



COURSE DESCRIPTIONS & OBJECTIVES

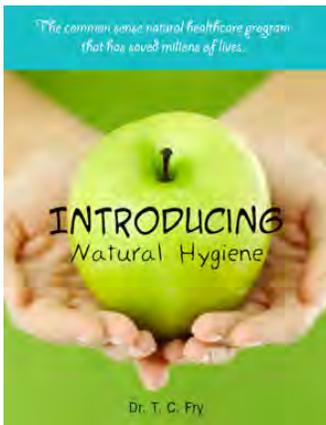
Curriculum

- VH&WA-101 Foundational Principles of Natural Health**
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- VH&WA-102 Advanced Natural Health Principles & Their Application I**
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- VH&WA-106 The Natural Biological Diet of Humans**
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Authors: Dr. T. C. Fry & Dr. David Klein
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Coursebook: *Digestion Perfection with the Vegan Healing Diet Plan*
Authors: Dr. T. C. Fry, Marti Fry, Dr. David Klein, Hannah Allen et al.
- VH&WA-108 Protocol for Overcoming Malnutrition & Healing the Gut**
Coursebook: *Self Healing Colitis & Crohn's – The Complete Wholistic Guide to Healing the Gut & Staying Well*
Author: Dr. David Klein
- VH&WA-109 Fasting & Eating for Healing & Optimizing Health**
Coursebook: *Fasting & Eating for Mind-Body Purification*
Authors: Hannah Allen, Dr. Herbert M. Shelton, Dr. T. C. Fry, Dr. Alan Goldhamer, Dr. Robert Sniadach, Dr. David Klein et al.
- VH&WA-110 Teacher-Counselor Training & Business Enterprise Establishment**
Coursebook: *Vibrant Health Teacher-Counselor Training Manual*
Author: Dr. David Klein

VH&WA-101 Foundational Principles of Natural Health

Coursebook: *Introducing Natural Hygiene – The Only True Natural Health System*

Author: Dr. T. C. Fry



Description

The elements of human health encompass health science, human biology and physiology, self-health care, healthful living and naturalism. Teachers, counselors and practitioners of any aspect of health in any profession or avocation are best served by studying the natural health system/program/lifestyle called Natural Hygiene, which is synonymous with Vibrant Health.

Introducing Natural Hygiene – The Only True Natural Health System is our choice for the first book of health education. This coursebook contains Dr. Fry's earliest and most inspiring writings on the plain and simple basics of health—what to do and what not to do for attaining and maintaining Vibrant Health, free of doctors, treatments and remedies. Also included are a few of his best later writings on the determinants for humans' natural biological diet and how our beliefs shape our health destiny. For people of all age groups and backgrounds, no one's writings ever made learning about health more pleasurable exciting and inspiring than this huge-hearted genius.

Dr. Fry stumbled upon Natural Hygiene as a sickly obese businessman. He went on to reverse his disease conditions, create dynamic health and become an irreplaceable, dynamic leader in the Natural Health field. His uncannily embracing and eloquent teaching-writing style spurred a mini health revolution, leading to the training of numerous Hygienic teachers and doctors, as well as igniting passion for healthful living in tens of millions of people in search of new health and joyful living. His legacy was so profound that many people (including your Program Director, Dr. David Klein) credit Dr. Fry's teachings with saving their lives! The proof is in the banana pudding: millions have overcome crippling diseases and created radiant health via the Natural Hygiene teachings which Dr. Fry brings to light in his inimitably enlivening and empowering way.

The Hygienic System stands as the greatest teaching model for the subject of health. It is based upon an accurate understanding of human biology, physiology and the requisite conditions for healing, rejuvenation and health maintenance. Hygiene literally means "the science of health." Natural Hygiene methodology employs strictly natural means for attaining and maintaining Vibrant Health. Hygienic Living / Vibrant Living makes possible a long, happy, rewarding life, completely free of diseases. The tenets laid down by the teachers of Natural Hygiene emphasize that the body is self-regulating, self-healing and self-constructing, and it will perform its physiological functions best when we support its biological needs by living a Healthful Lifestyle and take care of ourselves naturally without meddling with the body's self-healing processes when we need to restore health.

Natural Hygiene is a way of life and has nothing in common with the so-called healing arts. Natural Hygiene Principle holds that the organism is self-sufficient if supplied with its requirements, that is, fresh air, pure water, sunshine, exercise, wholesome foods, rest, sleep, security of life and its means, etc. Natural Hygiene Principle rejects all drugs, medications and treatments, holding that they interfere with vital processes and are most often downright injurious. Natural Hygiene Principle recognizes the plainly obvious in asserting that only the living organism can heal itself if injured or diseased.

When effectively presented with the magnificent truth about their potential for Vibrant Health, we firmly believe that everyone can wake up to the truth about how they were meant to live and adopt a Vibrantly Healthful proper course in life.

Coursebook Contents: A Letter To The Reader From Dr. T. C. Fry • Introduction • Dr. Fry's Dedication • Dr. Fry's Tribute • A Hope And An Invitation • On Understanding How the Author Discovered Natural Hygiene • Some Illuminating Thoughts on Truth and Health • Superstitions Die Hard • Why This Volume Had To Be Written • Are Americans Really A Healthy People? • America's Desperate Need For A Valid Health System • The Essence Of Natural Hygiene • An Elaboration Upon Eighteen Factors and Influences Essential To Superb Health And Well-being • What Is Natural Hygiene? • Fasting As A Part of Your Health Program • How You Can Enjoy Superb Health—Your Daily Program For Well-being • Humans and Fruit: Symbiotic Partners In Life • Obtaining Nutritious Food • The Proper Foods to Eat Combining Foods Properly • Food Combining Chart • Diet Principles To Follow That Do Not Cause Acid Indigestion, Upset Stomach, Constipation, Heartburn, Digestive Disorders • How To Increase the Nutritional Value Of Your Food Several Hundred Percent By A Simple Change In The Way You Eat It • The Curse Of Cooking • Why You Should Not Eat Bread Of Any Kind • Why Babies Should Not Be Fed Cereals • Why Salt Should Never Be Used • How To Increase Your Brainpower And Mental Alertness • A Simple Test You Can Make to Determine Your State of Health • Questions And Answers on Natural Hygiene • How Over 200 Million Americans Are Hooked On Drugs And Don't Realize It • Do Drugs Or "Medicines" Really Cure? • Cures! Cures! Cures! • Is Natural Hygiene Scientific? • How, By Following the Natural Hygiene Program, The Average Family Can Save Over \$2,000 Yearly • Disease-free Health Is Natural And Normal • Natural Hygiene: Humanity's Only Hope

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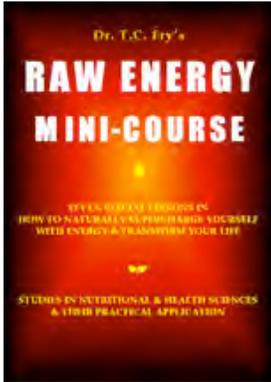
Objectives

1. To introduce the basic foundational principles of the broad subject of human health we call Vibrant Health or Natural Hygiene.
2. To provide the knowledge and basic methodology that will empower Vibrant Health Teacher-Counselors to effectively teach and guide people to the condition of Vibrant Health.

VH&WA-102 Advanced Natural Health Principles & Their Application I

Coursebook: *Dr. T. C. Fry's Raw Energy Mini-Course*

Authors: Dr. T. C. Fry et al.



Description

Dr. T. C. Fry's *Raw Energy Mini-Course*, originally titled *High Energy Methods*, is derived from Dr. Fry's Life Science Course. It is a 455-page, 7-lesson special course on how to supercharge yourself with energy, with studies in Vibrant Health principles and their practical application. This transformational course teaches in great detail every basic concept of nutrition and natural healing for creating vibrant, high-energy, sustained health whereby one can become his or her own doctor. It also provides the knowledge to be a truly effective Vibrant Health & Nutrition Teacher-Counselor.

Dr. David Klein studied and fully applied the teachings of this course during the first two months of his healing in 1984, and he was not only liberated from the severe ulcerative colitis which had nearly ruined him but he was also instilled with 90% of the knowledge he uses today to guide countless people to new health. This course is highly recommended for athletes and all nutrition and Vibrant Health enthusiasts.

It explains why some foods are healthful and others are toxic and, therefore, enervating and destructive to the body. It also teaches the foundational principles of healing and superior health maintenance. This course will make you a high-energy Vibrant Health genius!

Coursebook Contents: Lesson - 1: A New Concept of Personal Energy, Its Creation & Use, & The Immense Wisdom and Providence of the Body • Lesson - 2: How to Have More Nerve Energy for Tremendous Self-Enhancement, & The Roles of Rest and Sleep in Supplying Body Needs • Lesson - 3: Freeing Yourself of Energy-Draining Influences • Lesson - 4: New Perspectives on High-Energy Practices: Detoxification and Invigoration, & Exercise and Its Beneficent Role in Nutrition & Digestion • Lesson - 5: High-Energy Foods: Their Preparation and Consumption • Lesson - 6: New Concepts of Health & Disease and The Nature and Purpose of Dis-ease • Lesson - 7: Establishing a Personal High-Energy Program

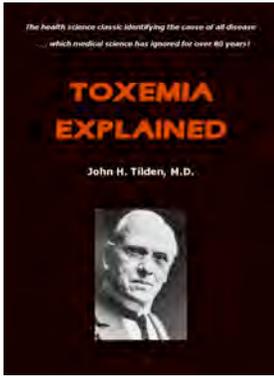
Objectives

1. To elaborate on the basic foundational principles of the broad subject of human health we call Vibrant Health or Natural Hygiene, and to provide the knowledge to practically apply the principles for one's self-mastery.
2. To elaborate how the body functions in sickness and health.
3. To reveal the purpose of disease and how to self-heal using our God-given powers.
4. To elaborate the immense wisdom and providence of your body.
5. To instill a comprehensive understanding about human's natural dietetic character, and how to properly eat our optimum diet—the Vibrant Diet.
6. To impart the basic principles of nutrition.
7. To reveal how to establish high Vibrant Energy & Vitality via Vibrant Lifestyle practices.
8. To provide the in-depth knowledge and basic methodology that will empower Vibrant Health Teacher-Counselors to effectively teach and guide people to the condition of Vibrant Health.

VH&WA-103 Toxemia's Role in Disease Causation

Coursebook: *Toxemia Explained*

Author: John Tilden, M.D.



Description

One of the great classics in health literature, the *Toxemia Explained* coursebook was written in 1926 by a medical doctor who loudly crusaded the natural healing and lifestyle correction approach. Soundly based upon physiology and years of clinical experience, Dr. John Tilden provides the foundational concepts of why we get sick, what the symptoms mean and how we can get well and stay well. Dr. Tilden boldly indicts toxemia—bodily toxicity from wrong lifestyle habits (mainly toxic diets)—as the culprit in all illnesses. And he drives home the necessity of cooperating with the body's detoxification processes for the restoration of health. Although Dr. Tilden's teachings are self-evident, they have fallen upon deaf ears within the medical industry for over 80 years. Every student of health and medical doctor must understand the toxemia principles of disease causation and the necessities of implementing a hygienic detoxification program and a Vibrant Lifestyle.

Coursebook Contents: Biographical Notes • Author's Preface • Editor's Preface • Introduction to Toxemia • Toxemia Explained • Enervation is General • Poise • The Causes of Enervation • Retrospection • A Few Suggestions • Dr. Tilden's Tensing Exercises

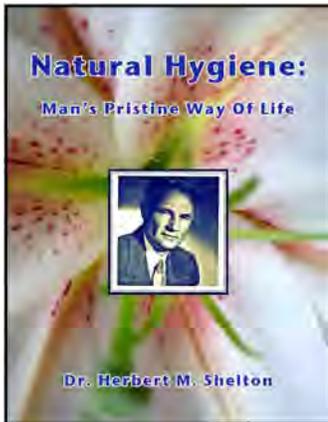
Objectives

1. To impart the knowledge of how toxemia, or toxicosis, is the basic cause of all physiological disease.
2. To free yourself from common medical and folklore misconceptions about disease causation and health maintenance needs.
3. To present the reasons why a hygienic detoxification program must be implemented to properly care for people who are experiencing disease, for the restoration health.
4. To provide the knowledge that will empower Vibrant Health Teacher-Counselors to effectively teach the the role of toxemia in disease causation, and how to guide people to the condition of Vibrant Health.

VH&WA-104 Advanced Natural Health Principles & Their Application II

Coursebook: *Natural Hygiene: Man's Pristine Way of Life*

Author: Dr. Herbert M. Shelton



Description

This 373-page, 56-chapter magnum opus stands as the greatest health book ever written. Of the 40 books penned by the master of Natural Hygiene, Dr. Herbert M. Shelton, this one stands as the most powerfully informative of them all. Its deep treatises teach how to think correctly about human's natural biological nature, our physiology, our biological needs, the nature and purpose of disease, our amazing self-healing capabilities, the ultimate means of self-healthcare, our natural biological diet and how to live truly healthfully, toward fulfilling our highest potential in wholistic development. It will transform the reader, instilling inspiration and confidence to set out on a path toward joyous health freedom and happiness.

Humanity owes Dr. Shelton our most heartfelt thanks for showing us the true nature of health and inspiring us toward a better world. His work gives us the priceless opportunity to discover the true essence of health education and how to realize Vibrant Health.

Coursebook Contents: Introduction • Author's Introduction • A Revolutionary Situation • The Hygienic Revolution • The Evolution of Hygiene • Hydropathy • A Name Chosen • Life Subject to Law • Instruments of Action • What is Health? • The Ways of Health • Hygiene • Materia Hygienica • The Primordial Requisites of Life • Food • Salt Eating • One Man's Meat • Eating • Self-Healing • The Essential Nature of Disease • The Occasions for Disease • The Unity of Disease • Evolution of Disease • Not a Cure • Hygiene Not a Cure • Conditions of Recovery • Hygienic Care of the Sick • Application of Hygiene • Acute Disease • Fasting • The Suppression of Disease • Convalescence • Chronic Disease • Crises • Feeding in Disease • Recovery of Vigor • Palliation • The Time Factor in Recovery • The Tragedy of Irreversibility • The Prevention of Disease • The Prevention of Epidemics • The New Human Redemption • Medicine and Hygiene Contrasted • What is a Poison? • Drug Relations • Biodynamics vs. Pharmacodynamics • Drug Indulgences • The Evils of Drug Medication • Iatrogenic Diseases • Herbs • A New Revolutionary Situation • Opposition • College • Women and Hygiene • Who was a Hygienist? • Hygienists • Mistakes of Hygienists • Future of Hygiene

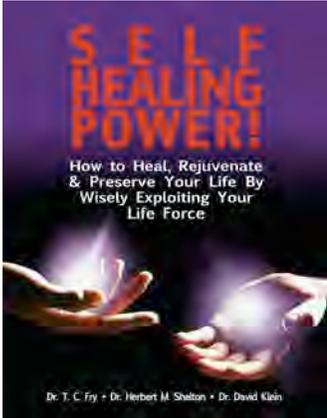
Objectives

1. To provide a comprehensive understanding about Natural Hygiene and the Hygienic System—how to teach and apply it.
2. To instill an understanding of the body's workings in the states of health and disease, and what is needed to restore and maintain health naturally.
3. To reveal the immense wisdom and providence of the human body and the commonsense protocol for allowing it to heal on its own terms.
4. To provide the in-depth knowledge and basic methodology that that will empower Vibrant Health Teacher-Counselors to effectively teach and guide people to the condition of Vibrant Health.

VH&WA-105 Our Self-Healing Capabilities

Coursebook: *Self Healing Power!*

Authors: Dr. Herbert M. Shelton, Dr. T. C. Fry & Dr. David Klein



Description

Understanding and living with supreme confidence in our inherent God-given self-healing power is the most important of all intellectual endeavors, and one we must master. The preservation of our life and ability to thrive in Vibrant Health for a long and fruitful lifetime depend upon this. Knowledge of our self-healing capabilities will save and extend your and others' lives when critical circumstances arise. This knowledge will empower you to overcome false mind-enslaving medical beliefs on your way to seizing complete control of your health destiny. This knowledge divests you of confidence-robbing illusions and invests you with absolute self-reliance. We must learn how to activate the great powers within for overcoming illness and achieving permanent Vibrant Health beyond medical dependence. We must learn how our body works to keep us well, with its thousands of guardian angels under the reliable control of our perfect source of intelligence within. With this knowledge, you, your students and your clients will be inspired to become the master of your and their health and realize the highest possible level of well-being. Our self-healing power is our greatest gift, and one we must not squander. The body is simply self-healing, and it does so perfectly when we supply the

right hygienic conditions. Via this course, you will discover the profound self-healing power that resides within you, empowering you to confidently become your own doctor and teach others how to do this for themselves.

Coursebook Contents: Introduction • Revealing the Great Power Within • Self-Mastery Brings Greater Joy • The Immense Wisdom and Providence of the Body • Exploring the Control Center of the Great Power Within You • Self Healing Power • Sleep: The Source of Your Self Healing Power • Life's Engineering • Understanding Inflammation and Detoxification • A True Philosophy of Health • The Art and Science of Healthful Living • The Art of Rejuvenation • Abiding by Your Guiding Sense of Healthfulness • Will You Help Humankind Realize Its Greatest Potential?

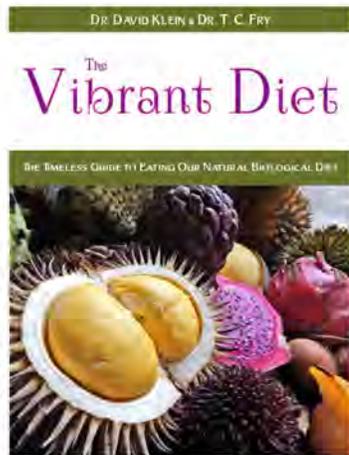
Objectives

1. To elaborate the foundational physiological principles of self-healing in the context of Vibrant Health or Natural Hygiene.
2. To divest your mind of erroneous, disempowering beliefs concerning disease causation and healthcare, and to empower yourself to live confidently with absolute self-reliance.
3. To reveal the true purpose of disease.
4. To reveal the immense wisdom and providence of the body, and how it functions in sickness for restoring Health.
5. To provide the in-depth knowledge and basic methodology that that will empower Vibrant Health Teacher-Counselors to effectively teach self-healing so that they may guide people from conditions of illness to Vibrant Health, and concomitantly empower them to become self-reliant as the masters of their own health destiny.

VH&WA-106 The Natural Biological Diet of Humans

Coursebook: *The Vibrant Diet*

Authors: Dr. David Klein & Dr. T. C. Fry



Description

The intertwined subjects of human nutrition and diet only have meaning and value when they are taught from the basis of an accurate understanding of human biology, physiology and natural wholistic health science (Natural Hygiene). The premises thereof must be backed by a vast body of empirical experience of many people who have applied the dietary model which has been deemed to be the best for attaining and maintaining long-lived Vibrant Health. A proper scientific methodology must be employed to get to the truth about the optimal way of eating for humans. That methodology will reveal humans' true dietetic character, and how we should eat for optimum Vibrant Health. In *The Vibrant Diet*, Dr. T. C. Fry has presented just that—in most brilliant fashion.

The subjects of human nutrition and diet must begin right here—with the basic, self-evident, natural principles laid out in this coursebook. The Vibrant Diet is a comprehensive synthesis of the finest writings by the greatest health writer and diet mentor of his generation, Dr. T. C. Fry, and one of his protégés, Dr. David Klein. It is a wholistic "how-to" introduction for the novice as well as a transformational nutritional guide for any student of nutrition—and, really, for anyone who eats.

Dr. Fry was the mentor to Marilyn and Harvey Diamond, co-authors of the 20-million best-seller, *Fit for Life*. Dr. Fry was the President of the Life Science Institute in the 1980s and 1990s. He and his cohorts left behind an enormous body of Natural Hygiene education work which was downright revolutionary in that the teaching style employed was down-to-earth, easy-to-comprehend, lively, amazingly embracing, effective and inspirational. The natural truths presented by Dr. Fry and his troops were simply stunning—they changed and even saved countless lives, and inspired a new legion of Natural Hygiene educators and doctors to carry the Natural Hygiene torch forward.

In studying this course, you will learn the irrefutable criteria for determining our natural diet, the detrimental aspects of cooking, the physiology of digestion, practical keys to fruit and raw food eating, a guide to food selection, explanations of detoxification and the requirements of health, a practical dietary transition plan, Vibrant Eating and food combining Guidelines, mental-emotional tools for overcoming eating problems, insight on how to approach intuitive/instinctual eating, Vibrant Health Lifestyle tips, and Vibrant Diet recipes. You will glean the rare insights you need to succeed in personally eating Healthfully, and teaching others how to likewise eat the simplest, most digestible and healthful way—the Vibrant Diet way. These teachings allow one and all to enjoy the simplicity, deliciousness and rejuvenating ecstasy of aligning with our true dietetic character and bio-spiritual nature.

The Vibrant Diet is based on the conclusive evidence that we are biologically and physiologically frugivores. As such, fruit stands as our natural and most healthful food. Our most healthful food choices which comprise the Vibrant Diet are raw fruits and vegetables with minimal amounts of seeds, and nuts. The Vibrant Diet is comprised of 90% alkalizing foods, averaging the following calorionutrient ratio: 80% carbohydrates, 10% protein, 10% fat. The Vibrant Diet reverses and prevents alkalosis and most other disease conditions while promoting Vibrant Health and longevity.

Coursebook Contents: Introduction • Some of the Enormous Benefits You Can Expect From Your Natural Vibrant Diet and Healthful Practices • What is Diet? • What is Nutrition? • How Our Natural Vibrant Diet Leads to Wellness • How An Unnatural Diet Causes Diseases • How to Determine Your Natural Dietetic Character • A General Guide to Food Selection • Some Key Fruits in Our Natural Vibrant Diet • Dietary Transition • Vibrant Eating Guidelines • The Art and Science of Vibrant Living • Tools For Success Along The Vibrant Raw Food Path • Vibrant Recipes • About the Authors

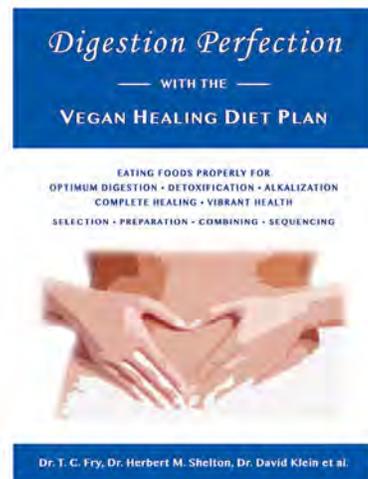
Objectives

1. To provide the criteria for determining human's natural biological diet—the Vibrant Diet—and how to eat it.
2. To provide a comprehensive understanding of the true and natural principles of human nutrition and dietary practice.
3. To provide the knowledge and basic methodology that will empower Vibrant Health Teacher-Counselors to effectively teach and counsel their students and clients in matters of nutrition and diet and guide clients to the condition of Vibrant Health.

VH&WA-107 Digestive Health

Coursebook: *Digestion Perfection with the Vegan Healing Diet Plan*

Authors: Dr. T. C. Fry, Marti Fry, Dr. David Klein, Hannah Allen et al.



Description

We must learn HOW to eat to digest 100% of the food we eat in order to overcome toxemia, gastrointestinal disorders, many other disease conditions, and to develop and maintain Vibrant Health. This encompasses gaining an understanding of how to correctly: 1. select appropriate foods in our natural biological diet, 2. prepare foods in ways which do not cause degradation, 3. combine different foods when we are eating more than one food per meal; 4. sequence our meals; and 5. eat food. These practices should be taught to and adhered to by children and everyone else—no one can get away with neglecting any aspects of Vibrant Eating. Infants should be fed appropriate foods in accordance with proper food combining and sequencing guidelines, too.

The coursebook instructs in how to eat the Vibrant Diet for healing and achieving perfect digestive and Vibrant Health. Its authors—all stalwart Natural Hygiene Educators—deliver the time-tested hygienic science behind the vital practice of Vibrant Eating. The coursebook also includes Dr. David Klein's Vegan Healing Diet™ and Vegan Post-Healing Diet Plan™, as well as a food combining chart, Vibrant Recipes, menus, insightful on how to evolve beyond emotional

eating habits, etc.

Vibrant Eating begets a vigorously energetic, optimally-performing digestive system with no more gastrointestinal troubles, marked by a clean and quiet bowel. Applying the simple methods of Vibrant Eating has dramatically transformed the lives of countless disease sufferers. In many cases, simply changing one's food combining and meal sequencing habits has worked wonders, quickly resolving mildly nagging and even highly severe gastrointestinal disease conditions, as well as many other illnesses.

Coursebook Contents: Food Combining Chart • It's Powerful Stuff! • Combining Foods Compatibly For Easy Digestion and Great Health • The Crux of Food Combining • Food Combining Simplified • Food Combining For Good Digestion • Food Classification & Food Combining Rules – Updating, Exceptions • The Rationale of Food Combining • The Protocol of Food Combining • The Necessity of Proper Food Combining • Correct Food Combining • Food Combining Hazards • Food Combining for Optimum Digestion • Food Combining Guidelines • Combining Nuts and Sweet Fruits • How to Combine Tomatoes • Tips on Combining Lettuce • Go For That Lettuce and Celery • Combining Avocados • Combining Citrus Fruits for Best Digestion • In What Order Should You Eat Foods? • How To Get More Value From Your Foods & How to Choose Perfect Fruits and Vegetables & Eating Simple Meals for Best Digestion and Nutrition • Recipes and Menus Utilizing Correct Food Combining Recipes for Entertaining • The Reporter's Advisor – Health-Related Questions – Advice – Answers • The Real Cause of Acid Indigestion • How I Overcame an Acid Condition in My Body • Skin Problems? Tell Me About Them! • Guidelines for Determining the Correct Human Dietary • We Are Fruit Eaters • Five Keys to Eating Sweet Fruit Meals • Humans and Fruit: Symbiotic Partners in Life • Is Your Food Digesting or Rotting in Your Gut? • Do We Need to Take Digestive Enzymes if Our Digestion is Weak? • Flu Viruses or Combo Abombos? – Discerning the Real Cause of Influenza • Tools for Success Along the Healthful Eating Path • How to Overcome Any Gastric Distress When Beginning Your Natural Diet • Chew, Chew, Chew Your Food Very Well! • Twelve Reasons Why We Overeat and How to Overcome • Getting to the Core of Your Appetites via the Somatic Inquiry • Vegan Healing Diet • Vegan Post-Healing Diet

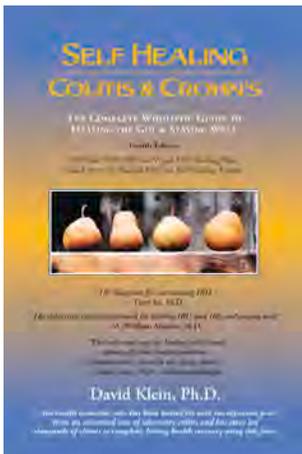
Objectives

1. To impart an understanding of how and why undigested food in the bowel rots, poisoning/intoxicating us with morbid acidic matter, wrecking our health and happiness.
2. To provide a comprehensive understanding of the principles of human digestion, nutrition and diet, and how to apply them in our lives in the manner we refer to as Vibrant Eating.
3. To illuminate the Vegan Healing Diet™ model of Vibrant Eating for healing, encompassing proper food selection, combining, preparation, sequencing and eating.
4. To provide the knowledge and basic methodology that will empower Vibrant Health Teacher-Counselors to effectively teach and counsel their Students and Clients in matters of nutrition and diet for guiding them to the condition of Vibrant Health.

VH&WA-108 Protocol for Overcoming Malnutrition & Healing the Gut

Coursebook: *Self Healing Colitis & Crohn's – The Complete Wholistic Guide to Healing the Gut & Staying Well*

Author: Dr. David Klein



Description

It's been estimated that at least 60% of the world's people suffer with some form of digestive or bowel disorder all the time. This simply points out that humanity eats incompatible foods in inappropriate ways for our physiological constitution. Incorrect eating is the most egregious of modern humans' traits. The results of not eating our natural biological diet is so far reaching that this may be responsible for almost every problem modern humans have faced and caused—from occasional "stomach aches" to inflammatory conditions, cancer, overpopulation, global warming, and even world wars. We cannot possibly poison ourselves every day, defiling our body and mind, causing pain and misery, and create a Healthy society and live harmoniously on our planet Earth. Denatured diets are essentially toxic diets which beget dysfunctional toxic thinking and destructive behaviors, as evidenced by the alarming rates of widespread illness, social discord and perilous state of our world.

This course is about HOW to self-heal. The coursebook, *Self Healing Colitis & Crohn's* by Program Co-Director Dr. David Klein, addresses the first and, for many, the most painful effect of unnatural eating: bowel distress/disease. The Chinese saying, "Disease enters through the mouth," is ever so true.

Although the coursebook focuses on self-healing the gut via a natural dietary and rest program, the principles and self-healing protocol are applicable to virtually every disease condition humans experience—for if one part of the body is presenting dis-ease symptoms, in actuality, the entire body is ill, and the underlying cause can almost invariably be attributed to toxic, unnatural eating.

The coursebook explains the cause of inflammatory bowel disease (IBD) and most other bowel disorders. It teaches how to reverse the systemic toxicosis which ruins mind-body health and how to self-heal via the author's Vegan Healing Diet Plan™, which removes the causative dietary factors and provides a most "health-promoting diet" as part of a Vibrant Health rejuvenation program. The Vegan Healing Diet Plan™ has proven to be the most effective natural healing program for setting one and all free of virtually ALL disease conditions. The Vegan Healing Diet™ is the most easily digested, gentle, harmonizing and nutritious diet plan for those in need of healing any bowel disorder, malady or disease condition. Some conditions dictate water fasting as an essential element of one's natural healing program.

By learning how to correctly apply the Vegan Healing Diet™ and water fasting, one will be empowered with virtually all the tools necessary to set himself or herself free of medical dependence, the tyranny of treatments and therapies, and the fears engendered by disease. One will know how to correctly take care of the body and act as his or her own doctor, relying on Nature (i.e., the body) to do the healing work, as only it can.

Coursebook Contents: Medical and Academic Endorsements • Acknowledgements and Dedications • Foreword • Notes to Reader • We Possess Self-healing Bodies and Were Not Meant to Suffer! Summary • Advisory • Understanding Your Self-Healing Powers • Sleep: The Source of Your Self-healing Energy • Understanding Disease • How An Unnatural Diet Causes Diseases • Understanding Inflammation • Understanding Ulceration • Understanding Detoxification and Weight Loss • Natural Hygiene: The Science and Fine Art of Healthful Living • The Healthful Living Credo of Life • The Prime Requisites of Health • Correct Ways of Living Are Essential! • What it Takes to Get Well • The Laws of Life • Functions of the Bowel • Bowel Hygiene • Wholistic Factors in Colitis and Crohn's Disease • Dietary Factors in Colitis and Crohn's Disease • Vegan Nutrition • Demystifying Vitamin B12 • A General Guide to Food Selection • Key Foods • Food Combining for Digestion Perfection • Understanding Hunger and Appetite • Vegan Healing Diet Guidelines • Vegan Healing Diet Morning and Daytime Meal Choices • Vegan Healing Diet Dinner Choices • Juice Healing Diet • Vegan Post-healing Diet Guidelines • Vegan Post-healing Diet Morning and Daytime Meal Choices • Vegan Post-healing Diet Dinner Choices • Vegan Select Fresh Recipes • What to Expect • Health Guideposts • Avoid the Pitfalls • Abiding By Your Guiding Sense of Healthfulness • The Art of Rejuvenation • Healing Touch • Sunbathing • Exercises • Are You Possessed of Courage? • Don't Quit • The Fruits Of Healing – Dr. David Klein's Story About His Natural Healing of Ulcerative Colitis • I Live in Joy Now (David's Song of Life) • Testimonials • Conclusion • About the Author

Objectives

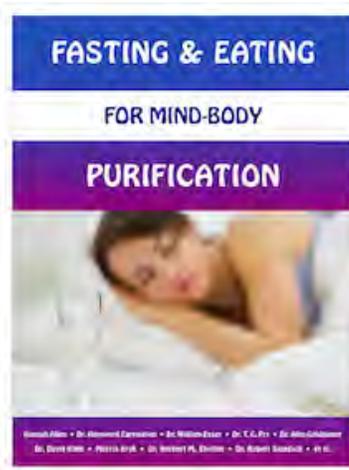
1. To impart an understanding of why and how the eating of an unnatural diet malnourishes the body, causing nutrient deficiencies, toxemia/toxicosis and disease.
2. To illuminate how and why incompletely digested or totally undigested food in the bowel decomposes, poisoning/intoxicating the tissues, cells and organs with morbid acidic matter, resulting in disease.

3. To provide a comprehensive understanding of the principles of human digestion, nutrition and diet, and how to properly apply them for detoxification, self-healing, rejuvenation and disease avoidance.
4. To present the Vegan Healing Diet™ model for self-healing the gut, entailing the application of proper food selection, combining, preparation, sequencing and eating, for optimizing digestion and for resolving most other disease conditions.
5. To provide the in-depth knowledge and basic methodology that that will empower Vibrant Health Teacher-Counselors to completely understand self-Healing protocol, so that they may teach self-healing and guide people from conditions of disease to Vibrant Health, and concomitantly empower them to become self-reliant masters of their own health destiny.

VH&WA-109 Fasting & Eating for Healing & Optimizing Health

Coursebook: *Fasting & Eating for Mind-Body Purification*

Authors: Hannah Allen, Dr. Herbert M. Shelton, Dr. T. C. Fry, Dr. Alan Goldhamer, Dr. Robert Sniadach, Dr. David Klein et al.



Description

Fasting and Vibrant Eating are the two most important subjects we must study and master—for the refinement of our Health and Preservation of our Life!

The coursebook, *Fasting & Eating for Mind-Body Purification*, is a comprehensive treatise on fasting and eating for mind-body purity and personal perfection, written by some of the masters in the field of Natural Hygiene. The proper application of the principles taught in this course provide opportunity to experience our ultimate potential in Vibrant Health and Vitality—to feel renewed, clear and expansive in mind, body and Spirit with a deepened connection to our True Self.

Reversing illness, overcoming suffering, liberating one's wellspring of inner joy, and enhancing longevity are the prime benefits of intelligently-done fasting. Throughout the ages, millions have reaped the amazing healing and rejuvenative rewards of fasting. Yet, most of humanity is ignorant of this simple, natural and most effective "cure" for our ills, and most people indulge in destructive therapies which make matters worse.

The body's self-healing powers are liberated during fasting. Nothing can heal the body but the body itself, and that is accomplished most efficiently during a properly-conducted fast. To be our best—vibrantly energetic, keen, youthful and attractive—fasting is the health practice that can fulfill our loftiest health visions.

Couple that with eating our natural biological diet in the most health-promoting manner, engendering complete digestion and optimum nutrification, and vibrantly youthful vitality and happiness will be ours! The stunning benefits of a clear mind and a clean body, inside and out, are: feeling great, youthfully attractive appearance, freedom from illness, peak creativity and peak productivity in every aspect of our life.

Coursebook Contents: Give Yourself the Ultimate Gift: Complete Detoxification • The Great Potential • Understanding Detoxification • Detoxification is Purification • Fasting: The Fastest Way to Superb Health and Rejuvenation • Fasting for Superb Health • Fasting – Back to the Future – The Rediscovery of Water-Only Fasting • Therapeutic Fasting – An Introduction to the Benefits of a Professionally Supervised Fast • The Benefits of Fasting • Fasting: The Best Way of Intelligently Doing Nothing • Break-Fast – The Art of Breaking a Water Fast • Pros & Cons of Fasting • The Philosophy of Fasting and its Role in Restoring Health • How to Keep Your Body Pure • The Great Water Controversy • The Importance of Pure Water • Are Humans Drinking Creatures? • Drink • When Should We Drink Water? • Does Water Cure Anything? – Exposing Hydrotherapy • Water Bathing • You & Your Water • The Health Value of Distilled Water • Vital Facts About Water • Detoxification and Body Purity Are Achieved Through Vigorous Exercise! • Health's Magic Charm: The Six Shatkarmas Yoga Purificatory Process • Yogic Purification Ritual • Eating to Maintain Mind-Body Purity • What is a Dietary Irritant? • When a "Food" is Really a Toxic Mistake • Food Combining & Meal Sequencing For Digestion Perfection & Internal Purity • Spiritual Fasting • Mental Clarity Tips • Correct Ways of Living Are Essential! • The Healthful Living Credo of Life • The Prime Requisites of Health

Objectives

1. To elaborate the foundational physiological principles of water fasting for self-healing and the attainment of Vibrant Health and longevity.
2. To elaborate the foundational physiological principles and practices of Vibrant Eating for Mind-Body Purification and Vibrant Health.
3. To impart to Vibrant Health Teacher-Counselors the following imperatives in matters regarding water fasting:
 - a. Students, Clients and all others must be advised that in order to safely and effectively proceed with water fasting, it is prudent and in some cases it is crucially important to enlist the services of a qualified, hygienically-trained professional fasting supervisor/doctor to oversee their fasts at a hygienic fasting center.

b. Everyone must be advised that although most people can safely fast on their own for 1 to 3 days, if people do elect to undertake Water Fasting of any length of time on their own without professional supervision, they must be thoroughly educated in water fasting and the risks involved with improper fasting care, and have communication access to a hygienically-trained professional fasting supervisor/doctor should circumstances arise which necessitate guidance.

The scope of Vibrant Health Teacher-Counselor Training Certification does not include water fasting training supervision, coaching or guidance, and it is neither an objective nor an intent of this course to train or qualify anyone to become a water fasting supervisor, coach or guide. The Academy does not advise any of its Students or Graduates to act in the role of a water fasting supervisor, coach or guide. Vibrant Health Teacher-Counselors are advised to not make decisions regarding fasting for their Students and Clients, and, when questions concerning water fasting arise, to prudently refer Students and Clients to professional hygienically-trained fasting supervisors/ doctors.

VH&WA-110 Teacher-Counselor Training & Business Enterprise Establishment

Coursebook: *Vibrant Health Teacher-Counselor Training Manual*

Author: Dr. David Klein



Description

The Vibrant Health & Wealth Academy Teacher-Counselor Training Program was created as a means for you to transform our global community from a condition of disease to Vibrant Health, and reap satisfying rewards.

Certified Vibrant Health & Wealth Academy Teachers & Counselors are charged with representing the highest level of Vibrant Health and professional excellence, nobly serving humankind by teaching the tenets of true Natural Health / Natural Hygiene, guiding health seekers to rejuvenation and Vibrant Health, and upholding the integrity of the Program.

Via this Training Program, your Clients and Students will understand how their dietary and other lifestyle choices are key factors in the performance of their physiological functions and the preservation of their health. You'll lead them to fully embrace healthful lifestyle habits and maintain Vibrant Health.

Your chief role is to teach your Students and Clients the principles of Vibrant Living and how to avoid the traps of unhealthy habits which plague humanity. You will be Educating and Guiding people from a destructive lifestyle to a vibrantly healthful one.

To establish, grow and maintain your teaching and counseling practices and your personal wholistic health business, you will be provided with a package of Basic and Basic and Career & Business Enterprise Membership Benefits which will support you every step of the way on your career & business path.

We firmly believe that this is the most intelligent, powerful and liberating Health Teacher-Counselor Training Program the world has to offer—and it is exactly what is needed to help health seekers claim their natural birthright to Vibrant Health and happiness, while providing you with the unique opportunity to serve humanity in a most effective and satisfying career.

Upon your successful completion of this Program, you will be able to walk among the most intelligently educated, vibrantly healthy and wisest natural health educators in the world. We salute you for following this most noble path!

Coursebook Contents: Introduction • Your Vibrant Health Lifestyle: Living it with Integrity & Congruence • Business Design & Development • Teaching, Speaking & Presenting • Counseling & Coaching • Teaching Points • Leadership • Stay Involved With Our Network • Basic & Premium Membership Benefits • Continuing Education Degree Opportunities • Vibrant Diet Meals & Recipes • Food Combining Chart • Model Client Health Profile • Model Client Health Diary • Model Counselor-Client Agreement • Model Medical Clearance Form • Model Client Instructional Welcome Letter • Training Program Course Reference List • Resources • About the Program Directors • Vibrant Health & Wealth Academy Program Flyer

Objectives

1. Train and empower you to be a highly effective Vibrant Health Teacher-Counselor, so that you may set out confidently in your career of guiding people to the condition of Vibrant Health.
2. To empower you to believe in yourself and hold yourself in the highest level of esteem as you set forth in the most noble of professions, teaching and caring for the welfare of those who need to receive the message of Vibrant Health and need your knowledge, wisdom and compassionate guidance on their Vibrant Health path.
3. To inspire you to become an esteemed, exemplary ambassador and model representative of the Vibrant Health & Wealth Academy Teacher-Counselor Program.
4. To apprise you of the resources and mentoring we offer for setting up, or enhancing, and developing your professional business and practice.