

## **The 10 COMMANDMENTS to Wellness!**

- **Thou shalt understand THOUGHTS, where they came from and what to do with them!**
- **Thou shalt remember that HERBS were given for the healing of the nations!**
- **Thou shalt seek and understand how GOD heals with NUTRITION!**
- **Thou shalt obtain EXERCISE DAILY!**
- **Thou shalt not allow themselves to become dehydrated due to al lack of WATER**
- **Thou shalt receive the blessings that comes from the SUNSHINE!**
- **Thou shalt practice TEMPERANCE in all things!**
- **Thou shalt seek to obtain as much fresh AIR as possible, every moment of every day!**
- **Thou shalt remember to REST! The body heals during resting periods!**
- **Thou shalt TRUST IN GOD!**

**We need to master these 10 commandments to wellness.**  
**They are not optional for those seeking optimal health!**  
**You and I can choose to be disease free, here and now!**  
**Let us dedicate our minds to acquiring a firm grasp of the above mentioned commandments to wellness.**