what we speak, and what our heart believes. When we get all three areas working on the same page, we are in position to receive all of God's blessings. Every good thing is within our reach at that moment. God is not withholding from us. We simply need to align with Him to receive.

I am convinced of God's perfect plan and design of the human body. We do not have to worry about it doing what He created it to do. God has revealed to me that I am honoring Him by perceiving the way He created me. I am expecting His design to function properly, at all times. My faith is in a God who covered all the bases when He created us. He did not leave anything out. He knew what He was doing! All we need to do is align with His wisdom and power in spirit, soul, and body. Then, we will walk in the blessings He provided. The five foundations will give you an overview of the areas to perceive and begin aligning yourselves with His power and wisdom. Thus, creating a long and prosperous life. I cannot cover everything in this book, but as we connect further with my coaching program ([kreitton.org/mycoachingprogram/](http://kreitton.org/mycoachingprogram/)) I will coach you more in living an abundant life.



So, Steve, if we are not supposed to be sick, then how will we die? Death occurs when our spirit and soul separates from our body. When this occurs, it is what we call death. Our spirit and soul are immediately in the presence of the Lord, while our bodies lie in the ground until they are raised anew. The truth is, we never really die. We just simply step from one life to another. We can know and have peace that we have accomplished all that we were here to do and just decide to leave our body behind. Many people have done so without being sick or feeble. They just decide they are ready to go. In many cases, they have even set the date ahead of time.

Paul speaks of his choice in *Philippians 1:21-22*

*“For to me, to live is Christ, and to die is gain. But if I am to live on in the flesh, this will mean fruitful labor for me; and I do not know which to choose.”*

Paul was saying he has a choice to stay or go on to be with the Lord. Making a conscious decision, which our heart accepts as truth, is a very powerful thing. I believe we can expect to live a long and prosperous life, all the way until we know it is time to go home to be with the Lord. Then, we simply just decide to go. What a glorious and peaceful decision to make and an exciting time when it comes!

Our coaching strives to present the balance of the power of God, along with the wisdom of God, to live a long life. We need both to live a life of balance. We cannot ‘faith’ our way over conscious poor choices. On the other hand, we cannot do all the right things physically while leaving out faith in the promises of God and expect success. Faith and wisdom go hand in hand. God has revealed five areas that I will expound on in this book that I, along with my family, believe lay the foundation of a life of expectation to equal and surpass Moses.

Again, this book does not contain all that exists for living healthy and we would not claim that. But we do believe it will give you direction to have confidence in what the Lord has promised.

With all the medical advances, research and money spent in the United States on disease, we still rank 37<sup>th</sup> in health quality according to the World Health Organization (*WHO*). This is very disheartening. It is time to make some fundamental paradigm changes in our thinking and habits. We are living in a disease-riddled world of epidemic proportions and it is time to do things God’s way! You no longer have to live with sickness, resulting in a short, inferior quality life for you and your family. Today, things can change! Today, you can take control of your health and align with God’s best!

As a health coach, with a holistic approach, my job is not necessarily to tell you what to do. I will only guide and point you to the information that will allow you to make

the best choices in life, while encouraging you along the way. It is not just a job for me, but a passion and quest for truth. I have dedicated the rest of my life to coaching people how to live healthy in spirit, soul, and body. I feel a sense of obligation to share the life-changing truths bestowed upon us so you will have the greatest chance to walk in God's abundance as well. We believe with knowledge, comes power to make choices. With limited knowledge, our choices are limited. My goal is to give you information that will lead to revelation, resulting in transformation. I am asking you to join us on a quest to eradicate sickness and disease in those that will listen. It is a revolution of self-responsibility!

Should you not agree with a certain foundation or point, you will not offend me. You are welcome to pick and choose what resonates with you to pursue, but failing to give equal attention to our spiritual design, our mental design, and our physical design, (*shown by our model of health in [Appendix A](#)*) will eventually lead to something breaking down in your life. They must all work in sync, the way God created us to function. We are spirit, soul, and body!

We have received information from brilliant people and experts to increase our knowledge to make the choices we have made. We do not have to be an expert ourselves in all these things, but hopefully, a lighthouse to keep you from becoming shipwrecked in life or to help you navigate back to 'true north' with your health. We want to pass that knowledge on to you because you deserve to know. I have added several links to certain videos throughout this book that are imperative for you to watch. Please take time to watch them so you will get the greatest understanding of these foundations.

You and your family's health is too important not to take time to watch these. So, let's get rolling with these five foundations and establish our heart in this 120+ promise.

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# Foundation One

## *Detoxify/Nutrify your Thinking*

As I mentioned in the introduction, we get sick because of two main reasons:

- 1) *our thoughts are toxic and under-nutrifed*
- 2) *our bodies are toxic and under-nutrifed.*



Either one, opens the door for chaos and disaster in our bodies. This foundation deals with our thinking which directly affects every cell in our body. What we constantly think on releases emotions, which forms beliefs, which causes actions, which establishes habits, which manifests results.

Most people attempt to change their results by trying to quit their bad habits. This may sound appropriate, but the problem with this approach is that it is like picking apples (*habits*) off an apple tree, trying to get different fruit (*habits*) to grow each year. The only way to get different fruit is to plant a different tree with a different seed!

To change our results, we do need to change our habits, but it starts at the very core with changing our thinking. Our thinking is the seed to that new tree, bearing the new fruit we desire in our life, instead of the old. Our thinking will either give us victory or defeat. Everything starts with our thinking and it is the most important discipline we can have.

This is the discipline that allows us to step into the supernatural. If we did all the other foundational areas that I will talk about in this book and even more but did not have right thinking; we would still fail. Our thinking will override the things we do and eventually prove out to be the champion in the contest of life. Even if we did not know the other areas I will be speaking on but had right thinking; we will have success and be led to do the things that bring life. Our thinking produces the belief that launches us into

receiving the supernatural healing and divine health that Jesus paid for. It is what aligns us with His ways.

The Word speaks of our heart as being the center of life, which determines the boundaries of our outcome.

**Proverbs 4:23** says; *“Watch over your heart with all diligence, for from it flows the springs of life.”*

The word “*springs*” in this verse means exit, boundary, border, or issue. In other words, we can only go as far as our heart will take us. Everything we have (*or lack*) is due to what is in our heart. It has created an invisible boundary preventing us from excelling further. Every area of our life will be contained within the boundary of our heart and will only change by stretching that boundary with our thinking.

The way we do one thing is the way we do all things. Our world view is weaved into all areas of our lives and determines how far we are going to go. This makes this subject critical to our success and prosperity. The good news is, God does not put limits on our boundaries! We are the ones who put boundaries on our lives through limited thinking. Get limited thinking out of the way and we will excel in all that we desire.

**Proverbs 25:4** says; *“Take away the dross from the silver, and there comes out a vessel for the smith.”*

Dross on metals is basically impure metal that needs to be chipped off. A welder knows that his weld will be covered with slag and must be chipped off to reveal the pure weld. Our hearts are covered by years of “*dross*” (*limiting beliefs*) that hinder our heart from taking us farther and accomplishing all that God desires. Break off that dross with the truth of the Word and we will establish new borders that can go the distance and accomplish God’s plan for our lives. We can go as far as we can believe!

Several times, Jesus told people, be it done according to your faith. This means that our results are in direct proportion to our faith, or what we believe. Our beliefs are the things we have accepted within our hearts as truth. Jesus never told anyone they were believing for too much!

The heart, *Proverbs 4:23* is speaking of, is not the physical heart organ, but an immaterial part of us which is the combination of our spirit and soul. It is often interchanged in the Bible with the word “*mind*” and is the seat of our senses, affections, and emotions of various kinds. This heart is the real us.

*Proverbs 27:19* says; “As in water face reflects face, so the heart of man reflects man.”

Everything in our lives (*good or bad*) is a result of our heart. Our heart works as a program and plays whatever we program it to produce. Think of it as a recorder that only plays back what we have recorded on it. We cannot blame the recorder for what it produces but must start looking at the programs it has. If we do not like the programs we’re seeing in our lives, we need to reprogram them again. So how does it get its program? The heart is programmed by our thinking.

“Whether you think you can, or you think you can’t—you’re right.” – **Henry Ford**

*Proverbs 23:7* says; “For as he thinks within himself, so he is...”

The word “*thinks*” in this verse means to open, split, or to act as a gate keeper. In other words, our thinking is the ‘gate keeper’ to our heart or inward man. It is what writes the programs that our heart plays. Our heart produces whatever we tell it, as if it is truth, no matter what. The heart does not know the difference and only plays its program as if it were the exact truth. For example, when we program our heart over and over with thinking, “*nothing works out for me,*” it will produce and attract the things that substantiates what we have told it and reject anything that goes against that programming.

The Word bears out that what we think on will result in who we become. Many people say certain things that come true, which leads people to assume they were simply right about what they said. The problem is that most do not consider that what they said was only one option in life that they brought about themselves by constantly thinking about it, not that it *had* to occur that way. In other words, they created their reality, based on their choices, not simply fate outside of their control. On the same token, we see people saying one thing such as speaking healing over their body and then die. This causes much confusion in people’s lives, since they thought that the person was believing for healing, but then it did not work. The problem is that we never really know what people are thinking about, which will always override what they say. If they were constantly negating their words with their thinking, their thinking will win out every time and program their heart to produce and attract the same.

Many Christians say certain phrases because they know others expect them to say it (e.g. “...*By His stripes I’m healed*” **1 Pet. 2:24**), but while constantly thinking in contrast, that it won’t work for them. Our thinking is critical and will ultimately

determine our outcome. History has shown us that during war time, many soldiers died from non-lethal wounds, while many lived with what should have been lethal wounds. What was the difference? The mindset of the soldier. Those who died with non-lethal wounds had convinced their heart with their thinking that they would die if they got shot, no matter where. Other soldiers had convinced their heart that no matter what happened to them, they would not die and would go home to their loved ones. Both sides got exactly what they believed for.

So, as with my grandfather, he probably had thought all his life that he was only promised 70 years and no more. His heart was not prepared to go beyond 70 because it had been programmed with that perceived reality and his body shut down with sickness, resulting in his death. Our heart is constantly working to bring about what we tell it. Too many people have convinced themselves that when someone gets cancer that it is a death sentence as opposed to simply sick cells which need the proper nutrition to kill off the diseased cells to become healthy again. So, was my grandfather a bad man or living in sin? No, he was a great man and a wonderful example to me and others but had faulty beliefs in this critical area.

Another example was my dad who was in a horrible construction-site gasoline explosion in Chicago before I was born. He was the worst burn patient that Chicago Memorial Hospital had ever seen at that time and doctors came from all over the world to examine this burn prodigy. They told him upon entrance that he would not live. When they were bringing him in, dad heard the ambulance crew saying they were about to cut off his brand-new, lace-up work boots. He said, *“Don’t you dare cut them off, I’m walking out of here in those boots.”* Well, after dying two separate times with the doctors already filling out the death certificates and then coming back to life; he walked out of that hospital for good over two years later. If not for convincing his heart that no matter what they said, he was going to live, I nor my sister would have ever been born.

Doctors are now discovering the power of our beliefs due to experiments with placebos. Placebos are basically fake surgeries or fake medicine that people are given, believing they are real. The results with these placebos have proven equal or in many experiments, have had even greater results than the actual medicine or the actual surgeries did. The Nocebo effect is the opposite, where you convince yourself you are dying or getting sick and thus bring about that result as well. This can occur without any real sickness present in the body. This shows the power of our beliefs and what we can bring about through our thinking.

I am convinced this is the greatest power the Lord has given us; the ability to think and believe. He has given us the power to choose life and to co-create with Him. From

being created in His image; we have the same power to call life into being, with our thinking and words that accompany. I am not speaking of creating something new or a human being with our words as God did but creating life over death. The things that are less than God's best can be reversed with our thinking and from speaking life. The whole reason we were given this authority and power is so we could enforce Kingdom laws and fulfill God's plan as Jesus started. To do the works of Jesus, we need the power of Jesus!

What we choose to think on when it comes to healing and health, will determine what results we will have in these areas. Therefore, it is imperative to renew our minds with the truth of the Word and not the expectation of the world. The Word must be our standard for what we believe. We cannot even make up things that are better than what God promises in His Word! Our God is a good God and only gives life to us. If something is death (*to whatever degree*), it is not coming from the Lord, and we can stand against it. God does not use sickness or lack to make us better, for He does not have sickness or lack to give. He corrects us and guides us with His Word and with the Holy Spirit within us, through relationship. This is the difference between the way God interacted with mankind under the old covenant and the way He interacts with us today under the new covenant.

Under the old covenant, God had to deal with mankind from an outward position, but we are in a new and better covenant; one where He dwells and interacts with us from the inside, through personal relationship. Under the old covenant, a disease (*total ungodliness*) had to be cut out, which may include getting rid of man to do it. There was no other way to protect the existence of mankind from evil once it took over.

According to **Genesis 6:5**, what preceded the destruction of man with the flood was; “...*every intent of the thoughts of his heart was only evil continually.*”

There was no other way to rid the world of the evil that had taken root in man. God was preserving mankind through Noah and his family through this destruction. God had to preserve mankind so Jesus could come and fix what was broken. Praise God He did! Under the new covenant, the curse of sickness and disease, has been paid for by Jesus taking on our sins on the cross. Now we can be healed and whole from the inside out. Once we are convinced of this, we can then reject the things that do not align with truth and move on to receive God's best in life.

It was from a change of thinking, regarding the understanding of the promises of God and our authority in Christ, along with the balance of His wisdom, which instigated the manifestation of healing in my daughter from a terminal, incurable disease; my wife from an irreversible heart condition; my son from chronic back pain; high blood pressure

in my life and many other miracles we have seen with others we have prayed for. Changing your perception and expectation will change your results.

With our coaching, we want to help you alleviate the toxic thinking from your life and introduce the life-giving nutrition that your body needs to flourish. The reason we need to start with our thinking is that wrong thinking (*per leading scientists*) is connected to as much as 95% of all sickness. Wrong thinking produces death. We have so much stress coming to us, from so many areas that we need to learn how to effectively deal with it and eliminate the destruction it causes. Stress is slowly killing people each day and is linked to many failures of our body's organs and functions. It is killing us like a slow cancer and most do not even realize it. It causes the release of unbalanced amounts of hormones and chemical responses (*either too much or too little*) along with interfering with the digestive system and many other harmful side-effects. Mastering our thinking is a huge factor in effectively dealing with stress.

We want to help you balance your life and health, but ***it is scientifically impossible for the body to release weight or heal when it is under a constant stress response.*** How we eat is just as important as what we eat! Many people are eating good food, but still not maintaining a healthy body weight. They will never arrive to a healthy body weight without eliminating the stress response in their life. We might not be able to take away all the stress coming our way, but we can learn how to recognize it and effectively deal with it, neutralizing the harm it causes. We must learn how to eliminate stress in our life to walk in health, which is an integral part of my coaching process. Eliminating stress is the start to allowing your body to heal and thrive. Stress, not dealt with, robs us of the peace God provides. Stress is not the things that happen to us or around us, but how we internalize the things that happen to us or around us. Stress is a toxin that if allowed to remain in our hearts and minds, will produce a toxic state of mind and ultimately affect our bodies in a physical manifestation.

We will help you to identify stress and teach you the right ways to cope with it. There is a technique being used all over the world to eliminate stress and the emotional clogs in our body, allowing our energy to flow as God designed. When the energy of our body flows through our internal channels freely, we can heal and maintain the health God intended for us. I teach this technique in my coaching program. Doing this one thing, without even changing what you are eating, will cause a drastic improvement in your life and health. Add the other areas of wisdom and you will be well on your way to living a healthy 120+ years! Allowing the energy of the Holy Spirit to flow through us freely, will reverse sickness and disease, along with preventing it from coming in the first place. The Holy Spirit is looking for a partnership relationship with us.



With the truth, we have established; we can now reject the false information that we only have three score and ten and can now accept that we can live a minimum of 120 years. Not only can we live 120 years, but we also now know that this 120 can be full of health and vigor as with Moses. If an old covenant man can obtain this degree of health in life, how much more can we under the new covenant with better promises? We do not have to believe the lies of the media or worldly thinking that we must settle for sickness, flu season, disease, feebleness, pain, dim eyesight, a short life, or anything else that settles for less than God's best!

The worst thing we can do, is continually watch and listen to worldly propaganda, which constantly reinforces settling for less than God's best. This propaganda convinces many people, including Christians, that they will have these aches and pains or whatever the world calls the norm and that they have to be tied to man-made drugs the rest of their life. Sounds like the lucrative stance of pharmaceutical companies! After all, these aches and pains come with age, don't they? People's hearts are being programmed by worldly thinking whether they know it or not and they will receive what they believe.

There are many areas that we need to examine our thinking in. We need to examine our thinking in spiritual matters where eternity is concerned, the physical activities we participate in, the food we eat, the medical treatments we allow, dental practices, finances, and many other areas of concern. These areas, along with many others, are what I focus on at Kreitton Coaching. My passion is freedom and I want you to experience all that God provides.

So, what do you do if you find yourself with toxic thinking and maybe even sickness already? It is time to detox and reprogram! You do this by starting a habit of replacing anything negative with the positive reality of who God created you to be. We can control our thoughts, whether anyone wants to admit it or not. We can think before we speak and therefore can change the habit of what we say as well. We all know what we need to replace but may not exactly know what to replace it with. This is where God's Word comes in. We cannot make up anything better than what God already tells us is truth in His Word. That is Good News!

I have found that understanding God's true nature (*loving and good*), along with knowing our identity in Him (*our power and authority*), are among the greatest needs we have to overcome sickness and live a full and blessed life. One book that God gave me (*along with the title*) is ***Master Freedom, The 3 Most Important Truths You Will Ever Know***. In this book, I speak about the three truths that will produce true freedom in your life. These truths are in conjunction with the workings of the Holy Spirit and what He was sent to reveal to mankind. Get these truths and you will be unstoppable! Those on

our email list will get first announcement of the release of this new book and all my books.

Regarding knowing the goodness of God, one study, involving HIV patients, conducted by Dr. Gail Ironson, a leading mind-body medicine researcher and professor of psychology and psychiatry at the University of Miami, found that believing in a benevolent God and that God loves them, slowed down the HIV disease in those patients. Those who did not believe God loves them, lost critical CD4 cells needed to boost the immune system and fight the disease. Here is a link to this article:

<https://www.hindawi.com/journals/ecam/2013/819021/>

Not only is understanding the goodness of God a critical truth, but it will also slow down disease as well! I believe it is a factor in the healing of any disease or lack. Understanding these paramount truths, along with the balance of His wisdom for our life, is the core of my coaching.

At the end of this foundation, I have given you some basic truths as an affirmation that you can print and speak out loud each day to begin this process. I have given you a statement of truth, or affirmation, along with a scripture to reinforce it. You can place this on your refrigerator or mirror and repeat it out loud every day. Hearing these things out loud will help your heart to accept them as truth. The more you speak these things and then continue to meditate on them, the more your heart will be established in them. Once your heart is established (*believes them*), it will start producing and attracting the same. This is the congruence of our thinking, speaking, heart beliefs, and what I call the “**Law of Alignment**.”

We also have a free discipleship course that you can get from our website. This will give you some concentrated lessons of foundational truths that you can begin to meditate on, including how to have a personal relationship with God. It is called **Discipleship Evangelism** (*DE for short*) and was written by *Andrew Wommack* and *Don Krow*. I’ve also added a page with each lesson with some personal thoughts, along with my IRA (*Information, Revelation and Activation*) questions, to document what the Lord is revealing to you.

It can be a very encouraging experience to go through with a discipleship partner, where you can learn from each other’s revelations. Just ask a good friend if they would be willing to go through it with you. Let them know you need their help to change and most people would be very willing to help. If you do not have anyone, just dig into it with the Holy Spirit. He will reveal some deep revelations to you, and you will have a wonderful time. You can download the DE course free here: [kreitton.org/books/de](http://kreitton.org/books/de).

There are a couple of free online bible programs that will be a tremendous help to you as you grow: *E-Sword*, [e-sword.net](http://e-sword.net) and *Blue Letter Bible*, [blueletterbible.org](http://blueletterbible.org). They both have a lot of resources to help you learn the truths of the Word. One Bible Commentary we trust is from Andrew Wommack called, *The Living Commentary*. You can purchase it by going to his website at [amwi.net](http://amwi.net). It uses the Bible program, WORDsearch, which has many study helps. There is a tremendous amount of teaching and helps on his site as well.

Determine now, that you will not settle for less than what Jesus paid for on the cross. You can live in abundance, no matter what the doctor or anyone else around you says. Protect your heart from lies and program it to produce the life you desire. You do this by constantly thinking on truth. As you meditate on truth day and night, the Word says you will have success in all that you do (*Joshua 1:8*). If you are struggling with a health issue now, do not feel condemned, but start reprogramming your heart to release life and to override your lack, stretching your boundaries. You can obtain the life you desire, and it begins with your thinking. We will address the balance of practical wisdom in the coming foundations.

There is no sickness or disease too big or too advanced that cannot be turned around by applying the things I am talking about in this book. God not only gives us wisdom in practical application that we can use, but we also have the supernatural power of God to draw from as well. Your miracle begins with proper perception and unwavering expectation! Determine now that you will not live a day less than 120 years, and... in good health!

For a more detailed explanation about the science of the heart and how to reprogram it, I suggest my eBook; [\*Law of Alignment, Spiritual Treatment for Healing and Prosperity\*](#). This book will go into much more detail on this subject and you can learn the steps to reprogram your heart with truth. This book will help you to detoxify your thinking and to nourish your mind with life-changing truth. In it, I share the story of one man who received irreparable damage to his back from being run over by an SUV while on a bicycle and was told by multiple doctors that he would be lucky to ever walk again. You will learn of his choices and see how he applied these things to be healed without surgery and was back to work in only nine and a half weeks! It is scientific and will work for anyone.

Another great resource for changing your thinking is my book, *Wisdom for Today*. This is my two-volume verse-by-verse commentary through the book of *Proverbs* which will cover the wisdom of God in every area of our lives. You will see practical application of wisdom in areas from finances and health, to relationships and business. It

will help you program your heart to expect only life in all areas. You can easily read a chapter a day, month after month, to begin applying God's timeless wisdom to your thinking. As you meditate on God's practical wisdom over and over, it will help you program your heart in His ways, which will produce His results. Grab a cup of coffee and enjoy an uplifting and encouraging morning with *your* **Wisdom for Today!** Again, if you are on our email list, you will be the first to hear of the release of this book.

Our top priority, when we coach people, is to first help them with the foundational truths which will make the greatest improvement, the quickest in their life. This brings hope that they can change for the better and gives them the motivation to keep moving forward. From there, they can build on these foundations and explore greater details for health and healing. We have a lot of information to give, but we want to keep it simple and effective for quick life-change. We try to only give curated information so as not to overwhelm people. We can always add more nutritional life-giving information as time goes on. It is not about the amount of information given, but about the amount understood and applied!

People do not always need more information, but sometimes just encouragement on what they already know! Knowing is one thing but having the process and accountability to apply those things is also what we help people with. We may never be experts in all areas of health, but we strive to be **masters of habit change** so we can apply the truths we learn in a way that will quickly and effectively reach our goals. Change will only help if it is permanent. Most simply do not know how to make true and lasting change in their life.

Whether you need more life-changing information, or simply a process with the accountability of a coach to accomplish what you already know, we have got you covered. Make a choice. Your family deserves having the best version of you they can have. That best version comes through a multitude of counsel and lasting habit change. Habit change will come effortlessly as you continue to renew your mind with truth. As you plant new seeds of thought, you will soon see new fruit grow in your life.

*"Don't do life alone... get a coach!"*

**-Steve Wallace**  
**Health/Success Coach**

# The Truth I Live By

- **God is good and only good!**

*“Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.” (James 1:17)*

- **God loves me unconditionally!**

*“But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.” (Romans 5:8)*

- **I am the righteousness of Christ!**

*“He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him.” (2 Corinthians 5:21)*

- **I can realign with God anytime without guilt or condemnation!**

*“If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.” (1 John 1:9)*

*“Therefore there is now no condemnation for those who are in Christ Jesus.” (Romans 8:1)*

- **My sins are forever forgiven and forgotten!**

*“And their sins and their lawless deeds I will remember no more.” (Hebrews 10:17)*

- **As Jesus is, so am I right now!**

*“By this, love is perfected with us, so that we may have confidence in the day of judgment; because as He is, so also are we in this world.” (1 John 4:17)*

- **All things will always work out the best for me!**

*“And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.” (Romans 8:28)*

- **I always have victory in Christ!**

*“But thanks be to God, who always leads us in triumph in Christ,” (2 Corinthians 2:14)*

- **My mind is sound, my body is healed, and I am whole in Christ!**

*“and He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed.” (1 Peter 2:24)*

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# Foundation Two

## *Detoxify/Nutlify your Body*

In the last foundation, I spoke about toxic thoughts and how to detoxify the mind and replace the negative with right thinking. Now I want to deal with our physical bodies. The same goes for our physical as it does with our mental. We must get all the toxins out before our bodies can function properly but detoxifying before nutrifying the body requires caution. With all the toxins coming out of our system, it can overload our liver and other organs without being built up first, to properly rid the body of these dangerous toxins. How do we build them up and get them ready to detox? By nutrifying them first.



I will address ways to detoxify the body in a minute, but for now, I want to discuss an imperative step of this foundation; nutrifying our body. This is critical to living healthy and whole. Our bodies were designed to take care of themselves, to ward off sickness and disease, to grow and thrive and to do whatever it takes to survive. God created us with the most complex system to regulate and take care of itself known to mankind. There is not a computer in existence (*nor will there ever be*) more advanced than the human body. The problem is ever since the fall of mankind, when sin entered the world, we have been stuck in a progressive deterioration of all we know, including our bodies. Our body can only do its job if it has the right fuel to do it with. I am speaking of the nutrients that our bodies need, to build healthy cells and thrive against sickness and disease.

You can trace every disease to some type of nutritional deficiency. This is because God created us to function perfectly with certain vitamins and minerals. If we do not get these nutrients, our body will not function the way it was created. This is one of those areas that we cannot just 'faith' our way over poor choices in life. Our bodies were created to function properly with certain nutrients from the very beginning and we cannot expect a strong 120+ years without them. To attempt so, would be telling God that we can do better than the way He designed our body! This foundation deals with bringing in the essential nutrients God designed us to operate with, along with getting rid of harmful

toxins that He never intended our bodies to experience. It is bringing in the wisdom of God, which cooperates with His promises.

We cannot throw out God's wisdom and still walk in His blessings. They are the same and work together. Walking in wisdom means aligning with God's ways, to experience the best He gives. We must adhere to the wisdom of honoring our temple as God's creation for us. The real us (*spirit and soul*) is housed in these temporal bodies, but we must see our body as a blessing from God and be a good steward to it as we would anything else. To not take care of our body, as He designed, is to say to God that we do not trust His design. It is showing God that we believe He was not smart enough when He created our body. It would be like insisting that our arms bend the opposite way, despite the way God created our arms to bend! It is going outside His design and dishonoring Him. To do so, will only cause something to break. Too many Christians are breaking their arms (*so to speak*) and then wondering why God's blessings are not working in their life.

Our bodies are so amazing with such intricate detail which could only come from an all-knowing and loving Creator. Our bodies were created to heal and thrive in all conditions if they have the proper fuel and we get out of the way! So many people are fighting in faith against all kinds of disease, when all along, they are creating a breeding ground for disease to begin with. We do not throw out faith, we add faith in God, through proper balance. We must open our eyes to the wisdom of how God created our bodies to function and the provision He designed for us. Giving the body what God intended on us having and expecting it to heal and thrive is honoring Him in the way He created us. The science of how the body works, is simply the way God created us.

*Proverbs 2:4-5* says; “If you seek her [wisdom] as silver, and search for her as for hidden treasures; then you will discern the fear of the Lord, and discover the knowledge of God.” (Brackets mine)

As we seek and align with wisdom, or God's ways, we will discover His knowledge or science. The word “*knowledge*” in the original language also means science. The Latin Vulgate uses the word *Scientia*, where we get our word science from. It is simply how we are to function, and we cannot change the way He created us. Therefore, we must discover the science of the body and what it needs to function properly.

Realizing how my body works and believing it is always healing and maintaining health as I care for it, makes me love and honor God even more. So, what fuel did God intend the body to operate with?

There are 90 (*or 91 with all 3 fatty acids*) essential nutrients that we were designed to thrive with, including:

## 60 Minerals

*Calcium, Magnesium, Phosphorus, Potassium, Sodium, Chloride, Sulfur, Cobalt, Copper, Aluminum, Arsenic, Barium, Beryllium, Boron, Bromine, Carbon, Iodine, Iron, Manganese, Selenium, Zinc, Cerium, Cesium, Chromium, Dysprosium, Erbium, Europium, Gadolinium, Gallium, Germanium, Gold, Hafnium, Holmium, Hydrogen, Lanthanum, Lithium, Lutetium, Molybdenum, Neodymium, Nickel, Niobium, Nitrogen, Oxygen, Praseodymium, Rhenium, Rubidium, Samarium, Scandium, Silica, Silver, Strontium, Tantalum, Terbium, Thulium, Tin, Titanium, Vanadium, Ytterbium, Yttrium, Zirconium*

## 2-3 Essential Fatty Acids

*Omega 3, Omega 6, Omega 9*

## 16 Vitamins

*Vitamin A, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B12, Vitamin C, Vitamin D, Vitamin K, Biotin, Choline, Flavonoids (Bioflavonoids), Folic Acid, Inositol*

## 12 Amino Acids

*Valine, Lysine, Threonine, Leucine, Isoleucine, Tryptophan, Phenylalanine, Methionine, Histidine, Arginine, Taurine, Tyrosine*

According to **Dr. Joel Wallach**, BS, DVM, ND,

*"Every man, woman and child needs 90 essential nutrients just to survive, much less to thrive. To put the odds in your favor to live as long as possible, with the highest possible quality of life, you must get these nutrients every day."*

These nutrients are stated as essential because the body does not produce them on its own, which means we must get them from an outside source. Most people would assume that we would get these essential nutrients from our food. The sad truth is that Dr. Wallach also says that it is impossible to get all these nutrients from food alone. You may be thinking, I use organic food and make good choices so that covers me here. It is good that you do, but unfortunately, that does not mean you are getting any of these nutrients at all!

The nutrients in our soil runs in veins, which means that one row crop can be filled with certain nutrients while the row next to it can be void of the very same nutrients. Both rows are technically “*organic*” and will sell as such in the store, but not equal in



nutrition. They can also be totally void, of the life-giving nutrients we need. So how can you know the difference? You cannot, which is why we must take proactive steps to ensure that our family is receiving the things we need to live healthy beyond 120. This is a critical understanding. Our bodies must have the essential ingredients to run properly and unless you are already on a plan to get them, I assure you, you are not getting them! Food alone is not our answer.

Jesus understood the balance, of not only our spiritual needs, but what our physical bodies needed as well. After raising the daughter of Jairus from the dead; He gave orders to the parents; *“for something to be given her to eat” (Luke 8:55)*. We know that the diet in His day was unlike the typical unhealthy American diets of today. We also know that there were no GMO foods, pesticides, and herbicides, plus the soil was more enriched with these essential nutrients than it is today. Animals and plants do not produce these essential minerals, which only come from our soil.

The problem is that our soil is so void and stripped of all these minerals that we are not getting them at all! This lack of essential nutrients will eventually lead to something in our bodies, breaking down. Our bodies cannot function optimally without the proper fuel. Jesus knew this balance, but so many Christians today cannot seem to see it. Then they wonder why their bodies are breaking down so quickly and try to find some spiritual justification for it. We are blessed beyond the curse, but the curse is settling for an inferior quality life, by ignoring God’s wisdom in addition to His promises.

Starting out as a Veterinarian, Dr. Wallach quickly realized that all the diseases he treated in animals were the same diseases that man has, just called different names. The kicker to the issue was that he was healing all the animals of the same diseases with only nutrition! He was a research doctor and did extensive testing on primates to heal disease. With having such great results with nutrition, he wondered why our MD’s cannot do the same for us. Since he could not legally treat people as a Veterinarian, he went back to school and received his ND.

Dr. Wallach discovered that the health challenges his patients had, were a direct result of mineral deficiencies. Once he started getting people’s bodies balanced with the 90 essential nutrients, diseases were going away; diseases that doctors today still cannot cure. Why is that? Doctors are not taught to cure people and do not know how. They are taught symptom management by the means of either pharmaceutical drugs or surgery. That’s it! They never get down to the root of the problem causing the symptoms in the first place. Medical doctors get almost zero nutritional training in their whole MD program! Is that not astounding, considering that malnutrition is at the root of all disease?

Allopathic medical doctors are great when it comes to trauma or necessary surgery, but when it comes to healing and curing disease...not so!

Every problem with the human body, other than trauma, is a direct result of a nutrient deficiency. Remember, that our bodies will do what God designed them to do when they have the nutrients they were designed to function with. Our bodies were so wonderfully made, that they went from a single cell in our mother's womb, forming into the most complex work of art that God ever designed and all this, without our help! Why can we now, not believe that our bodies will fix themselves when they are given the right nutritional foundation? Once we get out of the way, the body will heal and protect itself from harm. Our bodies are smarter than given credit for. In reality, we are not giving God the glory for His ultimate creation!

Minerals have a role in nearly every human bodily function, from building healthy bones and teeth, to energy production, to immune support. Minerals are so crucial to our health that even slight imbalances of some minerals can have major consequences. Iron, for example, is vital in the transportation of oxygen by red blood cells throughout the body. But imbalance issues can range from low energy levels to gastrointestinal problems. Even obesity is nutritionally related. Our bodies are so starved for nutrients that it forces us to eat more and more.

***If you want to lose weight, you need the foundational nutrients to satisfy your body and slow down its need for more empty calories.***

This is a critical factor in properly losing unwanted fat and the number one reason for obesity. People are so starved of nutrients; their bodies are craving anything they can get, which usually results in stuffing empty-calorie foods into us, only to be hungry again in two hours. When our bodies are properly nutrified, we will eat less and not be hungry as often because our bodies will be more satisfied with what it was craving all along. We will have the energy we need and enjoy life to the fullest.

Our bodies will begin to metabolize correctly, and our body weight will normalize and sustain. This is the reason that so many people are stuck in yo-yo diets. These diets will not sustain you unless your body is being properly nutrified to begin with. Once we give the body what God intended it to function with, our body will do the right thing and take care of itself, including proper weight. We do not need another diet; we simply need proper nutrition and a little education. My blood pressure was so high, that I was turned down for life insurance! This was shocking to me since I had never had any health issues

my whole life. Within just a few months of getting the proper nutrition, my weight went down, and my blood pressure was normalized and without even going to a doctor! Did you know, that according to Dr. Peter Glidden, ND, the number one reason for high blood pressure is a lack of calcium?

Here is a short video where Dr. Glidden speaks on how malnutrition is causing our obesity problem: <https://www.youtube.com/watch?v=2RLTLHBAU80>.

Our bodies know what they need and are crying out to us each day. In our ignorance, we feed our bodies junk trying to satisfy the cravings, which further starves it from the foundational nutrients it needs, until something eventually breaks down. Then we seek a doctor with basically zero nutritional training who tries to manage our symptoms with a high-dollar pharmaceutical drug, which causes more problems than we had to begin with. Then the doctor prescribes more drugs to combat the side-effects of the first drugs, while all along, never getting to the root of the problem to heal. This is a vicious cycle that needs to stop, and it begins with self-education and personal responsibility.

The allopathic medical system has dominated and suppressed all other healing modalities until they have convinced us that they are the only ones who know what to do. This is an absurd conclusion, considering as published in the journal of the American Medical Association that **the third leading cause of death is MD related treatment!**

Unfortunately, too many people find out after it is too late. What we are seeing today is exactly what Benjamin Rush spoke about in the quote above.

*“God heals, and the doctor takes the fees.”*

**-Benjamin Franklin**

*“Unless we put medical freedom into the Constitution, the time will come when medicine will organize into an undercover dictatorship...To restrict the art of healing to one class of Men and deny equal privileges to others will constitute the Bastille of medical science. All such laws are un-American and despotic...the Constitution of the Republic should make a Special privilege for medical freedoms as well as religious freedom”*

**--- Benjamin Rush, M.D.**  
**Signatory to the Declaration of Independence**  
**Physician to George Washington**

We are seeing the allopathic medical world convincing the public that they are the only ones who know medicine and calling everyone else “*quacks*.” Anything natural or God-given is considered less than standard and looked down upon by the MD world. Why? Because they do not see the body in a holistic way, and more importantly to them, it will not make them money! Money is at the very root of too many issues in medicine. We can no longer put the interest of our wellbeing in the hands of our medical system. It is time to take charge of our own health, starting with educating ourselves.

*Hosea 4:6* says; “*My people are destroyed for lack of knowledge.*”

Because minerals are inorganic substances, they cannot be synthesized by the human body. They must be obtained from an outside source and most people depend on food to supply them. Unfortunately, the foods we eat in our modern, unhealthy diets are high in low-quality, processed foods. This poor diet, combined with mineral-depleted topsoil and crops, has made it impossible for people to get adequate amounts of these essential nutrients. If you have not figured it out yet, we are not in the Garden of Eden any longer! Adam and Eve did not have to worry about soil depletion, which is why Adam lived to be 930 years old, even with sin pulling at his body. We were designed to live forever and can live much longer than what the world calls the norm today!

Unfortunately, most people take more care to keep their car running, than they do their own bodies. They know that if they do not do regular maintenance and give their car the care it needs, it will break down. They seriously neglect the maintenance of their bodies and then wonder why it breaks down. This is dishonoring God and His design for our bodies. It is a stewardship failure. God created us to function with these minerals and we will not work properly without them, no matter how much faith we have. **Faith never negates wisdom**; they go hand in hand. It is no different than saying because I have faith, I do not need sleep, rest, water, food, sunshine, exercise, etc. We need these things, not because we do not have faith, but because God created us to function with them. We must align with God’s ways in order to get God’s results! To say that to supplement our bodies with these nutrients is a lack of faith, is just speaking out of ignorance. It is throwing out all wisdom in how God designed us. To say that we only need to supplement our bodies with these nutrients to stay healthy, but deny God’s promises and grace, is ignorance as well. It is a needed balance.

It is amazing to me that people will tell you what you need to do to cooperate with wisdom in any other area of life, except for health. If you were to tell someone that you are just walking by faith for finances, they will quickly tell you; “*You need to put your hand to something to prosper, God isn’t going to just rain down money!*” But then you talk about health and proper nutrition and they will say, “*Oh, you don’t need that natural*

*stuff. You just need to walk by faith!*” Well folks, I say it again. Wisdom does not negate faith and faith does not negate wisdom. They are two sides of the same coin. It is time to activate faith in the way God created us. By doing so, we are telling God that we trust His wisdom above our own. Again, He knew what He was doing when He designed our bodies!

I am tired of seeing our “*fathers of faith*” die early from cancers or other diseases while standing on faith, but not having this knowledge of how God created our body to function. They get tired and say they are ready to go instead of knowing what to do to activate faith and wisdom together. It sounds spiritual when someone says they have fought the good fight and are ready to be with the Lord, but the truth is, they would rather live long and prosperous so they can accomplish more. They just simply do not know the balance and are afraid they are not walking by faith if they do something on their own to take charge of their health. Instead of standing with their authority and corresponding wisdom, they make it sound like they have reached the end. I am not blaming anyone that wants to be with the Lord at any age. I am simply saying that we do not have to quit before 120 and can live longer as we apply God’s power and wisdom together. There are generations that need us to show them how to live and we need to step out of this curse for them!

Because of getting the right nutrients, Dr. Wallach has seen complete reversal of diseases such as Heart Disease, Diabetes, Inflammation, Rheumatoid Arthritis, Cancer, Alzheimer’s, Obesity, Macular Degeneration, Cystic Fibrosis, and just about any other disease you want to pick! He says “*It’s the God thing*” because it is just how God created us to be.

Dr. Wallach is the most renowned Naturopath Doctor in the world and has written the books that have become the standard for nutritional truth based on his decades of research and results. He is the 2011 recipient of the Klaus Schwarz Award recognizing the work of pioneers in the field of trace-element research. He is a biomedical research pioneer who spent decades in the field of Veterinary Medicine observing and researching the effects of individual nutrients on animal health before becoming a Naturopathic Physician in 1982. Today, Dr. Wallach is renowned for his groundbreaking research on the health benefits of selenium and other minerals. He now dedicates his time to lecturing throughout the world on the therapeutic benefits of vitamins and minerals and on advising the U.S. Food and Drug Administration on behalf of the dietary supplement industry. He has sued the FDA eight times to date, winning the right to say certain minerals cure certain diseases. He is by far viewed the greatest expert in this field and his award-winning research is archived in the Smithsonian.

I encourage you to stop and listen to a short interview with Dr. Wallach by Damon Davis. In this interview, Dr. Wallach discusses the idea of stopping world diabetes in two months or less, how cancer is easily cured, how he challenged an eye doctor who did not believe he could get his patients to see again and much more that will interest you. You can see this video at: <https://www.youtube.com/watch?v=ULEBt8yXGIc>. If the video has been removed, just search Dr. Joel Wallach and you will find much more than I can talk about in this book.

We have chosen Dr. Wallach's nutritional supplement company, **Youngevity**, to get these essential nutrients for our family. The reason? We have discovered that it is not just about taking the right nutrients alone for the whole picture, but also the quality in absorbability of the nutrients we take. According to another renowned naturopath, Dr. Peter Glidden, ND, absorbability of the supplements is a critical factor. With most supplements in stores, we would have to take much more than what is suggested on the bottle, due to how little is absorbed into the body. One example Dr. Glidden gave was a product he studied that suggested taking 3 pills per day for the daily amount, but after studying the absorbability factor of the product, he discovered it would have taken at least 40 pills per day to get the recommended daily amount! He states that the recipe of the supplements is everything.

Here is one short video to hear Dr. Glidden speak on how important these nutrients are, entitled; ***Healing is Easy***. You will hear Dr. Glidden explain the importance of absorbability and why Youngevity stands above the rest. Dr. Glidden is renowned for his expertise in nutrition and is not financially compensated by Youngevity to say these things. You will also hear his explanation when people say, "*I'm healthy and don't need supplements.*" Watch here: <https://www.youtube.com/watch?v=JhcH1tfhLn8>

You may even be thinking as well that you do not need supplements. I know at one time, I did! The problem is, though we may feel healthy, the breakdown regarding chronic malnutrition, will not happen overnight. It can be a slow internal deterioration process, but then all at once, it wreaks havoc when something finally breaks. The absence of symptoms does not mean we are healthy! Most people have been malnourished for so many years and are in critical shape without realizing it. Their body is like a time-bomb waiting to explode. Hopefully by now, you are starting to understand this more. Having the peace of mind to know our bodies are getting all the proper God-designed nutrition is a great feeling! I praise Him every day when I take my blessed nutrients and expect my body to respond the way God created it to respond.

Let me address the quality of the minerals we trust. Youngevity uses plant-based minerals to assure high absorbability. What does that mean? It means that you will get more of the nutrients into your body than most other supplements. Here is some additional information from the Youngevity site:

*Did you know that only 8-12% of the typical nutritional supplements available today are actually absorbed by your body? That means that approximately 90% of typical supplements are flushed down the drain.*

*Youngevity's supplements are 90-98% absorbable! Why is there such a difference? The secret is our exclusive source of plant-derived minerals that dramatically increase bioavailability (absorbability).*

*Youngevity combines superior raw materials with state-of-the-art processing and production, so it's no wonder that Youngevity products get you results.*

#### **Further from the Youngevity site:**

*Minerals do not occur in a uniform blanket on the crust of the earth. We found an area with a rich abundance of Plant Derived Minerals™ dating back to the days of dinosaurs. This is where we get our unaltered minerals which have been encapsulated in the earth as a pure food since that time.*

### **Benefits of Plant Derived minerals:**

#### **Liquid Colloidal Form**

*Plants absorb minerals from soil and then convert those minerals into colloids. Colloids are tiny particles that retain their identity even while suspended in liquid. This makes them highly bioavailable, or absorbable.*

#### **Plant Derived**

*Our minerals are extracted from humic shale, which is a layer of earth formed from ancient, mineral-laden plants. Humic shale is superior to other commonly-used supplement sources such as bentonite (ground up clay) or dried sea beds (ground up rocks).*

## Enhanced Bioavailability and Detoxification

*As in plants, Plant Derived Minerals™ have a natural negative electrical charge that has two important benefits. First, it may enhance the transport and bioavailability of other nutrients, and second, it may support the body's natural detoxification.*

## Pure and Natural

*Plant Derived Minerals are extracted from humic shale using cool, clear water and then processed through a complex array of special filters. This leaves only the organic colloidal minerals in the final solution. No preservatives, flavorings or synthetic substances are added.*

## Safer Form of Minerals

*Plant Derived Minerals are well researched to ensure safety.*

Another reason we are excited to have Youngevity, is that we can ‘piggyback’ on Dr. Wallach’s decades of expertise and know we are getting all the 90 essential nutrients our bodies require, without guessing. There may be other quality vitamins on the market, but I have not seen anyone put together what we need in a simple package to ensure all 90. With most, you would have to be an expert yourself, just to know what to take and how much, along with having confidence in the absorbability factor. Going through the aisles of vitamins at your local nutrition shop, with hundreds of brands and configurations, is a daunting and frustrating task.


Youngevity has all of that figured out for us with the most thorough scientific research available, backed by the most renowned expert in the field, who gives God the glory as well! I like supporting people who understand that science and God go together! We simply get to enjoy the peace of mind, knowing that we are getting all of the nutrients God designed us to have, fulfilling one of the foundations for a long and healthy life. Not only that, but it shows up conveniently at our door each month! For this material source and more information on Youngevity products, along with how to get them, go to:

[kreitton.org/nutrition/](http://kreitton.org/nutrition/)

Bookmark our site because you will want to come back to it again and again. I recommend allowing us to help you choose what is right for you and your budget, by contacting us first. We can help make it understandable and simple. No quality supplements are the cheapest on the market, but Youngevity has quality nutrients to get you started, that you *can* afford. You can start with something that will improve your



health and build toward the optimal intake as time goes on. We will consult with you either in person or by phone. ***Don't do life alone...get a coach!***



***Coaching about the proper nutrients that are right for you will not cost you anything, just contact us through our website [Kreitton.org](http://Kreitton.org) or email [KreittonCoaching@gmail.com](mailto:KreittonCoaching@gmail.com) and let us help you get on the right track with the essential nutrients required, for living long and strong!***

Once we have our body nutrified with the God-designed nutrients, we can then work to rid the body of, and further protect it from toxins. We receive toxins from what we eat, what we drink, the air, household chemicals, the environment, EMF (*Electromagnetic Fields*), other people, stress, and all around us. Toxins are attacking us from every angle and are killing us slowly and some, not so slowly. Remember what I said earlier; we get sick because our minds are toxic and under-nutrified and our bodies are toxic and under-nutrified. If we can eliminate the toxins in these two areas and begin to bring life-giving nutrients to both, the body will do what God designed it to do; we will heal and live long as God intended. We were created to resonate with our Creator, produce life, self-protect and to heal. If we will give our bodies what we were designed to function with, we will live long and strong. It is that simple!

Most people are so toxic, they do not even realize they feel bad. They have become so adapted to it; they are not even aware of how sluggish their body really is. These toxins are causing much harm, sickness, and disease. These toxins are inviting sickness and disease to come into our body. The liver is working as hard as it can to rid the body of these toxins, but in many cases, it is simply just too toxic to function properly. The good news is that we do not have to stay that way and can be rid of these harmful life-killers. God has given us things on this earth that are designed to rid the body of and protect it from toxins. In our research, we have discovered one that is changing the world as we know it. It is through a grass-root effort, with people realizing that they no longer must live with sickness and disease.

At Kreitton Coaching, we have a complete 14-day, all-natural, cleanse reset program, that will eliminate all the toxins in your body and jumpstart your health back to where it needs to be. This is a safe detoxification, since it is all-natural, based on clean food and can be done even if you are not getting the 90-essential nutrients yet, but would be of greater benefit if you were on them. This amazing program is designed to:

- Shed excess weight (*especially abdominal weight*)
- Boost your energy
- Feel lighter and cleaner
- Decrease your craving for unhealthy foods
- Experience deeper sleep and clearer skin
- Improve your digestion (*less gas and bloating*)
- Enhance your body's ability to mobilize and excrete toxins
- Decrease congestion and allergy symptoms
- Discover food sensitivities
- Create healthy habits that enliven you

This program is not a “*fast*” to starve you, but a natural cleanse with proper foods to reset the body to health. The cleanse portion of the program is entirely vegan and contains some raw recipes, although there are several recipes containing poultry, fish, and eggs for those that prefer to keep animal protein. The cleanse program is free of soy, dairy, gluten, most meats, nightshades such as eggplant, bell peppers and tomatoes, dried fruits, citrus, coffee, soda, alcohol, sugars of any kind and corn.

You can get the **14-day Cleanse Reset Program** **FREE** from joining my coaching program for the price of a Starbucks's coffee at: [kreitton.org/mycoachingprogram/](http://kreitton.org/mycoachingprogram/)

Another method for detoxifying is fasting. Fasting is a biblical discipline which has many health benefits, including of course, to know our Lord in a more intimate way. Fasting does not make God ‘do’ anything, it simply gets our old way of thinking and flesh out of the way, so we can hear Him clearly and align with His ways. It is a terrific way to get rid of all the nasty things in our flesh, as well as our thinking. Science now shows that a 3-day, water-only, fast, will completely reboot the immune system. I have done fasts from one meal, up to forty days and all in between. If you have never fasted, I

### **WARNING**

Again, that to detox (*other than the all-natural, 14-day detox*) without having the body nutrified is a dangerous position to be in. It can open the body for other problems, if not careful.

If you are not confident in doing a detox, seek advice from a qualified nutritional professional or Naturopath Doctor first.

recommend reading some material from people who regularly fast to get the do's and don'ts before starting.

I do not recommend starting with a long fast for the first time. You can start small with only one meal or maybe an entire day. As you fast, spend time meditating on the Word and expect great revelations to come. Also, know that your body is cleaning out the toxins and putting you in position for optimal health once again. An easy way to start fasting is in small steps, starting with a 1-day fast, then progress to a 2-day fast, and next to a 3-day fast. For me, it takes a minimum of 3 days to do my body any real benefit. It takes two days just to get rid of the initial junk! The third day ushers in renewed strength and health. I also did a full, week-long, all-out SWAT school during the summer in the middle of my 40-day fast and was strong the whole time. Do not do an extended fast without research, building up to it and an unction from God to do it.

Another very effective way to detoxify the entire body and improve cellular health is through using saunas. Dr. Raymond Francis recommends using a low-heat sauna (*110-120 degrees*) for extended times, up to an hour, as opposed to a high-heat, quick sweat, sauna. You do not want to sweat all your water out, but to allow the low heat to slowly sweat out the oil-soluble toxins such as mercury and cadmium. Make sure you can tolerate the extended heat and not dehydrate. You may have to build up to the extended time in increments. Drink plenty of water while in the sauna. You also want to shower afterwards to wash away any toxins on your body. Now you can tell your spouse that you care about their health and need to buy a sauna because you love them! It is not just a luxury, as we once thought.

One effective way to cleanse and detoxify the liver is with a beet juice cleanse which Dr. Glidden recommends. All you need to do is take 1 ounce of beet juice a day for the first week. Then take 2 ounces per day the second week, 3 ounces a day the third week and lastly, 4 ounces a day for the fourth week. Then stop. You can also mix the beet juice with other juices for better taste. He does not recommend it without taking the essential nutrients first. Our liver is directly related to our hormones, so if you are having hormone issues, a liver cleanse could help. We also bought a detox foot bath which is very effective in drawing out all the toxins in the body. You will not believe what comes out of your feet through this foot bath!

I have covered the body's requirement for the 90 essential nutrients for cell optimization and the need to rid the body of toxins killing us. How about if I could show you a technology that accelerates both, the body's ability to transport the nutrition to the cells and the elimination of toxins as well, all in an 8-minute session! I want to share one of the most advanced health technologies that I have seen. It is an effective and non-invasive device called Bemer which uses a 5-patent technology to help the body's ability to self-heal by increasing vasomotion. Bemer stands for Bio-Electro-Magnetic-

Regulation. Vasomotion (*also called angiokinesis*) is the dilation (*widening*) and constriction (*narrowing*) of smaller arteries in a rhythmic frequency (*about 30-50 times per 10 minutes*) in a normal healthy person. This motion further pushes blood to the smallest arteries and is independent of the heart.

There are about 45,000 labeled diseases in the world today. According to medical professionals, about 80% of these diseases have their causal root in disturbed microcirculation. In other words, there is not enough blood flow to the body to allow the body to heal properly. Blood flow is what brings oxygen and the nutrition I spoke about into the cells along with removing the toxins. When you can increase the body's ability to do these two critical functions, the body will take care of itself. It is God's design, and He knew what He was doing! Blood is the life of the body and blood flow is key to the body's ability to deliver that life through healing and self-protection.

Our heart pumps blood to the arteries and veins with great efficiency and due to the larger diameter of these major "*freeways*" blood travels well. However, off these "*freeways*" are the side streets called micro-vessels. They can be as thin as 1/10 the thickness of a human hair. If you stretched out all the micro vessels within the human body, it would wrap around the world 2.5 times! This massive highway of blood flow is God's design to the body's inherent ability to heal. Vasomotion must be working at the highest frequency (*35-50 times per 10 minutes*) to push blood to these intricate areas that make up 76% of our circulatory system. It is in the side streets where oxygen, nutrients and waste are exchanged and removed. In other words, our life and organ function require this work optimally for health. If oxygen and nutrients cannot be exchanged, just about every symptom known to man begins to appear. We try to compensate with "*more*" nutrients in the form of a supplement, exercise, or even worse, drugs, but it never improves.

**BEMER is designed to improve circulation** thereby supporting the body's natural self-regulating processes. Blood is the body's universal means of transport. Oxygen, nutrients, chemical messengers (*e.g., hormones*) and immune cells are all transported through our blood. When our body's cells, tissues, and organs are adequately nourished and metabolic waste products are removed, our bodies become healthy and function properly. The optimal regulation of circulation is a prerequisite for ensuring good levels of health and fitness.

There are many factors that reduce the frequency, most notably diabetes, as insulin is one of the bio-chemicals that influence vasomotion. If you have type I or type II, vasomotion is greatly reduced. However, age, diet, weight, and toxicity can be a factor as well. This failure in three-quarters of our circulatory system is almost always ignored and neglected. Imagine if you stopped blood flow to 76% of the body!

## Bemer increased the following aspects of circulation.

- Improved vasomotion 28% (*Exercise increases vasomotion by 7%*)
- Perfused capillaries by 30%
- Improved venous drainage by 31%
- Oxygenated tissues by 29% (*Beta blockers increase micro circulatory blood flow by 7-10%*)

**The above statistics are published here:** "*Effects of physical stimulation of spontaneous arteriolar vasomotion in patients of various ages undergoing rehabilitation. Journal of Complementary and Integrative Medicine*. 2013. Volume 10: Number S13-19."

Here are some facts that no other device competing with Bemer can make:

- *Used in more than 4,000 hospitals, medical clinics & universities*
- *5 international patents*
- *Bemer is working [in cooperation with NASA](#) to develop a space suit utilizing BEMER technology*
- *Lifetime software updates are provided free*
- *Bemer does not use PEMF as the active agent, but as a carrier for the unique physical signal configuration, developed and patented by Bemer*
- *Bemer has won numerous scientific awards*
- *Bemer is the most awarded tech product in Europe*
- *Bemer is featured in over 50 medical publications*
- *No contraindications (except recent organ transplant patients on immunosuppressants).*
- *1 million users in 48 countries*

Bemer is being used to restore the natural rhythmic frequency of vasomotion. Restoring micro-circulation (*including brain and eyes*) can effectively assist the body's natural healing response and increase immunity. The BEMER has proven to stimulate this action in published studies as well as in-vital laser microscopy (*before, during and after treatment*).

For more on how you can get a Bemer and enjoy increased blood-flow, contact us at our website.

There are many areas in our life that we need to pay attention to when it comes to toxins. Here are just a few:

- Building materials in our homes
- Furniture
- Water
- Microwaves
- Paints
- Foods
- Air
- Electronics
- Medical treatments
- Pharmaceuticals
- Beauty products
- Gas appliances

As we utilize wisdom in better practices to protect us from man-made toxins, we can align with God's ways and live the healthy life we desire. If this information has not convinced you and you are still one of those people that say, I just live by faith and do not need anything else; I again, highly recommend reading my book; ***Law of Alignment, Spiritual Treatment for Healing and Prosperity***. This book will give you a better understanding of the balance of God's power (*grace*) and His wisdom as we walk in faith (*our alignment*). Do not miss God's critical wisdom in living a balanced life. This is key to walking in His fullness.

I cover more on how to rid toxins out of our life and what to replace it with in my coaching program.

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# Foundation Three

## *Hydration*

Another foundational element to living a long life is proper hydration of the body. This is a critical issue and one deserving of its own foundation. Our cells were designed to function properly when hydrated with clean water. Most people do not drink enough water, but even if you do, the water you're drinking may not be helping much and could even be doing harm. It is estimated that over 75% of all Americans are chronically dehydrated. Water is the most basic nutrient for the body. Water is associated with life and is depicted so in the Bible. The Holy Spirit is represented by water and **John 7:38** says; “...*from his innermost being, shall flow rivers of living water.*”



There are many problems caused simply from being dehydrated. Most of us understand an extreme case with someone in the desert for days without water and how they can easily die. Most do not understand the everyday dangers they could be placing their bodies in right now by not having enough healthy water. Our blood cells were designed by God to work efficiently when hydrated. Normal blood cells should be round and free flowing from each other in our plasma. These cells were designed to have a net negative polarity. When they begin to lose this negative polarity, they begin to stick together and clump. This is the beginning of an unhealthy body. Coagulation is a good thing when you have a cut and the blood needs to clot to stop from bleeding out, but it is not a good thing when forming in our arteries.

When we get dehydrated, our skin begins to dry out and our membranes swell causing sinus problems and other immediate issues. As our membranes begin to swell, they open areas that allow for infection. Our digestion system as well, does not work properly when we are not hydrated. Enzymes do not excrete properly. Cells do not grow properly, and water regulates our body temperature and blood pressure as well. Joint pain

can be resolved many times just from proper hydration. Many times, migraines are an indication that the brain is dehydrated, which is the last part of the body to be affected and at the most dangerous point we get to. The list goes on and is not surprising, knowing how important water is to our bodies. Because of this chronic dehydration problem in America, many people have lost their thirst mechanism and feel they are hungry when their body is simply crying out for water. The next time in the late night when you feel hungry, try drinking a glass of water instead of eating something.

Another problem of having dehydrated cells is that it will prevent the cells from assimilating the nutrients that we discussed in the last chapter. We not only want to take the nutrients, but we also want to absorb them! To stay properly hydrated, a good rule of thumb is drinking approximately the number of ounces equal to half your body weight. In other words, if you are 200 lbs., you should drink about 100 ounces of water a day. An adult should drink a minimum of 64 ounces per day, no matter the weight and can drink up to .67% of their body weight. The “*one-half body weight*” formula should be sufficient for most.

Some of the problems we face in our society, is that drinking caffeinated drinks increases dehydration. The standard is it takes 33 glasses of alkalized water to neutralize one soda! This does not mean that it is okay to drink cokes if you follow up with lots of water. Caffeinated drinks such as sodas are very acidic and harmful to the body. Not only that, but a 12-oz can of soda contains 10 teaspoons of sugar! They suck the life right out of us and act as an antinutrient, taking away precious nutrients from us. They especially do not need to be drunk with or just before a meal as they are full of carbon dioxide, which will neutralize your stomach acid and further amplify your malnutrition. Anything with bubbles in it (*including carbonated water*) should not be drunk with a meal. It is no wonder Americans are some of the sickest people in the world.

The human body creates acid, all day every day, as a byproduct of metabolism. In addition, acid is introduced into the system through eating and digestion. Many secreted and digested acids are swept away by the blood stream, filtered out by the kidneys, and released from the body in the urine. Other acids leave the body through perspiration. Your body can only process a certain amount of acids and most people overload the body's systems, making it overly acidic. Unfortunately, the modern diet is extremely acidic. We need to combat the acidity and proper water hydration will help.

As I mentioned earlier, when the cells begin to lose their net negative polarization, they begin to clump together, causing problems. Due to most people's bodies being very acidic, it allows for a breeding ground for sickness and disease. Many diseases, such as cancer, cannot effectively grow in an alkaline environment. It is because our cells work



better when hydrated with clean water that has the proper pH balance. Therefore, my family drinks alkaline water daily. Alkaline water will help balance our pH and create an environment that is conducive to health and healing.

I heard one man tell his story of being sent home to die from cancer. The doctors had done all they knew to do and just told him to go get his affairs in order. That was the best they had to offer! He hired an Eastern Nutritionist to help him. After telling the nutritionist he had stage 4 cancer, the man chuckled and replied, *“No problem, we just need to get your body alkalized.”* That is exactly what he did, and the cancer went away! Our MD’s really think they have it all figured out in our Western world, allopathic, pharmaceutical, money-driven, medical sham system! Sorry, did that sound too harsh?

Let me say, there are a lot of great MD’s out there and I am not trying to offend, but the system is broken. They only know what to do from what they are taught. Unfortunately, their training is not giving them the whole picture for healing disease. Only until we approach health with a holistic methodology by taking charge of our own health, will we find healing and true health as God intended. We are not just flesh, but spirit as well. The medical world (*as a whole*) does not recognize this part of our makeup. They simply see our body as a machine made up of mechanical parts that they can dissect and replace to fix. Our make-up of spirit, soul, and body, all play a part in maintaining perfect health. If one area is not healthy, it will affect the other two. These foundations work to bring the synergy of all three parts into perfect health.

Here are some testimonies regarding alkaline water from the HEALTH NEWS paper HNONE, Inc. Volume 22, Number 5:

### ***Breast Cancer Disappears***

**Jada K.** • *“Nine years ago, I had a lumpectomy and 35 rounds of radiation. Everything was looking good and all of my mammograms would continually come back negative. However, I still suffered with constipation, fatigue, and degenerative arthritis in my knees. Two years ago, a friend introduced me to alkaline antioxidant water. I drank it for an entire day. That night I noticed that my ring was slipping on my finger. I found that my constipation was reversed, and I was no longer retaining fluids.”*

*“The micro clustering and the antioxidants in the water helped me tremendously. A month later, I went in for my yearly mammogram. I received a call from the hospital and they wanted me to come back in for a biopsy of the same breast that I had cancer in before. I received a call from my doctor informing me that I had ductal carcinoma with a recommendation to remove my breast. I continued drinking the alkaline water and started eating raw fruits and vegetables to help detoxify my body. One month later, I*

received a second opinion from a different doctor. He also recommended that I get my breast removed. He did suggest an MRI to validate the diagnosis.”

“A few weeks later, I received the results from the MRI. In the letter, the hospital said, “We are happy to inform you that there are no abnormalities in either breast, absolutely (no cancer.)” Eighteen months later, after multiple tests, I am still cancer free. Thank God for alkaline antioxidant water.”

### ***Crohn’s Pain Diminished***

**David P.** • “I had a severe case of Crohn’s disease. I was also taking psychotic medication, and I had pretty severe acne. About eight months ago, I started drinking alkaline antioxidant water. When I first started, it was hard for my system to get used to, but it got better. The alkaline antioxidant water has reduced the pain in my gut. I’ve had more tolerance and have been able to eat more. I’ve also had more energy. I was able to stop taking my antidepressant medication completely. I’m now at a half of the dose of the anti-psychotic medication, and I’m not experiencing any side effects.”

### ***Migraine Pain Decreased***

**Joni R.** • “I had a gymnastics injury when I was 16. I developed very serious multi-dimensional scoliosis with an inverted neck curve. I had spinal pain all day every day to varying degrees and suffered from migraines. This went on for 40 years. I started drinking alkaline water four months ago. The day after I started drinking it, I felt clearer in my thinking. I felt there was less creaking, crunching and cracking in my body. In two weeks, the pain was down 25 percent. The pain is now down 70 percent on a regular basis. My life no longer revolves around, “How much moving can I do today?” I had energy and I can focus. I’m beginning to think about things I haven’t been able to think or do anything about. I have mental and emotional space to participate fully in my life choices instead of just managing pain. I’ve been given a new life. I couldn’t be happier.”

There are many more great testimonies within this newspaper from drinking alkaline water such as; “***Athlete’s Energy Returns***” by Charles C., “***Kidney Stones Gone & Flying Again***” by Jerry W., “***My Fountain of Youth***” by Peggy W., “***Healing Like in 20’s***” by Verla M., “***Acid Reflux Gone***” by Sam W., “***Overcoming Fibromyalgia, Chronic Fatigue, Depression, and Low Thyroid***” by Nilah G., “***Blood Pressure Stable***” by Priscilla W., “***82 Pounds Lost***” by William S. and “***Handicap to Healthy***” by Frank M. You can see more great testimonies and information at [hniONE.com](http://hniONE.com).

To help our body's pH balance and to keep our cells properly hydrated, we have discovered that drinking alkalized or ionized water will help accomplish this.

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***There are many health benefits to drinking alkaline water:***

- ***Greater Hydration***

Alkaline water is up to 6x more hydrating than normal water. Because of the ionizing process, the water molecules are broken down into micro clusters which penetrate and hydrate the cells more efficiently.

During the Chernobyl crisis in the Ukraine in 1986 after a nuclear plant blew up and released radioactive material to the surrounding area, many people over time contracted cancer. They found a pocket of people out of everyone affected, who did not get cancer and did a study to determine why. Scientists found that it was due to the water they drank from their local water source, but it was not the minerals in the water that they expected to find which protected them. What they found was that the water supply had water containing smaller molecules than normal. These smaller molecules could hydrate the cells more efficiently allowing them to work properly and thus ward off the effects of the toxins, protecting them from cancer.

This is what alkaline water will do for us as well, as the molecules are broken down much smaller than tap water, allowing our cells to hydrate rapidly and more efficiently. These molecules go straight to the brain (*the most critical area*) hydrating it first and then to the rest of the body. Many people feel a difference almost immediately after drinking it.

- ***Detoxifies cells more efficiently than standard drinking water.***

This is another great way to detoxify the body. Going to the deepest parts of our cells and flushing out any toxins, will give your body a great boost. This will give your cells optimal healing powers. Combining alkaline water with the 14-day reset cleanse from [Foundation Two](#) is a great combination! There are several great flavored drinks you can make with alkaline water to detoxify with. Yes, detoxifying *can* taste good!

- ***Anti-Inflammatory***

Inflammation is known as the silent killer and has been linked to diseases such as Alzheimer's, heart disease, cancer, and arthritis. Inflammation affects many people without them realizing it, since it can be painless and slowly kills. Free radicals in the body cause inflammation.

Drinking alkaline water with its antioxidant properties will greatly help reduce inflammation by attacking the free radicals which are destroying our cells. We must get rid of inflammation to allow our bodies to begin healing properly.

*“It is becoming increasingly apparent that certain types of inflammatory tissue injury are mediated by reactive oxygen metabolites (free radicals). The most likely sources of these oxidizing agents are the phagocytic leukocytes (e.g., neutrophils, monocytes, macrophages, and eosinophils) that invade the tissue.”*

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PubMed.gov

US National Library of Medicine

- ***High in -ORP and Healthy Antioxidants***

The higher the pH level, the ORP (*antioxidant level*) and the mineral content in water, the more benefits the body will receive. The minerals found in alkaline water are beneficial and necessary for your good health. A water ionizer simply concentrates those minerals in your drinking water for you and puts a negative electrical charge on the minerals.

The negative charge on the minerals is very beneficial to your health. Doctors refer to it as negative ***Oxidation Reduction Potential***, or ORP for short. ORP measures the ability of the water to donate its negative electrical charge to positively charged molecules, which are called oxidants. Oxidants in the body are referred to as free radicals and are a significant factor in aging and disease. They destroy our cells. Drinking alkaline ionized water with negative ORP is believed to counter the damaging effects of free radicals in the body.

The water my family drinks is over -800 ORP level, which is very significant in health benefits. This means that our water is acting as an antioxidant rich water that will defend our bodies from free radicals. Having a high antioxidant intake is critical for

healthy living. Though there are other ways to get antioxidants, such as certain foods, getting it through our water is a great benefit as well, which we can have confidence in. It will aid in things like; increasing energy levels, lowering high blood pressure, improving the digestive system, reducing acid reflux, relief from arthritic symptoms, combat diabetes, increase in better sleep, better concentration, better memory and many more benefits, not to forget slowing down the aging process.

- ***Alkalinity***

Pure neutral water is at 7.0 pH. Our drinking water should be between 8.5 pH and 9.5 pH to keep our bodies healthy. Most tap water is around 5.5 pH on the acidic side, not to mention all the harmful poisons in it as well, including fluoride. In most other countries, fluoride is illegal, except America. Remember, the Western world has everything figured out! The healthy human body contains both acids and bases. The organs maintain the pH of arterial blood between 7.35 and 7.45. To counteract the amount of acids consumed by eating, drinking, and breathing, the body will take alkaline substances from body parts, such as bone. By drinking alkaline water, you can counteract the intake of acids and help the body regulate its pH in a healthier way.

Our bodies were designed to counter the acidity and balance its own pH, but unfortunately many people, due to their diet and drink, are over acidic and the body cannot keep up. We have found that drinking the alkaline water will help hydrate us better along with the additional health benefits I have spoken about. Many people are seeing sicknesses go away and even losing weight from simply drinking alkaline water. You can buy alkaline water in bottles at the store, but it loses most of the ORP strength from sitting on shelves, plus it would be expensive to constantly buy. We purchased a water ionizing machine that will take water from as low as 3.0 pH to as high as 11.5 pH with upwards to a -860mV ORP.

There are many uses for having acidic water as well. The acidic water makes a great mouth wash and kills unwanted bacteria. You can clean the kitchen with it to kill bacteria as well. We keep a spray bottle of 3.0 in our kitchen to clean and sanitize with each day. Hospitals around the world even use water from ionizers to clean with. In Japan, most doctors will not even agree to see you unless you agree to drink alkaline water first. They understand the healing power of this water better than the Western World. These machines are considered a necessary medical device for health there, not just some luxury water filter.

We use the water for many things and have found that it works well on cleaning carpet stains too. We drink the 9.5 pH and use the neutral purified 7.0 pH water for making tea and other things. We also use alkaline water for making coffee which brings out the flavor richly and helps counter the acidity. The reason we do not use the alkaline water for tea or other drinks is you want to avoid drinking alkaline water with your meals. Alkaline with meals will work against your stomach acid, which you need to be very acidic to break down food properly. The reason people have heart burn is that they have too little stomach acid, not too much. You do not want to further weaken the stomach acid.

We drink it between meals or late at night. We love the way it hydrates us when we are working outside or exercising. If our bodies have the right minerals, as I covered in [Foundation Two](#), the mineral benefit of the alkaline water may not be as important as just getting properly hydrated. Either way, alkaline water will not hurt you and will hydrate your body better. Again, just do not drink it with meals so it will not counteract your stomach acid.

*“But Steve, I only drink bottled water, I do not drink tap water.”* Well, that might not be as good for you as you think.



### ***Bottled water is not as healthy as many people believe.***

Most of the bottled water we buy today is only reprocessed municipal water. Bottled water, tap water, and even store-bought alkaline water has zero antioxidants in them! In Japan, they consider most bottled water a poison and some are even illegal! Even bottled waters that claim to have some pH benefits, will lose most of it from sitting on the shelf and from temperature changes. Store bought alkaline water has pH buffers and salt added to change the pH. You will not have these things in your water with a home ionizer unit. Most of the bottled waters even have a positive ORP which contributes to forming more free radicals in the body, not less. This complicates the situation even more and while thinking all along that you are better off from drinking bottled water.

The FDA will test the purity of bottled waters, but they are not required to test its pH levels, therefore the label can say anything the manufacturers want. The only way to get water with the perfect pH balance and rich in antioxidants every time you drink it, is by getting it straight from an ionizer machine each day. This is the habit of our family

and one of our foundations for that 120+ promise. If we need to buy bottled water at the store, we do so but it is not as good as from our home machine.

Just the benefits of filtering out all of the toxins from our tap water was worth it to us. It is a known fact that harmful chemicals are put into our drinking water, which are slowly killing us. One of those harmful chemicals as I mentioned earlier is fluoride. Most people have been taught and believe that fluoride is a good thing and accept the mainstream media on this, but it is a fallacy. Several studies now show that even moderate exposure to fluoride lowers the IQ of children.

An editorial published in the **Journal of the American Dental Association**, back on October 1, 1944, stated: “*Drinking water containing as little as 1.2ppm fluoride will cause developmental disturbances.*” This is sad considering US drinking levels are said to be about 3.0ppm!

China will not allow water fluoridation due to its toxicity but ships its waste products from its phosphate fertilizer industry to the US which ends up in our water! Is it possible that there is more going on here than we realize?

Here is a list of issues all found to be related to fluoride toxicity.

- ❖ Increased lead absorption
- ❖ Disrupted synthesis of collagen
- ❖ Hyperactivity and/or lethargy
- ❖ Muscle disorders
- ❖ Bone Cancer (*osteosarcoma*)
- ❖ Increased tumor and cancer rate
- ❖ Arthritis
- ❖ Skeletal fluorosis and bone fractures
- ❖ Genetic damage and cell death
- ❖ Damaged sperm and increased infertility
- ❖ Inactivation of 62 enzymes and inhibition of more than 100
- ❖ Inhibited formation of antibodies and immune system disruptions

Here is a good video to watch concerning the harm of fluoride, entitled;  
“***Fluoride: The Hard to Swallow Truth Documentary***”

[youtube.com/watch?v=7aTfyo0Xz\\_c](https://www.youtube.com/watch?v=7aTfyo0Xz_c)

*(If this video has been removed, do a search for the harmful effects of fluoride)*

Another good resource regarding the harm of fluoride is this article and video at Dr. Joseph Mercola's site:

<http://articles.mercola.com/sites/articles/archive/2016/05/21/our-daily-dose-fluoride-documentary.aspx>.

These links are a great place to start if you want to seek out truth on this subject. Another harmful chemical that is put in almost all water supplies in North America is **Chlorine**. Studies have shown that Chlorine affects pregnant mothers and increases birth defects and miscarriages. We cannot take too many precautions when dealing with the safety of an unborn child. It is simply not safe drinking tap water in the US. These toxins found in tap water kill off the healthy bacteria we have in our guts that help our digestive system. This is even more critical for the very young and the very old. Just knowing that we are drinking pure water as God intended through filtering out these toxins brings great peace of mind to our family. Now, it is hard for our family to drink any other water. Water in restaurants does not even taste good to us anymore. We usually bring our own and ask for a glass. It has become a part of our life and is a piece of the puzzle to living a long, healthy life.

Another well-known doctor who believes in divine health and healing, along with the balance of wisdom in diet and supplements, is Dr. Don Colbert MD. Dr. Colbert has written many books and has been on many programs helping people to live balanced lives. Here is a short video from the Jim Bakker show where he speaks on the benefits of alkaline water: [https://www.youtube.com/watch?v=gvqLqdBe\\_OY](https://www.youtube.com/watch?v=gvqLqdBe_OY).

God gave our bodies a natural filtering system in our liver and kidneys. These organs can become very toxic and stop working properly. Using pH alkaline water is an excellent way to detoxify these organs. To see more on how to detoxify with alkaline water and how to begin your healing process; go to the link on the next page and download the free eBook; ***Detoxification and Healing***. This short eBook also covers how to detoxify your food from all the chemicals in and on them as well. The statistics regarding the rise of cancer, from all the pesticides and herbicides in our food is staggering. You cannot wash off all the chemicals from your food with tap water. The alkaline water from these machines will. You will be surprised what will come off your vegetables from soaking them in high alkaline water! Not only will it clean pesticides and herbicides, it will bring out the flavor of the vegetables as God intended.

To do a good cleanse and to keep your body properly hydrated with the correct pH, you will need a water ionizing machine. We researched and found one that seems to be above the competition. We looked at price, the power supply which makes the strength of the ORP, the number of ionizer plates it uses, the filtering system, the warranty, the



quality of parts, the customer service, certifications and the overall integrity of the company. We found a company that produces a quality machine made in the US that far beats the prices of other popular machines. They can keep their quality high, but price down, because they are direct in their sales. Do not waste extra money on higher priced machines! We did and grieved over it once we found a better way. We paid 3x the price of these machines with no additional quality or benefits. Some qualities were far less on the higher-priced machine that we first purchased.

Many popular machines use chemicals to gain the extra pH that this machine produces it without them. This chemical-free machine's water quality is obtained by the number of electro plates it uses. The greater number of plates, the greater pH potential to a point. You need only enough plates to obtain a range of around 3.0 pH to 11.5 pH, unless you are trying to make battery acid! We have tried machines that even had 13 plates, but they did not produce a better-quality water. It was overkill and a waste of money, but most people still think more must be better!

The company we chose produces machines with either 5, 7, or 9 plates. We went with the 9-plate as it has the extra benefits we wanted and then added the fluoride filters as well. You will want the fluoride filters no matter what machine you choose (*unless you use well water and know there is no fluoride in it*) and bundling them with the machine saves you money. Though the 9 plate is the more expensive one of the three, it is still a third of the price of the first one we bought!

The company we chose is called ***Air Water Life*** and is listed with the Better Business Bureau with an A+ rating. The company uses strict certifications and the most stringent processes to produce a high-quality machine. The customer service is impeccable with this company which was severely lacking in the first company we bought with. I do not care how good a product is when you have horrible customer service. You will not have to worry about the machine or customer service with ***Air Water Life***.



For more information, go to: [Air Water Life](#). This site contains machine comparisons with other popular brands and much more information on the benefits of alkaline water, along with the quality of these machines. They are affordable for all and you need to start today with better water. It is one of the best investments into your family's health you can make and one of our foundations for a long and healthy life!

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# Foundation Four

## *Food*

Well, it is probably not a surprise that food is important to living a long and healthy life. The biggest question today is, what is ‘real’ food and what is make-believe food? There are foods that are alive and there are foods that are dead. There is so much contradictory information out there about food these days. What is healthy today, may be unhealthy tomorrow. It is difficult sometimes to determine what to eat and what to avoid. This is one chapter that might be constantly updated. This is a huge subject and one that will not be exhausted here. As we grow in knowledge, we will pass that on to you through our coaching. Should you read something that you do not agree with in this chapter, try to be understanding and hopefully there will be things that will help.



In our quest for abundance, we have discovered some ways to eat better without living in fear of eating the wrong thing. We have discovered that we just need balance in the things we do in life and do not have to be radical about everything. Many people are so worried about their food that they cannot go anywhere or eat anything! We have known people that we would never invite over to our house to eat. We would be afraid that they would find something wrong with everything we had. We did not want to be one of ‘those’ people towards others, but we knew we needed to do better and more often. Everyone is responsible to listen to the Spirit on what is best for their life. We know that we have authority to bless our food and overcome the negatives, but this does not mean that we do not need to use wisdom as the Lord reveals to us.

If you think you must be perfect in all that you do to walk in God’s blessings, you will always be in guilt and condemnation. Though we will not be perfect, that should not be an excuse to not attempt to do some things better. Once we have knowledge of a better way, we are held accountable for that information. We are all about helping people to have a better way of life. One naturopath doctor that we trust and who believes in living past 120 years as well, is the doctor I referred to earlier: Dr. Peter Glidden, ND. I recommend doing a YouTube search on him and you will find a lot of helpful

information that will change the way you look at living. He is very passionate about how the allopathic doctors are not helping us and how God gave us the things we need to stay healthy. He might even be a little ‘in your face’ about certain subjects, but we believe you will enjoy hearing his knowledge and passion.

Dr. Glidden gives us a list of 12 bad foods, that according to him, are cutting our life short:

- Wheat
- Barley
- Rye
- Oats
- Corn
- Soy
- Meat with Nitrates
- Oil in a bottle
- Carbonated drinks with a meal
- Well done red meat
- Fried foods
- Baked skins of potatoes/yams

Some of these things were obvious to us and some were not. I struggled a little with this fried food thing being from the south where everything is fried. It is probably causing more problems, including lung cancer, than any other thing. As a matter of fact, on the video below; Dr. Glidden shows a map of the lowest average lifespan in America and it is totally the old confederate southern states, where everything is fried. At our local festivals, everything must be fried and of course, on a stick! Glidden says that fried foods and the toxic fumes from frying food, is the number one cause of lung cancer today. Amazing...the South will rise against this! More on fried food in a minute.

I do not claim to be an expert on these things as Dr. Glidden is, so I recommend listening to him explain why these things are killing us. This is a critical choice in allowing the other foundations to work effectively, so please watch. Unless we begin avoiding the 12 bad foods that are cutting our life short, we will always be combatting the foundations we establish. Here is the link to hear Dr. Glidden speak on the 12 bad foods and why we should avoid them: [kreitton.org/food/](http://kreitton.org/food/).

Here is the main link to Dr. Glidden’s site for more about him: [glidden.healthcare/](http://glidden.healthcare/). We also recommend downloading his free eBook; *The MD Emperor Has No Clothes*, where he speaks on the faults of our allopathic medical system along with the pharmaceutical scam and how it is killing us. It is an eye opener, so be ready to be a little upset! You can also get it on our [website](http://www.kreitton.org).

We know that this is a huge subject, and I am not an expert on food or nutrition, but what the Lord has impressed on us is just to be a life learner and to be open to better choices. It is not about perfection, but about constantly making better choices as we grow in knowledge. Our family’s goal is constantly increase in every area. As a health coach, I try to focus on the main things that are causing people the greatest problems and the main solutions to people’s greatest needs, for overall health. Anything deeper, requires the

expertise of someone like Dr. Glidden. We know we have not become perfect in this area, but we know how important it is to eat better.

With all the GMO and chemically riddled foods, it behooves us to be a continual learner about what to eat. We try to at least live an 80/20 life, where we are doing better choices at least 80% of the time. We should strive of course to be a 100% healthy person, but this is a suitable place to start. Again, we know that our blessing is greater than an occasional wrong food, but we do not want to turn a blind eye to the wisdom of the things the Lord has shown us either. It is through growing in knowledge and wisdom that keeps us aligning with God's ways. The more we align with His ways, the more we will receive His results. Let's talk about a few of those things.

## ❖ Fried Food

We have learned that fried foods and the fumes from frying food is the number one cause of lung cancer today, so we try to avoid them as much as possible. Frying food creates a chemical called "*Acrylamide*" which causes cancer and inflammation. It is not as hard to avoid these things when you cook at home. It is just when you go out to a restaurant or someone else's home that makes it more difficult. We try not to allow our going out to be over that 20% rule and are choosy when we do.

We enjoy most of the foods that we always did, but now, baked in a hot air oven (*NuWave*) or conventional oven. Baking things will still get things crispy as you want and without the use of oils. It is not necessarily french fries that is killing us, but "*fried*" french fries. You can still eat natural potatoes cut up anyway you want, just bake them instead. Do not eat crispy potato skins though, as the heat produces carcinogenic chemicals in them. If you desire the skins, eat them boiled or in a crock pot. The bottom line is to cut out fried food as much as possible and seek out healthier ways to cook.

## ❖ Oils

According to Dr. Glidden, there is no good oil in a bottle. People often bring up coconut oil as being healthy. Glidden says, yes, it is a better choice than many others, but it is still not healthy. He says any oil breaks down (*through heat and shelf life*) and it is in this decomposition that makes it unhealthy. Even coconut oil breaks down over time and you do not even know how long it has been sitting on the shelf in the store. If you can cut a fresh coconut, squeeze some oil out of it and use it immediately, you may be okay, but that is not the case for most of us. If you are thinking olive oil is the safe route, you need to watch the video above about the 12 bad foods. Dr. Glidden covers the fallacy in why olive oil has been promoted as a healthy alternative when it is really not. The healthy

alternative always goes back to what is closer to the way God made it, as opposed to closer the way man made it. Good ole animal fat (*lard*) or real butter are the best things to cook with according to Dr. Glidden and Dr. Wallach. Wow, our grandparents had it right all along!

The MIT scientist I spoke about in the introduction; Raymond Francis, D.Sc., has spent many months and sometimes even years researching to find better oils to use with cooking that maintain consistency in higher heats. You can see these choices at: <https://beyondhealth.com/foods-oils.html>. He also has other healthy choice products on his site as well. Even with healthier oils, you do not want to cook with high heat or extended time. Animal lard is probably a safer choice and you can buy it at most grocery stores.

## ❖ Gluten

Gluten is the protein in the grains and is what gives flour its elasticity (*keeps it together*). We now have learned that gluten is clogging up our small intestines and is preventing the villi from soaking up the nutrients we need. Gluten is very hard to break down in the stomach and can cause problems such as IBS, malabsorption, and Crohn's disease. As an alternative to this, we bought a bread machine and now bake our own gluten-free bread. We have found a great mix from the health food store that has all the ingredients ready to go. We just pour it in and push the button! In about 3 hours, we can enjoy fresh healthier bread. The smell in the house while it is cooking is heavenly as well! You can also buy gluten-free bread in the store, but it can get expensive. We have found some store breads that are more reasonably priced and some even close to the price of making it yourself. At that point, it depends on whether Joanna wants to take time to bake it, or simply buy it.

Even gluten-free bread can be unhealthy for some people, especially if you are trying to reverse Diabetes. We recommend doing your own due diligence in what is good for you in this area or seek someone like Dr. Glidden for expert advice. He is available through different avenues from his website and we have access to his subscription-based archived information to help you as well. You can also become a subscriber to his self-help health program and get all his life-saving information at: [kreitton.org/self-help-health-program/](http://kreitton.org/self-help-health-program/). I assure you; he covers just about every health issue and the real truth of how to heal from it. Another great resource for understanding the importance of a gluten-free lifestyle and where all the hidden gluten is in our food, is Dr. Wallach's CD (*or YouTube*) called; [Cerial Killers](#).

## ❖ Meat

I am a meat eater, so you are treading on thin ice when you interfere with my meat! According to Dr. Wallach, processed meats along with over cooking them is killing us. We have started buying meat that is naturally grown, grass fed, unprocessed, and nitrate free as much as possible. You have to do a little shopping to find the right meat, but once you find it in your favorite store, you can go straight to it each time. Places like Wal-Mart, Sam's Club, or Costco are even starting to carry healthier alternative meats, but Whole Foods/Natural Grocers is an excellent choice for meats. There are also many natural farms that sell grass fed, bulk, packaged meat as well. Many of them will ship right to your door. Buying it in bulk can save money in the long run, especially if a couple of families go in together.

We have also started cooking our meats less. According to Dr. Glidden, our meat should not be cooked over medium rare. This is hard for me to do after eating meat “*well dead*” for so many years, but I am learning! I have found that it is the look of it that gets me more than the taste. The good news is that it all looks well done with a lot of steak sauce! Lots of steak sauce is probably not the answer either! Because of this, I tend to eat chicken more. The main thing is just to get rid of processed meats and do not overcook.

## ❖ Sugar

Sugar feeds cancer cells. You may be thinking, I thought the whole point of all of this is that we do not have to have cancer to begin with. You are correct, but the truth is that we all have cancer cells in us all the time. The only time it causes us problems is when our immune system is not working properly to kill them off, then they continue to grow and form. That is when we get what we know of as the disease, cancer. The real disease is simply malfunctioning cells that manifest in certain ways that MD's have given a name so they can treat it with certain drugs or surgery. The answer is to find out why the cells are malfunctioning, and you will have a cure! If we have a good immune system, our bodies will kill off the bad cells in our body (*as God designed*) and keep us healthy.



Our bodies require sugar for proper function of the cells, but the issue is that most people get way too much sugar and from unnatural refined processing. If you have sugar cravings, it is a warning sign that you are either mineral deficient or protein deficient.

Taking the nutrients from [Foundation Two](#), will help with sugar cravings. Even if you are taking a correct amount of daily sugar, your body will not assimilate sugar properly without the minerals you need. Our bodies just do not work correctly without the God-designed minerals. It is also possible that you are dehydrated, so also try some water when you crave sugar.

According to Raymond Francis, one teaspoon of sugar is enough to cut our immune system in half for the next 6-8 hours. This opens the body for sickness and disease to enter. The unfortunate thing is that most people take in way more sugar than that, constantly, every day. Remember that there are 10 teaspoons of sugar in a 12-oz. coke. It is no wonder Americans are so sick all the time! Sugar also flips a switch on our cells which tells them to hold onto fat. One of the easiest ways to lose weight is to cut out all processed sugar along with sugary foods. You can hear Dr. Francis speak on the damaging effects of sugar at: <https://www.youtube.com/watch?v=jDE0i TJ-ey8>.

Eating fruits, which contain fructose, is safe in moderation, because it does not give you that sugar spike that sugar drinks give. This is because you are eating the pulp of the fruit with the fructose which gives your body proper time to digest it without sugar spikes. Drinking just the fruit juices alone is not a healthy practice and is also too easy to overload on sugar.

One of the main health challenges I address in my Coaching Program is cutting out the sugar craves and satisfying the sweet tooth with healthy alternatives. Sugar is a toxin that is slowly killing us. If you are interested in cutting out sugar along with other health concerns and want to know how to make positive habit changes, go to [kreitton.org/mycoachingprogram/](http://kreitton.org/mycoachingprogram/).

Healthier alternatives to sugar would be xylitol or stevia. Honey is also a natural sweetener that can help control our sugar intake. Here is an excerpt from my book, *Law of Alignment*:

[The Word gives us many insights into proper eating and many natural ingredients for the body. One example of this is honey.

**Proverbs 24:13** says; “*My son, eat honey for it is good, yes, the honey from the comb is sweet to your taste;*”

What is interesting about this verse is that the following verse says, “*Know that wisdom [is thus] for your soul.*” (Brackets Mine) So wisdom (*doing the right things*) will be sweet to your soul, just as honey is sweet to the taste. In other words, following wisdom will provide for the natural things of our body. Remember, it is the balance of the



spiritual aspect along with the wisdom (*practical aspect*) of God that brings us into proper alignment. Leaving either one out will only lead to failure.

For the most part, we have replaced sugar with honey and have found it to be just as tasteful. All the while knowing that we are getting God's natural sweetener as opposed to a product that feeds sick cells. *Proverbs 25:16* tells us to eat honey but only what we need. This is telling us what is good for us, but also reveals a balance as well. Too much honey is not any better for us than no honey at all, but in balance, it is God-given and a "medicine" to our body. Did you know that scientists are now concluding in their testing that honey worked better in treating a persistent cough (*as in a respiratory infection*) as steroids did? <sup>1</sup>

There are many other benefits to using this God given sweetener over other choices. Did you know that honey never goes bad? We try to look for locally harvested honey because it builds up our immune system from allergens common to our area. It also will guarantee that you are getting real honey and not the fake honey concoction that is sold many times in stores.

Here is some information from an article regarding the benefits of local honey from a certified nutritional practitioner: <http://www.bee-pollen-buzz.com/honey-and-allergies.html>

*"So, what does this have to do with using raw, local honey for allergies? Let's say for example that you have an allergy to Golden Rod as it is present in your local area and you were overexposed to it at some point in your life. Honeybees happen to pollinate Golden Rod and as a result, very small amounts of Golden Rod pollen will be present in the honey produced by these bees. When you consume this local honey, you will be ingesting very small amounts of the allergen - Golden Rod."*

*"It would be fair to expect that consuming more of a substance that you are allergic to would only cause more allergy symptoms. But this is not the case when using honey for allergies. As recent scientific studies have shown, honey has very strong immune modulating (balancing) properties. One study in the International Archives of Allergy and Immunology found that patients reported 60% less allergy symptoms and 70% fewer days with severe symptoms while consuming a local honey over a five month period. It seems that by exposing yourself to tiny amounts of the pollen that you are allergic to through honey, your immune system becomes less sensitive to the allergen. I liken it to undergoing a full course of allergy immunology injections without the pain and discomfort of having needles stuck in your body."*

Could it be possible that God has given us many clues in the Word on how to make choices that will lead to a long and strong life? God knew what He was doing when He created all that is in this world and it was created for us! We must not allow the enemy to convince us that these things are not for faith people. I believe many people are trying to walk in faith without wisdom. I do not believe we can walk in wisdom without faith. Wisdom includes God on the choices that we make. Faith without wisdom leads to presumption; we presume God will take care of us no matter what we think or do. It just does not work that way.]

The answer to sugar cravings is not necessarily to look for other sweet alternatives, but to discover why you are having these cravings to begin with. Most of the time, when you simply maintain proper nutrients in the body, the sugar cravings will go away.

### ❖ Organic

Another way we have changed our habits is to choose more things that are organic. Remember that just because it is organic does not mean that it has any nutrients. However, it does mean that it should not have all the chemicals and pesticides or be a genetically modified food (*GMO*). As a matter of fact, organic food can still be just as void of all the essential nutrients we need, as non-organic. Due to food being harvested too soon, with the purpose of ripening “*on the way*,” we lose many of the nutrients it would have had, had it stayed in the ground or on the vine until it ripened first. The nutrient flow stops the minute it is picked. Then, the way it is processed, packaged, and handled, the length of time it takes to get to the store, the length of time on the shelf, the length of time it sits in our refrigerator, the way we prepare and cook it, all cause us to lose a percentage of nutrients with each step. By the time we actually eat the food, we may not be getting any nutrition at all! How discouraging is that?

Even with all the void of nutrients, organic foods are still a better choice. Foods that say “*Organic*” does not necessarily mean they are 100% organic, but if you see the USDA Organic label, you can be guaranteed it is at least 95% organic. The remaining ingredients may not be available organically. When it is completely organic it will say 100% Organic. You must pay attention to know whether something is truly organic or not. Here is a trusted symbol to look for on the packaging, verifying the authenticity of the food as NON-GMO:



Here is the website that goes with the symbol above to give you more information:  
<http://www.nongmoproject.org/>.

As I mentioned earlier, we use the alkaline water machine to wash our vegetables to ensure we are eliminating any harmful chemicals, just in case. There is a huge rise of incidents of cancer since genetically altered food and herbicides have been used, so we need to pay attention to this. In our health coaching program, we help you determine which foods are safe to eat “*non-organic*” and foods that “*must be organic*” due to high levels of pesticides and herbicides used.

The Environmental Working Group (*EWG*) evaluates fruits and vegetables to determine their overall pesticide exposure. The “*Dirty Dozen and Clean 15*” help consumers prioritize which foods are most important to purchase organic when trying to limit pesticide exposure.

The list is determined by evaluating six factors and scoring each item. The dirty dozen are the 12 fruits and vegetables with the highest pesticide loads. The Clean 15 are the fruits and vegetables with the least pesticide residue. Remember, “*least residue*” does not mean no residue. Therefore, we still use our alkaline water to soak our vegetables in.

Recently, the EWG has added a “*plus*” category to their dirty dozen to include select foods that contain trace amounts of highly hazardous pesticides. They do not meet the traditional standards to be included in the list, yet are included as a plus, due to insecticide contamination.

The items are listed by category here:

**Clean 15: [Non-Critical to be Organic](#)**

Asparagus  
Avocados  
Cabbage  
Cantaloupe  
Cauliflower  
Eggplant  
Grapefruit  
Kiwi  
Mango  
Onion

**Dirty Dozen: [Critical for Organic](#)**

Apple  
Celery  
Cherry tomato  
Cucumber  
Grapes  
Nectarine  
Peach  
Potato  
Snap pea  
Spinach

Papaya  
Pineapple  
Sweet corn  
Sweet peas (frozen)  
Sweet potato

Strawberries  
Sweet bell pepper  
+ hot pepper  
+ kale/collard green

So usually here is where someone will bring up that organic foods are more expensive than non-organic. I agree and it is a shame that eating healthier must cost more. All of this comes down to what you are willing to do and pay for. The problem is that our health is something everyone takes for granted until its suffering or gone, then people are willing to spend everything they have, to get it back. Sometimes it is too late. Waiting until there is a problem to address it is not the best way to live healthy. Making wise choices now, will ensure a better future!

We must decide what quality of life we are willing to accept. The truth is that when you are getting the 90 essential nutrients, your body is not as hungry all the time and will not crave junk food with empty calories. Also, eating healthy organic choices will prevent you from buying a lot of junk food saving you money there. Eating healthy does not have to break the bank, but we can no longer turn a blind eye to the processed, genetically altered, and chemically riddled food that is sold in our stores. It is time to take our health back and live a better way! The starting place is simply to educate ourselves and make better choices. Health is a choice!

When we count the cost of health care and pharmaceuticals, the cost of clean food and nutrients is minimal. The bottom line is, do you want to settle for a nursing home, or live an active, on-the-go lifestyle? The problem is that most people totally trust the person in the white coat more than they trust the Word of God and what God has provided for us in nature. If a doctor told you that to live, you needed to buy a drug that was going to cost you hundreds per month for you or a family member, would you do it? Of course, you would! Our daughter's medicine cost thousands per month until she was healed from her disease. Without the knowledge, we now have, we would have done anything if we thought it would have helped our daughter. This is the problem with a greedy system; they know we will do anything to maintain health again for us or a loved one. The problem is that what they are pushing is for profit and greed, not what is best for us! We need more passion for truth to help people get free from sickness and disease and to live abundantly... God's way.

I have had family members die from diseases that they should not have died from, but it was too late to implement these truths and get them on board. Prevention is much better than fighting for your life at the end. Is it too late for you? Not if you are reading this and willing to take charge of your health. Many people have been sent home to die by doctors and then turned their lives completely around by implementing these foundational essentials. All of us must start where we are at and know that we are doing the things that God gave us to align in His blessings. Knowing you are on the right path brings great peace in your life. Do not worry about whether you have reached the pinnacle yet, simply enjoy the journey!

For those who are on the go all the time or want to make sure you get a quality meal, we have found a product that we believe will help. It is called *Living Fuel*. This company is Christian owned and believes in divine health along with the balance we have been speaking of. Their products give you a super food mix that is a complete meal replacement. With most super food mixes, they are usually just a supplement to your meal, but this one is a complete meal that can sustain the body by itself. Taking it just for breakfast or lunch and then eating smart on the other meals is a wonderful way to ensure you are getting quality nutrients. While I would not say that it contains all 90 essential nutrients needed as our foundation, it is a great way to bring a quality nutritious meal to our body with upwards of a 100,000 ORAC value or more of antioxidants. That is a lot of antioxidants combatting the free radicals in our bodies. It is an excellent choice for about \$5-\$8 per meal (*depending on what you buy*). Compare that price to eating out! The comparison in the nutrition you are getting in this product verses any food you can eat, is no comparison! It is top quality.

They also have a great natural alternative to sugar called *TheraSweet* which you can see at their website as well. With the Living Fuel products, you can do the 7-day challenge where you only use the Living Fuel for a week to detoxify and jump start your health back. A detoxification with this product a couple of times a year is a terrific way to keep your body's engine running in top shape! You can see the Living Fuel products and their recommendations at: [livingfuel.com/](http://livingfuel.com/).

We also recommend watching this interview with **Evangelist Todd White** regarding his use of Living Fuel and how he turned his body around to win a Gold's Gym body transformation contest:

<http://www.livingfuel.com/livingfuelTV/blog/2015/08/20/stunning-transformation-body,-mind-and-spirit/>.

For those who cannot afford the price of LivingFuel, we have found a great alternative that I use every day. It is a high quality, all-natural, organic, non-GMO juice

cleanse and tastes great as well. Many people want to juice for health, but juicing is expensive. Most will spend a minimum of \$10-\$20 per day juicing. I have a friend that told me he spent \$20 per day for just himself. Imagine a family trying to juice! This product is extremely nutritious and only cost \$1-\$1.50 per day! It is from a company called **Purity Products**. I start every morning off with this shake and add my 90 Essential Nutrients with it. Boy, you talk about a great start to your day! This fully sustains me until lunch and then sometimes I take it again for lunch. My family enjoys it as well. I highly recommend adding this to your health regimen. Here is what it contains:

Certified Organic Juice Cleanse™:

- Organic Wheat Grass
- Organic Parsley
- Organic Broccoli
- Organic Carrot
- Organic Spinach
- Organic Kale
- Organic Spirulina
- Organic Chlorella
- Enzyme Blend
- Organic Blueberry
- Organic Cranberry
- Organic Strawberry
- Organic Raspberry
- Organic Green Tea
- Organic Barley Grass
- Organic Flax
- Organic Black Currant
- Organic Prebiotic-Inulin



There are multiple flavors, but my favorite is the **Berry Surprise** with dark greens and super fruits. You can see these products and my personal shake recipe at our site here: [Juicing Made Easy](#). For very nutritious healthy meals that are quick and easy to make, see our go-foods here: [kreitton.org/food](http://kreitton.org/food).

Though I have mostly talked about what kinds of food to eat or avoid, I want to emphasize that “*how*” we eat is just as important as “*what*” we eat. Ever since grade school, I have eaten like I was in prison (*surrounding my food and wolfing it down as fast as possible*). My mom always said the schools caused this by constantly rushing the kids to hurry and eat so they can get the next wave of kids in the cafeteria. That habit continued into my adult years. This is an epidemic in America.

Not only have we gone to fast food, but we have also brought the “*fast*” into our eating as well! This is not healthy at all and causes health issues in the body, including obesity. It takes about 20 minutes from the time you start eating for the body’s natural brain signaling process to trigger the signals of fullness. When we rush this time, we are shortchanging this signaling process and eating too much before our body can respond

and say, full! By that time, it is too late, and we have overeaten. Not only too much food, but the way we eat it is also shortchanging the correct digestive process as well.

One way to combat this is to time yourself and see how quick you eat your meal. Then try to slow down by adding 5 minutes each time you eat until you get to a 20-minute meal. In my health coaching program, I give you ways to do this and more useful tips on how to eat for health. Eating while being stressed out also causes our digestive system not to work properly. Doing the things, we coach you on, will change your health for the better, without even changing the food you presently eat. You can turn your mealtime into a pleasurable time that will aid in correct digestion with added health benefits. It is one of the simplest ways to increase health that anyone can do.

Not only is the way we eat our food important to our digestive system, but the combinations of food we eat together is a factor as well. Some foods digest better in an acidic stomach while others digest better in an alkaline stomach. The stomach knows which food is which and makes the required adjustments, but should we eat both types of food together, they can cancel out each other and we do not get the benefit of the little nutrients contained from either one! Not only will that hinder our digestive system, but when that food does not digest properly, through correct food combination and correct chewing, it will sit in our stomach and rot, causing toxins. That is a great thought!

According to Expert Raymond Francis, D.Sc., proteins digest in an acid environment whereas starches digest in an alkaline environment. Francis recommends not eating protein with starches, but instead combining either one with vegetables. He also adds that fruits should be eaten by themselves. Dr. Francis covers this subject with more detail in his book; *Never Be Sick Again*.

There are too many factors today working to prevent us from getting the proper nutrients our cells need to produce health. All of these factors and more make it even more imperative to ensure we are getting all 90 essential nutrients from the supplements we take. There simply is no other way to know your family is getting the nutritional foundation required, to live beyond 120 years in good health.

Some other simple changes that you can make in your life, are things like your toothpaste. Going with an all-natural toothpaste without fluoride is a smart choice. Have you ever noticed the poison control warning on the back of your toothpaste? A tube of toothpaste has enough fluoride in it to kill a child! Have you ever wondered why they tell you to call the Poison Control Center if you swallow too much? You can see more reasons for eliminating fluoride in the fluoride video from [Foundation Three](#). I like the

Toms toothpaste with Propolis & Myrrh. It has a great taste, and you know you are getting a healthy product with Toms.

Other things to consider are all-natural deodorants, body washes, lotions, and anything else that you put on, or in, your body. Another great thing to do is to combine an essential oil such as frankincense with an all-natural lotion to put on your body. Not only will you be protecting your body from chemicals, but you will be soaking up a God-given healing oil, for divine health as well. We heard the testimony of one young lady who was healed from a brain tumor just from continually applying Frankincense oil to the roof of her mouth. For information on essential oils, go to: [kreitton.org/essential-oils/](http://kreitton.org/essential-oils/).

Cancer is not a death sentence when you know the truth on how to be healed from it. For more on the truth about cancer and the Big Pharma instigated lies, I recommend Ty Bollinger's site; [thetruthaboutcancer.com/](http://thetruthaboutcancer.com/).

If you or someone you know has cancer now, we also recommend checking out the Hoxsey Bio-Medical Center (*relocated from the US to Tijuana Mexico to freely treat cancer naturally*), which has been curing cancer naturally for years: [hoxseybiomedical.com/](http://hoxseybiomedical.com/). They specialize in Natural Alternative Therapies for cancer and have a lot of information regarding travel and hotel expenses to make the trip very affordable. They do everything from the initial exam, lab work, recommendations, and getting you the right natural products to take home, all in one day!

We also recommend watching this video regarding an all-natural cancer treatment and how one organization is fighting for God-given cures: [The Institute for Natural Healing](#).

Another great resource from Scientist Raymond Francis, D.Sc. is his book; ***Never Fear Cancer Again***. You can see this book and others at his site: [raymondfrancisauthor.com/](http://raymondfrancisauthor.com/). You can see more links to help with cancer including listening to Dr. Glidden on how Chemotherapy has a 97% failure rate and what has an 82% success rate, on our website at: [kreitton.org/cancer/](http://kreitton.org/cancer/).

Another area we allow harmful chemicals in our bodies is through our laundry soap. There are many harmful chemicals in our detergents such as formaldehyde. How about using products that not only are safe and all-natural but given by the Holy Spirit! This is the claim of the founder of Miracle II products: Clayton Tedeton. According to Clayton's testimony:



*“It was God who gave me the formula for the Amazing Miracle II Soap. I awoke one night in July, 1980, to see names of minerals all miraculously flashed on my bedroom wall, along with the formulas on how to mix them.”*

You can read the rest of Clayton’s testimony on how he got this product and the benefits that have resulted, at: <http://www.miracleii.com/product-history-ezp-6.html?chapter=4>. Though Clayton has now gone on to be with the Lord, you can still benefit from his products today.

We have only scratched the service on this subject (*and not even a deep scratch*) but hopefully it stirred up an interest in you to find out more. We wanted to stir you up with just a little information that we cover in our in-depth coaching programs. There is simply too much to cover in this book. You will receive more information on how to prosper in spirit, soul, and body in my [coaching program](#). We suggest watching the videos we recommend and many more by searching Dr. Glidden and Dr. Wallach. Glidden has a YouTube on just about every diagnosis you can name and how you can support your body’s ability to heal through proper nutrition as God intended.

Bottom line, try to change your eating habits starting with the 80/20 rule regarding the 12 bad foods, start eliminating sugar and make some simple changes in key personal products for you and your family. It is a great place to start and only takes a change of mindset and a new habit! The Holy Spirit will guide you in the rest.

We offer more help and resources for greater health at Kreitton Coaching. Our coaching programs will give you information on foods and healthy habits to help transform your life in spirit, soul, and body. Our desire for you is to give you the tools needed for immediate and lasting change in your life. Now, let’s move on to our final foundation.

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<sup>1</sup> Raeessi MA, Aslani J, Raeessi N, et al. Honey plus coffee versus systemic steroid in the treatment of persistent post-infectious cough: a randomised controlled trial. *Prim Care Respir J.* 2013; 22(3):325-330.

# Foundation Five

## *Exercise*

We have come to our final foundation and you might guess that exercise would come up. Before you start picturing long hours in the gym, sweating three hours a day, let me say our bodies were designed to need very little exercise when we are getting the right nutrients. Simple movement as an active person, or very moderate exercise, is usually all that is required for a healthy body. The problem today is that no one is doing any of the things we have talked about in the other foundations, but then try to overcompensate in the gym! There is so much out there on fitness and products that it is hard to determine when enough is enough. This is not an anti-gym section, but we do not have to have a gym membership or workout six days a week to stay fit.



According to Dr. Glidden, people in the United States who do not exercise (*couch potatoes*) live longer by 10 years than those who exercise regularly. What is that all about? Dr. Glidden is not against exercise nor is that the point of his statement. The reason for this statistic is that people in the US, who work out regularly, are putting even more stress on their bodies which are already so undernourished to begin with. This causes more damage to the body than those who do not exercise at all. This will eventually lead to something in the body breaking down and if not nourished with what the body needs, a shortened life. So, is the answer not to exercise? I think you know the answer to that. The answer is to make sure your body has the nutrients it needs to optimize exercise. If you do not get the right nutrients, it will be more harmful to exercise than if you did not work out at all. If you take the right nutrients and exercise, you will have a winning combination!

Dr. Wallach says that exercise kills more Americans than terrorists! The reason is that when athletes exercise, they sweat all the nutrients out of their body, but then usually only replace it with water. Keeping their bodies undernourished will start breaking down joints, ligaments, bones and eventually cause people to die if they do not turn it around. It seems we are constantly seeing on the news the tragedy of well fit, good-looking athletes,

who have died early. Dr. Wallach, quoting a statistic from the Centers of Disease Control, says that each year 75,100 people under 30 die while exercising. According to Dr. Glidden, in a webinar on men's health; 400,000 people a year in the US die from heart attacks directly related to exercise. You can hear Dr. Wallach speak on these things and more in this video: [youtube.com/watch?v=q-yVkj5Fq4](https://www.youtube.com/watch?v=q-yVkj5Fq4). Another video for more on this subject is called; [Exercise Without Supplementation Is Suicide](#).

There is nothing wrong with exercising or even body building but doing it without having the essential nutrients is very dangerous. For the average person, being just an active person will keep the body in great shape without having to spend hours exercising in the gym. According to the Division of Nutrition, Physical Activity, and Obesity at the Centers of Disease Control and Prevention; the average adult only needs 2 hours and 30 minutes of moderate intensity aerobic activity in a week such as a brisk walk. They also say that the average adult only needs a few muscle building activities two days a week that work the major muscle groups. <sup>1</sup>

The bottom line is that when we are taking care of our body in a holistic way, we do not have to overcompensate in one area, such as exercise. I do not want you to think I am saying exercise is not important. Our bodies need to be active and fit to climb that mountain at 120 years of age like Moses, but we do not have to spend half our day exercising to do it. There are a few things that we have found that will help keep our body fit that does not take a lot of time. One thing I love to do is walk. Walking is a great way to not only exercise the body, but to exercise the mind as well. I used to tell people that I walk for my mental health; the physical health was just a bonus! Walking with others is a great way to disciple or to just build relationships with your spouse or friends. It can be done almost anywhere, indoors, or outdoors and even when traveling. With all the hustle and bustle of life these days, it is a refreshing thing to slow down and observe things a little slower. Walking is a good stress buster, especially with a friend!

So, what is the best exercise? One which you enjoy! Sticking with something is always better than a hit and miss situation. One great workout tool that I love is kettlebells. If you do not know what that is, it's a weight in the shape of a ball with a handle molded into it that you can swing and lift. Kettlebells have been viewed for years as a formidable conditioning tool for athletes and Special Forces units. The secret to the amazing results of kettlebells, is that they use several muscles working simultaneously, as opposed to only one single muscle. Working a series of muscles together is a better way to ensure an injury free workout. Using only about five different exercises with Kettlebells will work all the muscle groups in the body. It is not necessarily designed for body builders who want to work each individual muscle (*though it can be used for this*

too), but for people who want overall coordinated strength and health. People that use kettlebells are some of the strongest people alive.

When I was on the SWAT team in my law enforcement days, we had some members from the Houston Texas PD come train with us. They used kettlebells regularly and performed some amazing displays of body strength for the team. They were not necessarily ‘bulked up’ like bodybuilders want to be for competitions but were very strong and looked it as well. In a survival type of business such as SWAT or military, it is more about results than looks! Therefore, many special military units and MMA fighters use these regularly. Not only does it create a very strong body, but it only requires a basic kettlebell that you can take most places with you. You do not need a full gym with these. These are good for anyone, including older people, who need to strengthen their bodies with less risk of injury. There are different sized weights to fit anyone’s strength level.

You can receive a free basic Kettlebell eBook to help you learn more and begin a workout program at: [bestkettlebellworkout.com/kettlebellbasics.html](http://bestkettlebellworkout.com/kettlebellbasics.html)

Another great tool for your body is a product that is used for NASA astronauts. It was first developed in Russia over 40 years ago, to counteract the devastating effects of zero gravity on their cosmonauts. When astronauts are in space for weeks or months at a time, their muscles get atrophied. They are floating around without gravity and their muscles do not get used even with normal things we do every day, such as walking or lifting things. This product is sometimes available in gyms and vibrates your body as you stand or sit on it. These machines use whole body vibration to work the muscles and improve body health. This is where science and health merge.

Using these machines for 10 minutes can burn between 200-400 calories and is equivalent to 1 hour in the gym! Ten minutes of whole-body vibration training will give you the benefits of one hour of conventional weightlifting, including increased muscle strength, bone density, flexibility, coordination, balance, and weight loss. That is not only a time saver, but also better for your joints without risk of injury. Some of the benefits of these machines include:

- Relief of body pain
- Burns calories
- No recovery time
- Less risk of injury
- Increased circulation
- Builds lean muscle
- Slow, stops, reverses osteoporosis
- Increases balance
- Removes toxins

- Reduces cellulite and varicose veins
- Increase HGH & testosterone for sexual health
- Boosts collagen
- Weight loss
- Increases bone density (*especially with the 90 essential nutrients*)
- Safe with injuries (*actually repairs*)
- Powerful antidepressant effects and improves mood and sleep
- Improves brain function

...and many more things, all from one machine. It is also great for an overall body massage, relaxing the muscles. When my wife was serving in restaurants and on her feet all day, she would come home and lay on the floor with her calves on the machine for a relaxing massage before bedtime. More and more professional athletes and celebrities are using this tool for a healthy and toned body. This advanced space technology can help you receive the benefits, equivalent to hours of sweating in the gym, without the same effort or risk.

We have researched different machines and as usual, they are not all built equal. We have found one that gives us more ‘bang for the buck’ without the higher price that some ask for. It is a **Confidence** whole body vibration machine that you can get at Sears for about \$250.00. You can buy more expensive machines that may be even better in some areas, but this machine has proven to be effective in the things I have described and at a fraction of the cost of the high-priced machines. It is an affordable option for anyone that desires greater health with one of these machines, and it works! Your muscles will feel the difference after only one time. This is my favorite multi-benefit machine for my wife and me. I even got one for my parents when my dad was 85!

*Note: as with any workout program, it is always good to get medical advice first if you have any health concerns to make sure this type of machine is safe for you. To hear more from an expert on these machines and to see health contraindications, go to: [bcvibranthealth.com/whole-body-vibration/contraindications.php](http://bcvibranthealth.com/whole-body-vibration/contraindications.php)*

Research is now showing that HIIT (*High Intensity Interval Training*) exercises bring better results than the normal aerobic exercises. The premise is using low to moderate intensity exercises combined with high interval intensity bursts. This combination is much more effective than the normal aerobic exercises. It is shown to burn adipose tissue 50% more effectively and raise the metabolism, burning more calories. An example of what a HIIT exercise would be like are things such as taking a brisk walk for 30 seconds and then sprinting for 30 seconds. You would do this repeating several times in a row. You can do this while walking on your favorite trail or at a park and do not need any special gear except good shoes. Always stretch and warm up before

doing any exercise. You can do an internet search for more on different HIIT programs to suit your needs.

Another great exercise for overall body health is rebounding. Rebounding is when you jump up and down on a mini trampoline. It is fun and safe for almost any age, and some units have the capability of attaching handlebars for greater balance. You can also place them next to a solid object or rail for holding onto during your jumping. As little as 5 minutes a day and up to 30 minutes a day is all it takes. While it does not sound like you are doing much simply by jumping up and down, you are increasing the function of your cells by stretching them in and out as you bounce. This allows for greater facilitation of nutrients in and greater toxin removal (*the two most important things we can do for our cells*). What a fun thing to do for your body as you put on your favorite music and bounce away! Remember, the best exercise is the one you enjoy!

Here are just some of the benefits that can be achieved by rebounding:

- Efficient weight loss
- Stronger bones and joints
- Faster healing
- Strengthening muscles
- Lowering blood pressure
- Improving hearing
- Improving digestion
- Eliminating tiredness
- Getting rid of toxins
- Improved immunity
- Improving sagging skin
- Resolving back problems
- Improving vision
- Decreasing appetite
- Enhancing brain function

The key to effective health and preventing body damage with a rebounder is not to go buy a cheap trampoline. They can be more harmful to your body than not doing this at all. You want to buy one which uses fat-barrel springs made for properly absorbing the shock from your body weight. You also want a good heavy-duty metal frame and an industrial tarp cover made to endure the shock and weight. An example of a quality rebounder can be seen at [beyondhealth.com/home-products.html](http://beyondhealth.com/home-products.html).

There is a simple set of stretch exercises that I also recommend as a foundation for our bodies. These should be done as a foundation before attempting other types of exercises. These exercises work groups of muscles together, like the kettlebells, which will help posture, overall body strength, and flexibility. They are taught by Dr. Eric Goodman who used these exercises to heal his back from what doctors told him was a ‘surgery only’ situation. What makes these exercises so important is that they work to strengthen the core muscles that support our posture and overall body structure.

While most people believe the core is only our abdominal muscles; it is actually all the muscles (*anterior and posterior*) that are connected to the pelvis. All these muscles literally shape the body's posture and allow for a stronger structure. Dr. Goodman states these exercises will alleviate back pain for anyone. I felt better even after one session of doing these exercises. When my wife's back was getting out of alignment, I had her start these exercises to help alleviate her back pain as well. Now I do them in conjunction with the whole-body vibration machine and kettlebells. You can watch a video where Dr. Goodman demonstrates these exercises with Dr. Joseph Mercola at: [youtube.com/watch?v=HKH\\_JVITGDQ&spfreload=5](https://www.youtube.com/watch?v=HKH_JVITGDQ&spfreload=5).

Dr. Goodman also has a book entitled; ***Foundation: Redefine Your Core, Conquer Back Pain, and Move with Confidence***, which can be obtained at Amazon.

There are many activities and products that would help us keep fit. Take a hike down your favorite city path or up a mountain trail. Ride a bicycle or just play with your children or grandchildren. They will get you in shape! Bottom line, being active and doing something, is all our body needs, if we are feeding it the right nutrients to go along with it. Too many people today live a sedentary lifestyle that is harming their bodies. In my health coaching, I suggest enjoyable "*simple movement*" for people to break that sedentary lifestyle and foster health. I give people a list of fun movements that will spark a renewed interest to do things that they will enjoy which are beneficial to their health. Movement can be fun and does not have to seem like exercise. When you enjoy what you are doing, it does not seem like work, but you will receive all the same health benefits! On the next page, we have given you a summary of the foundational recommendations from this book.

<sup>1</sup><http://www.cdc.gov/physicalactivity/basics/adults/index.htm>

## To summarize our foundations, here is what we recommend:

- Practice right thinking and incorporate daily meditation to reprogram the heart (*Use the Word of God along with these resources; [Law of Alignment](#), [Spiritual Treatment for Healing and Prosperity](#); [Master Freedom](#), [The 3 Most Important Truths You will ever Know](#) and my verse by verse commentary on Proverbs called; [Wisdom for Today](#), all to help program your heart with only victory.*)
- Nourish your body with the God-designed 90-essential nutrients from [Youngevity](#) (*Contact us for help to get started and nourish before major detoxifications*) I'll help you start with something you can afford!
- Detoxify your mental, physical and spiritual areas and begin protecting them from anything toxic (*Use the 14-day cleanse reset , [Purity Organic Juice Cleanse](#), or fasting (water only) for at least 3 days, also see our website for products to protect from environmental toxins such as [EMF's](#). Consider Bemer for optimizing your body's ability for health through increased blood flow.*)
- Hydrate your body with alkaline water ([Air Water Life](#)) along with soaking your fruits/vegetables and using it with cooking (**Note:** *If you simply cannot afford a machine, buy a ZeroWater water pitcher for about \$20.*)
- Use [organic food](#) as much as possible and avoid the 12 bad foods
- Cut out, or at least cut back, on processed sugar (*Use healthier sweeteners such as Xylitol, Stevia, or honey in moderation*)
- Begin some type of simple exercise program and get active (*Movement and enjoyment are key*)
- Evaluate and implement healthier organic personal-care products (*toothpaste, deodorant, washing soap, etc.*)
- Invest in personal growth and take charge of your own health (*Read a self-help book*)
- Consider my [Holistic Health Coaching Program](#) to learn more and to help you accomplish your goals in spirit, soul and body. (*The price of a Starbucks!*)
- Dr. Glidden also has a subscription-based [Self-Help Health Program](#) which is a tremendous help with health information. (*It will save you a lot on Doctor bills and prescriptions!*)



If we are giving our bodies the right things, by focusing on these five foundations for health, we are guaranteed a long and healthy life. Isn't it time to change your life and add decades to enjoying your family and what you can accomplish with God?

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# How Can Kreitton Coaching Help You?

**Kreitton** (*krite'-tohn*) **Coaching** is designed to help you from a holistic advantage. We recognize that we are more than just flesh and blood and consider the spiritual part of our makeup as well. The word *Kreittōn* is a Greek word which means better. It is the same word used in *Hebrews 8:6* referring to our “*better covenant*.” Our goal is to help you prosper in spirit, soul, and body with “*better*” principles than the world uses. When we get all three areas working in healthy sync with one another, we will prosper the way our Creator intended. I will help you from a biblical perspective, which brings the timeless wisdom we need to live life happy and fulfilled, along with keeping up with the latest scientific health discoveries revealed to man.



I have an entrepreneurial spirit and will help you discover true prosperity for increase. We cannot be totally free unless we enjoy financial freedom as well as health in our bodies. Financial freedom allows us to be a blessing to others and to fulfill our purpose in life. My desire is to help point you to biblically based truth, giving you the best choices in life, while encouraging you along the way. With a health coach who also deals with the spiritual side of life, you will be assured of getting someone who will go the extra mile with you and have your best interest at heart, not simply self-serving. Isn't it time to quit doing life alone? A holistic health coach will help you succeed and obtain the life you desire with the care and compassion you deserve.

I want to start with helping you get on track with the Five Foundations from this book. To do that, I have a free introductory offer for a no excuse startup. Kreitton Coaching is connected as an insider to the expert nutritional advice of Dr. Peter Glidden, ND, who I have spoken of throughout this book. We do not diagnose or treat disease, but we know that if we give the body what the body was designed to operate with, it will heal itself. What we do is support and promote a healthy body by giving it the God-designed nutrition (*physically and mentally*) to heal and thrive on its own.

Dr. Glidden has produced a recording addressing just about any diagnosis or symptom that a person could have. By simply filling out a short health survey on our homepage; we will send you any recordings Dr. Glidden may have, addressing the main health concerns you are dealing with and what nutrients will support and promote a healthy body to heal as God designed. Then we will do a free coaching call with you to

get you started in the right direction. Healing is easy when you have a science-based, clinically verified, nutritional program, just a click away. You can also get a personal appointment (*via phone or Skype*) with Dr. Glidden through his website if you want to get more detailed with your health issues and talk to him one on one.

If you have extra time and want to be more educated on why healing is easy, watch this 45-minute lecture from Dr. Glidden that will astound you about the things “*You don’t know that you don’t know.*” This is one of the best overviews of what the real problem is and the answer for it. It will fire you up and give you hope for you and your family! Here is the link: [youtube.com/watch?v=usLEqOMVCdo](https://www.youtube.com/watch?v=usLEqOMVCdo).

To get your free no-obligation coaching call and to learn more about what your body needs to promote health and healing, go to the bottom of our home page at [kreitton.org](http://kreitton.org) and click on the “*Take Your Free Health Survey*” button. Your information is kept strictly confidential. We will send you information from Dr. Glidden that will help you to make smart choices and to live a long and strong life. ***Remember, healing is easy when you get your spirit, soul, and body working in alignment with God’s ways!***

Have you ever wondered why you were created? Do you know your purpose and calling in life? Do you know how to communicate with your Creator? Have you lost your dreams? We have produced a workbook called ***Dream Again***, to help you with these questions and more. This program comes from the wisdom of Nehemiah from the Bible on how he built the great wall of Jerusalem. It can either be self-guiding or done with a coach to help you with your questions and struggles. You can also form a small group of friends and do this together, learning from one another.

**In this program, you will discover:**

- *How to evaluate where you are at and where you want to go*
- *How to stir up your dreams again*
- *How to discover your purpose and calling in life*
- *How to define and articulate your personal mission statement*
- *How to know the voice of God and hear from Him*
- *How to set the goals needed to accomplish your dreams*
- *How to get a clear picture of your dreams*
- *How to get a plan to make your dreams come true*
- *How to stand strong against opposition and inoculate yourself from the negative*

This workbook is also the first book that you receive from my coaching program. You will receive all my books and material through my coaching program. You will also

receive an all-natural **14-day Cleanse Reset Program** as a great jump start to a healthier life. This is a great way to detoxify and put your body in the best position to utilize the nutrients needed for a long life. This reset cleanse is a free PDF bonus with my coaching program.

One way I can coach people more, is through my [eBooks](#). I write my books from a coaching perspective to give you information that will lead to Holy Spirit revelation and life transformation. This makes learning affordable to all and you can begin your journey to a healthy and prosperous life today! I have tried to take away all excuses for people not to grow and gain the habit changes needed to bring success in their life. I have made it easy to get quality and affordable holistic coaching by connecting with our resources. You can see all our resources at our website. All my material can be purchased individually but I have combined a way to get everything I have in my subscription coaching program for the price of a Starbucks coffee! It is a much better deal and you never miss anything!

If you can see the balance in the things I have talked about in this book, I believe you will be on your way to a long and prosperous life. In this book, I have mainly covered the ‘wisdom’ of God for health, but I also want you to realize that there is the ‘power’ side, or grace of God as well. We coach, using the balance between the power of God and the wisdom of God. Both are needed to walk in His fullness.

We have seen miracles of healing as we pray for others, along with helping them learn how-to live-in wisdom from that point on. You deserve the whole package to live life to the fullest! I will speak to the supernatural side of healing more in the ***Law of Alignment*** book. In it, I also cover other biblical methods we use to stay healthy that you will find interesting. Another book that compliments the Law of Alignment is ***The Science of Faith***. This book walks you through the science of how faith works and how to know whether you are in faith or not. It will show you the number one thing that negates our faith and how to avoid it. Then, after renewing your thinking with these, take the other foundations from this book and begin doing what you can.

I have produced a book package that will help take you to another level in health, where I combined my books; ***Inevitable Healing*** and ***Prayer that Works***. You can download both these books for the price of one at: [inevitablehealing.com](http://inevitablehealing.com). Part of my purpose in life is to bring healing to the nations by producing disciples of healing. It is truly a revolution of God’s love!

We understand that not everyone can jump full force into all these things, but it’s time to start doing something! We too, have worked into these things by doing what we

could and then growing into them more over the years. We are still growing and have further goals to reach as well. Now, I am not as worried about the destination when I know I am on the right path. With the right path, I know I will get there quick enough. We want to stir up your hope for the health and healing that Jesus paid for. It is for all who would align with truth. Let us help you with small steps that you can take and build upon.

Some of these things can also be used as business opportunities for those interested. This is a great way to use the products that you know are life changing as well as bring hope to others. As you share with others, you can make money to help pay for yours. One of our goals is to help people increase their cash flow and lower their debt, so they can do the things they need to do, for their family's health and wellbeing, without hindering their lifestyle. It is one way to take advantage of a home-based business with all the recognized IRS tax benefits, along with making a great return and leaving a family legacy as well.

We know these things cost money and we could not always afford them either. We just started with what we could do and kept dreaming bigger, prospering more and more. *Proverbs 4:18* tells us that our path continues to grow brighter and brighter until the full day. You too, can have the peace and confidence that you are on the right path to a long and prosperous life. The key is to just get started and bring order to your life!

For more information on how to prosper with today's revolutionary business model, along with some of these business opportunities, see my book; [\*The Entrepreneurial Mindset, Today's Revolution\*](#). This book will give you the proper mindset for wealth building, along with a link to a bonus Special Report that will show you how to immediately start saving money and increasing cash flow, that anyone can afford and do! Those that join our team; we will help them continue stepping up into more lucrative opportunities such as building wealth with gold and silver, double digit private real estate investments and the safest 5%-9% tax-free retirement income that you can grow for generations to come, and more. We first, want to simply get people going with something that anyone can do. This book will get you started!

All our family and friends deserve the opportunity to live long and strong with us. I lost my only sister to a needless death at the hands of chemo-driven doctors because I did not have all this information quick enough to get her on board and help. Do not wait until it is too late! I do not want someone I know asking me why I did not share these things with them before they got sick and on their death bed. Please share this with all those you love and give them the choice to live long and healthy with you! They deserve to receive all that Jesus paid for as well.

We encourage you to connect with us further at our website, [Kreitton.org](http://Kreitton.org) for more health information and other coaching resources. We also hope you will follow us at [Facebook.com/Kreitton.org](https://Facebook.com/Kreitton.org) and at [Amazon.com/author/steve-wallace](https://Amazon.com/author/steve-wallace). In our coaching program, we will send you information that will help you walk in divine health and healing, increase in finances, save on taxes, and many other key areas in life!

I leave you with the reminder of my motto once again; “*Don’t do life alone...Get a Coach!*”

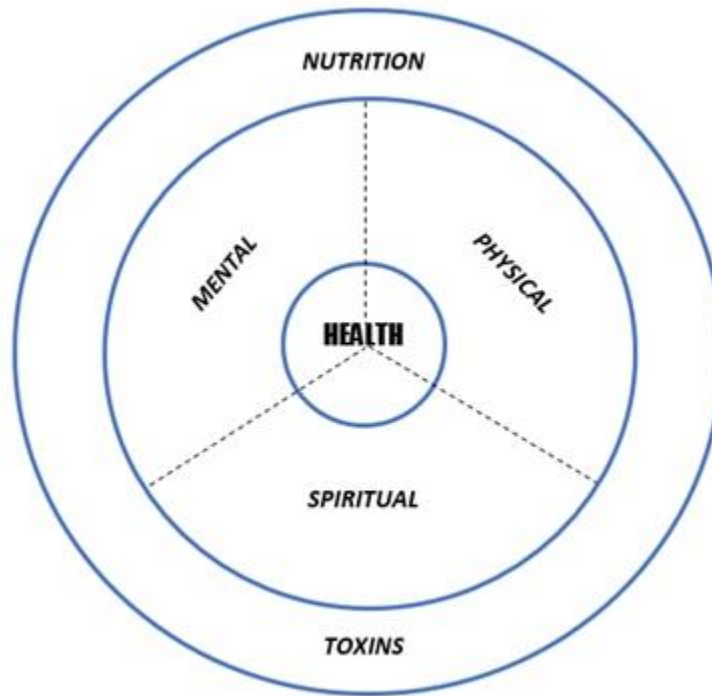
*Wishing you and your family a long and prosperous life. Dream Big!*

*Steve and Joanna*

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# Appendix A

## Kreitton Model of Health



Health = Total alignment with God's ways in spirit, soul, and body

God's ways incorporate the balance of His power and wisdom.

Our overall health is in direct proportion to the individual health of our spirit, soul, and body.

The health of our spirit, soul, and body are directly related to the influence of nutrition and toxins.

Our coaching goal is to maximize nutrition for each area along with minimizing toxins.

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# About Steve & Joanna



*Picture taken in  
SW Colorado.*

*Location deemed  
the cleanest air in  
the US!*

Steve is a Pastor, Author, Entrepreneur, and a Health/Success Coach committed to coaching others to succeed in spirit, soul, and body. His college education started in Criminal Justice and then switched to a degree in Biblical Studies. Afterward, he pursued his bachelor's degree in Ministry and graduate degrees in Christian Leadership and Christian Entrepreneurship. After graduating from Charis Bible College, he also graduated from the CBC School of Business where he had the privilege to be mentored by successful multi-millionaire businessmen and entrepreneurs. He is also a graduate and certified Health Coach from the Health Coach Institute. Steve considers himself a life-learner, always wanting to personally grow to help others more.

Steve spent 22 years as a professional police officer and police administrator, holding the highest state law enforcement certificate available where he worked. He has worked with some of the greatest leaders in the field nationwide. He has over 25 years of experience pastoring and coaching people. Along with his wife Joanna, he has run several personal businesses including conducting exclusive background checks and pre-employment screening for a nationwide corporation. He sings and produces music with Joanna and has a passion for public speaking, writing, and teaching others life changing truth. He is committed to coaching others on how to live successful by helping them redefine life.

Joanna's degrees are in business and Biblical Studies. After graduating from Charis Bible College, she graduated from the CBC School of Worship where she was privileged to have worked with many professional singer/songwriters and even a Dove Award winner. She is a song writer, recording artist and worship leader. Her passion is to bring life-changing and uplifting music to the world. She was a stay-at-home mom when they first had their children. Later, she worked in different management positions including a bank, a restaurant, and a performance hall at a University where she worked with many famous performers. She has over 20 years of management leadership experience.

Steve and Joanna are high school sweethearts and have been married since 1984. Together, Steve and Joanna, along with their family, founded Kreitton Coaching to help others from a holistic approach to prosper in spirit, soul, and body. They also founded an organic church network called The Restoration Network. They have two grown children along with one granddaughter and one grandson. You can follow them and receive more life-changing eBooks along with their music and other resources at their website: [Kreitton.org](http://Kreitton.org) or at [amazon.com/author/stevewallace](http://amazon.com/author/stevewallace).