
THE NEW WAY TO BECOME PHYSICALLY FIT



J. Robinson

Water Is So Unimportant

If you want to be physically fit you have to talk about water first. Water is not just the elephant in the living room that you ignore. Water is two elephants having a wedding in the living room in front of the TV while you read the newspaper. We've heard so much about water that we don't think about it. It's boring. So we drink water but it's easy to pass a day and not drink water if you're drinking whatever else.



However it's not about just drinking some water everyday. It's about the fact that if we are not drinking the right amount of water we are not as smart or as strong as we could be.

What is Bad Water

It goes without saying that clean water is good. However it's deeper than that. It's also about the mineral content and the PH balance. For example some people like to drink distilled water because it is H₂O in it's purest form. However because it has no minerals and water will attach to minerals, it has the potential to actually leach minerals from your bones.

Probably the most common problem is that people are drinking water that is acidic. Water naturally has a PH of about 7 however it can vary greatly. Some bottled water has a PH as low as 5.5. Our blood should have a PH balance of between 7.35-7.45. This is a problem because most people consume an acidic diet including the water that they drink and many health

problems are related to the body being too acidic. So it's good to drink a water that has a naturally high PH to offset all the acids.

As far as bottled water goes, the best I know that's commonly available is Evian. It's from the French Alps, so it has good mineral content because of the mountains and it has a PH of about 8. There are other lesser brands that may have even higher PH. You can also buy specialty waters in some places that may have a PH of as high as 10 but I would be careful buying any



water that is artificially manipulated to have a higher PH. Also I don't want to name any names but some of the biggest brands are just bottled tap water and some of those are the ones with a PH of 5.5 and 6. So definitely don't assume that because it's a big brand and tastes alright that it's good for your .

How Much is Too Much

So if we need the right amount of the right type of water, how much should we be drinking?

Well the simple answer is about half your body weight in ounces. So if you're a 200lb man you should be drinking about 100 ounces or about 3 liters of water per day. You'll be marking your territory a lot. Same for women. If you're a 150lb woman you should be drinking about 2.2 liters of water per day. There is a big catch for both men and women. You shouldn't drink more than about a liter of water for every 4 hour period (maybe a little less if you're smaller) or you may begin to retain water around your joints. Which is not good. So it's best to drink a big glass in the morning and spread out the water you drink throughout the day. This applies to normal daily activity including vigorous exercise. However, if you are doing strenuous work in extreme

heat you may want to consider increasing your water intake.

What are You Eating For

Now that we know how to hydrate ourselves we need to think about the food we're putting in our bodies. Some things are universally good but the amounts and which type of foods are important depending on what the goal is.

The Diet That Cures Everything

Probably next to drinking water, the next thing we've all heard over and over is to eat our vegetables to be healthy. Everyone knows it but people fail to see how deep it really goes. We should be eating a majority of fruits and vegetables, however so many of us have gotten accustomed to a big meat dish in the center of our plates with some bread or starch and vegetables on the side, if at all.

What if I told you there was a man who claimed that he could cure every disease that afflicts mankind? What if there were someone who on that premise began accepting patients and they claimed to be cured? What if this man was made to stand trial by the Food and Drug Administration (FDA) based on the suspicions of making false medical claims and it went to the New York Supreme Court? What if I told you he won because his claims were found to be true? What if I told you at the time of his victory, that of 2,789 cases brought by the FDA against medical doctors, homeopathic healers and herbalists he was the only one to ever prevail?

Herbalist found not guilty in 'fake' healing case
 HAROLD L. JAMISON
New York Amsterdam News (1962-1993): Oct 1, 1988;
 ProQuest Historical Newspapers New York Amsterdam News: 1922-1993
 pg. 5

Herbalist found not guilty in 'fake' healing case

By HAROLD L. JAMISON

In a historical decision in Brooklyn Supreme Court Monday, a jury of six men and six women found Alfredo Bowman not guilty on two counts of practicing medicine without a license.

Bowman, affectionately known as Dr. Sebi, director of USHA Herbal Research Institute, 616 Pacific St., Brooklyn, was arrested Feb. 10, 1987, by Attorney General Robert Abrams' office because ads placed in the Village Voice and the Amsterdam News, claimed a cure for AIDS.

Simsen Greenaway, Sebi's attorney stated this was the first case of its kind in Brooklyn Supreme Court.

"What was significant about

the verdict," Greenaway stated, "is the fact that USHA's African Bio-Mineral Balance will now be recognized throughout the world."

Sebi described the African Bio-Mineral Balance "as a dietary program that is consistent with the African genetic structure."

The dietary program consists of natural herbal compounds, fresh fruits, vegetables and juices.

According to Sebi's testimony, "the compounds change the environment of the body through intra-cellular cleansing and replenish the cells by causing cell proliferation, wherein new cells push out the old cells."

This process enables the body



"DR. SEBI"

to heal itself. Greenaway described USHA's concept of natural healing as one "on a collision course with the medical establishment."

cover agents Gail Malls and Michael Colon were wired with a small tape recorder. The tape recording, submitted into evidence by Barclay, failed to convince the jury that Sebi did in fact make a medical diagnosis. One agent's testimony, under cross examination by Greenaway, clearly stated that he did not receive the response from Sebi that would constitute a medical diagnosis.

A questionnaire used by Sebi to ascertain the health of clients was submitted in evidence by the prosecution to support its contention that Sebi and the

institute were practicing medicine. However, this was dispelled by testimony of Marjorie Thorne-Puckerin, a former USHA employee who testified that individuals were required to fill out the questionnaires to enable the institute to monitor clients health conditions, diet and collect data for research purposes.

Harry Dickson, Roger Marshall, Naimah Fuller, Zadia Lee and Karen Selby, witnesses for the defense, unequivocally testified to their improved health as a result of USHA's dietary program.

The person and the events I described are real. The man's name is Dr. Sebi. This

happened in 1988 and he has continued to cure people of HIV/AIDS, Cancer, Sickle Cell Anemia, Diabetes, High Blood

Pressure and many other diseases that

people label as incurable. He was accused

of being a fraud and asked to show 9 patients that he had cured of the worst diseases that he had claimed he could cure including full blown AIDS and Malignant Cancer. Instead of bringing 9 people, he brought 77 people with complete medical records in hand from licensed physicians proving that they had been cured of these diseases. Case dismissed. Since then he's gone on to cure 1000s more. While we've been having these celebrity AIDS rallies and raising money for more and more cancer research, he's actually been curing people. That's impossible you say? Research it for yourself. He is the real deal.

The kicker to the whole thing is that there are no drugs involved. It is just a highly specific diet that completely cleanses the body of all disease causing bacteria, virus and fungi and eliminates mucus. The thing is since he's not selling a "magic" pill there is nothing to trademark and therefore no way for pharmaceutical companies to profit. So they keep putting their billions into pills that treat "incurable" diseases. It's also



worth mentioning Dr. Sebi promotes his system as an African system but the majority of his patients have been White and it works just as well for them as well as other races. This diet is freely available online (<http://www.drsebi-cellfood.com/>) and I have posted it below for your convenience (Appendix A). It is a vegan diet but it is even more specific than a normal vegan diet because foods that we normally think of as vegetables like carrots and potatoes are prohibited.

So if you're not feeling well stick close to Dr. Sebi's diet and you'll feel better in a jiff. It is also a very fast way to lose weight. A vegan diet in general is known to drop pounds but this is even faster. Even if there's nothing ailing you and you don't need to lose weight, think of Dr. Sebi's way of eating as the narrow path to health. It is a diet we can use as a foundation of purity and we can come back to it when necessary.

The Diet for Living Life

The hardest thing about a vegan diet and especially Dr. Sebi's diet is that it's difficult to get enough protein sometimes. This is not the best for your energy if you're doing a lot of exercise. So if you're doing anything like sports, running, parkour, martial arts, military training or just have a strenuous job you may feel you need to add some extra protein. So for the sake of your endurance and strength, you may want to add foods like salmon, beef, chicken and eggs for protein and brown rice or oatmeal for carbs. How much will depend on what you're doing. You may want to increase your protein intake by as much as 30% depending on your activity level and that can be difficult with only vegetables.

The other problem with eating a very specific diet is that it's hard to eat out. Most places have some kind of salad but a lot of times it just some iceberg lettuce with maybe some grated carrots and a couple slices of tomato and cucumber so it's not really a filling meal. I don't really have a solution for that other than just going to places where they have a healthier menu and use self control but it's something to keep in mind.

Exercise for What

The shortest lifespan is usually lived by those who eat a lot of the wrong foods, abuse their bodies and do little to no exercise. However, scientists have actually found that the best way to live a long life is to eat very small portions of highly nutritious food and do very little physically. So don't let anyone give you a hard



time about not killing it in the gym. That's right, a lazy life with a little light exercise daily is the way to live longest. It's like parking a car in a garage, doing the scheduled maintenance, cranking it up every day and driving just around the block. Still, long life or not, that doesn't sound like much fun. Some of us enjoy the open highway. So where can we find a balance? It depends on what you want to do and what type of body you want to have.

If you're exercising to do a specific activity the best way to improve is by simply doing that activity. As you perform the activity you will discover those areas where you are weakest. In

those cases you simply add supplementary exercises to build yourself up in those areas. If you want to be light on your feet, don't do a lot of heavy weight lifting. If you want to be really strong for short duration power movements don't do a lot of running. You can't be your fastest and your strongest at the same time but you can be fast and strong at the same time. So again it's about balance. Obviously I can't make a one-size-fits-all exercise program for everyone but I have placed The Gladiator Workout (Appendix B) below which is fast and builds strength and flexibility. That alternated with one 1k runs 4-6 times a week where you constantly try to improve your time is a really quick, practical workout you can do anywhere. Ladies you may also want to check out [Sue Heintze's Program](#). She addresses why it is often more difficult for women to lose weight.

With these things in mind everyone has a means for rapid body transformation for life and health. The new way to become physically fit is not to follow a cookie cutter approach but to base your diet and exercise routine around your health, lifestyle and fitness goals.

Appendix A - Dr. Sebi Diet

Vegetables

Amaranth greens – same as Callaloo, a variety of Spinach

Avocado

Bell Peppers

Chayote (Mexican Squash)

Cucumber

Dandelion greens

Garbanzo beans

Green banana

Izote – cactus flower/ cactus leaf – grows naturally in California

Kale

Lettuce (all, except Iceberg)

Mushrooms (all, except Shitake)

Nopales – Mexican Cactus

Okra

Olives

Onions

Poke salad – greens

Sea Vegetables (wakame/dulse/aramé/hijiki/nori)

Squash

Tomato – cherry and plum only

Tomatillo

Turnip greens

Zucchini

Watercress

Purslane (Verdolaga)

Fruits

Dr. Sebi says, "No canned or seedless fruits."

Apples

Bananas – the smallest one or the Burro/mid-size (original banana)

Berries – all varieties- Elderberries in any form – no cranberries

Cantaloupe

Cherries

Currants

Dates

Figs

Grapes- seeded

Limes (key limes preferred with seeds)

Mango

Melons- seeded

Orange (Seville or sour preferred, difficult to find)

Papayas

Peaches

Pear

Plums

Prickly Pear (Cactus Fruit)

Prunes

Raisins –seeded

Soft Jelly Coconuts

Soursops – (Latin or West Indian markets)

Tamarind

Herbal Teas

Allspice

Anise

Burdock

Chamomile

Elderberry

Fennel

Ginger

Raspberry

Tila

Spices and Seasonings

Mild Flavors

Basil

Bay leaf

Cloves

Dill

Oregano

Parsley

Savory

Sweet Basil

Pungent and Spicy Flavors

Achiote

Cayenne/ African Bird Pepper

Coriander (Cilantro)

Onion Powder

Habanero

Sage

Salty Flavors

Pure Sea Salt

Powdered Granulated Seaweed (Kelp/Dulse/Nori – has "sea taste")

Sweet Flavors

100% Pure Agave Syrup – (from cactus)

Date Sugar

Grains

Amaranth

Fonio

Kamut

Quinoa

Rye

Spelt

Tef

Wild Rice

Nuts and Seeds – (includes Nut and Seed Butters)

Hemp Seed

Raw Sesame Seeds

Raw Sesame Tahini Butter

Walnuts

Brazil Nuts

Pine Nuts

Oils

Olive Oil (Do not cook)

Coconut Oil (Do not cook)

Grapeseed Oil

Sesame Oil

Hempseed Oil

Avocado Oil

Dr. Sebi says, "Avoid using a microwave. It will kill your food."

Dr. Sebi has recommended the foods that are listed here for the reversal of disease for over 30 years. If your favorite food is missing from the list, their research and results have shown that it has no nutritional value and may be detrimental to your health.

Appendix B - The Gladiator Workout

GLADIATOR

4 SETS FULL BODY WORKOUT



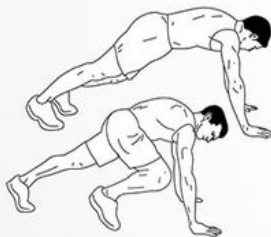
50 jumping jacks



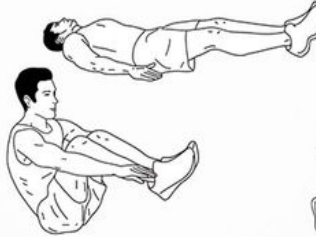
20 tricep dips



40 squats



50 mountain climbers



20 modified v-sits



20 push ups
with rotation



20 up & down planks

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