

**McNaturals International™** an initiative of the Earth Repair Foundation, invites everyone to practice the wisdom of Hippocrates who taught, “Let your food be your medicine and your medicine be your food”.

# **ACQUIRE HEALTH and IMMUNITY EFFICIENCY**

Immunity is the ability of the body to efficiently resist disease and to help maintain high-level health and wellbeing.

Lifestyle diseases are preventable and reversible if we live and act wisely.

To be optimally healthy, nourish your body, mind and spirit well and they will self-heal and thrive.

We are greatly affected by what we think and what we put into our bodies.

Consume wholesome foods naturally grown in humus-rich soil with only natural fertilisers. These foods have much higher nutritional value and taste better.

Enjoy slowly eating and drinking, raw, fresh living foods to directly acquire immunity efficiency. Choose from a variety of health-giving, enzyme-packed, vitamin and mineral-rich, fruits, vegetables and herbs. Also seeds, nuts and grains especially when brought to life by sprouting.

Living foods are cell regenerating natural nutrients. Raw vegetables and fruits, chewed well, blended, grated, diced or juiced, give a delicious vitality boost and help one attain and maintain high-level wellness.

For ultimate health, supplement your diet with concentrated wholefood nutrients and plant based minerals and antioxidants.

For full evacuation of accumulated food residues, either squat, or elevate feet with a footrest to give a squat effect while on the toilet. It's very effective!

Daily, energise yourself with yoga, tai chi deep breathing, stretching, walking, bicycling and/or other suitable physical exercises and outdoor activities. Practice relaxation, meditation and prayer.

Affirm good and improving physical, mental and spiritual health with every breath you breathe. Use the Mind-Vitamin self-empowerment life script for repetition listening whilst awake or asleep until memorised, to achieve powerful positive results.

Avoid health-reducing products such as tobacco, alcohol or toxic, processed junk foods and drugs.

Acknowledge the good qualities in yourself and others. Express an optimistic attitude of gratitude for self-healing. Enjoy to the fullest extent all aspects of your life.

Happy optimistic people are healthier and enjoy life more. Explore the experience of a predominantly low-fat diet to bring optimum benefit to your life.

**Be healthy... Be happy!**

In the interests of community health enhancement and life extension, McNaturals International™ hereby proposes that McDonalds and other similar fast food chains include in their menus, genuinely nutritious, plant based foods to help people acquire immunity efficiency for their vitality and happiness in life. These McNaturals foods should also be readily available for hospitals and schools.

This powerful one-page PosterScroll is for displaying where it can be easily seen, to educate, inspire and motivate. It is presented with compliments from McNaturals International™ as a contribution towards community health education.