



The Business!

If you were building your dream house or starting your own business, you wouldn't use inferior products or materials, now would you? So why do we use inferior consumables to create or recreate our most *important* possession – our bodies?

Our bodies are our homes and we are all in *the business* of making sure it functions at its highest human and spiritual potential. Therefore, it would behoove us to give our bodies (Corporate Bodies) top quality materials in order for it to conduct *the business* of keeping ourselves highly functional, professional and exceptionally beautiful.

The reason why we don't bother to consume healthier products is because we have become addicted to what taste good as opposed to what's nutritionally sound for our body, mind, and spirit. Furthermore, our eating habits are developed long before we are able to discern, distinguish, or acquire a taste for healthier eating.

So we aimlessly indulge in the foods that tend to satisfy the palate, instead of satisfying our nutritional needs. We gladly accept faulty equipment to rebuild ourselves with and make light of the fact that we can't live without our junk. We say things like, "I've got to have my coffee, chocolate, meat and potatoes, or our favorite sugar fix."

Your physical, mental, and spiritual well-being is priority one, second to none and third time; a charm. This means that when it all adds up, nothing should ever come between you and your good health (no matter how good it taste or feel).

Run your body (corporation) like a business realizing that all your trillions of cells are your employees. They diligently work and strive to keep you alive. They are in the business of conducting over five hundred functions every single day. And they want to be paid, but not with minimum wage. When it comes to them fighting for your life, they work like a scholar and deserve top dollar! What's top dollar? Awesome nutrition and personal attention! Please understand – this is *the business* at hand!

Don't short change your business only because the Department HEAD wants what it wants when it wants it! Corporate Health is Whole Health. Go a HEAD and provide for the wants of the personality. But do not forsake the needs of the whole soul – the whole of your body. Your business is not only to provide service from the neck up, but also from the deck up.

Neglect leads to regret. Providing for the whole leads to a house to behold. Share the wealth, provide for your whole health. And when you do you'll really be taking care of

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