

Little White Book - 07 **Three Short Rules for Maintaining Excellent Health**

1. Eat only raw foods in their natural state, basically fruits, vegetables, grains and nuts.
2. Get plenty of physical exercise, preferably the kind that rev up the heart and lungs. Among these are jogging, tennis, swimming and similar activities.
3. Stay away from man-made chemicals of all kinds. This includes alcohol, nicotine, caffeine, sugar, preservatives, insecticides, narcotics and drugs of all kinds, whether prescription or non-prescription.  
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