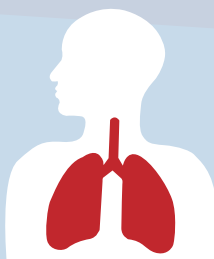


12 Principles of Master Health

Principle 1:
Vital breathing and
lymphasizing



Principle 2:
Water and live foods



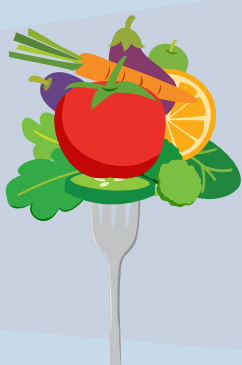
Principle 3:
Essential oils



Principle 4:
Alkalinity — Go green!



Principle 5:
Aerobic energy!



Principle 6:
Maximum nourishment



Principle 7:
Structural alignment and
maximum strength

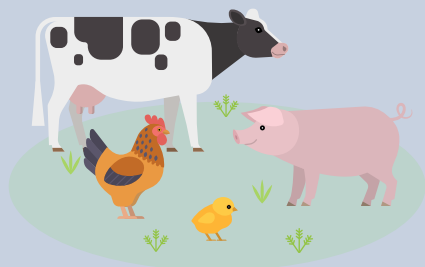


Principle 8:
A directed mind
and heart

Principle 9:
Eliminate or reduce
processed fats



Principle 10:
Eliminate or reduce
animal flesh



Principle 11:
Eliminate or reduce
dairy products



PRINCIPLE 12:
Eliminate or reduce
acid additions



TONY ROBBINS