

# Five Keys For Health

## Step 1 - Hydration

Proper Hydration is one of the fundamental keys to a healthy body and life. Our bodies are comprised of approximately 80% water. It holds and transports all the information in the body, while concurrently feeding the cells. Without adequate amounts of healthy water entering the cells, the mechanisms needed to transport the essential minerals and nutrients in and out of our cells aren't available for optimal health.

### Recommended Formula:

Hydration Gold

[http://www.ambayagold.com/hydration\\_gold.html](http://www.ambayagold.com/hydration_gold.html)

## Step 2 - Re-mineralization

Minerals provide the spark of life, responsible for the 70-90 millivolt current necessary for DNA to DNA and Cell to Cell communication. They're essential for healthy life. The critical minerals that we should be obtaining from our food are no longer available because our soils have become depleted through improper use and chemicalization. As the body tries to compensate for depleted minerals, it taxes and exhausts all the bodily systems, debilitating the entire organism. Re-mineralization will help restore the essential mineral base for your body to properly function and thrive.

## **Recommended Formula:**

Super-Conductive Ionic Minerals

[http://www.ambayagold.com/super-conductive\\_ionic\\_minerals.html](http://www.ambayagold.com/super-conductive_ionic_minerals.html)

## **Step 3 - Detoxification**

In today's environment, we are constantly exposed to chemicals, pesticides, heavy metals, toxins, and background electromagnetic radiation. These accumulate throughout our bodies and must be neutralized and safely expelled to achieve a healthy and balanced state. Detoxification is not a singular event; we must maintain a proactive detoxification program to protect us from the continual accumulation of unhealthy elements which obstruct the body's natural conductive flows and functions.

## **Recommended Formula:**

ORME Zeolite

<http://www.ambayagold.com/zeolite.html>

## **Step 4 - Repair and Regeneration**

Proper Hydration, Re-mineralization, and Detoxification create the foundation for Repair and Regeneration. The systems that had been run down or distressed are now ready to be addressed with the Repair and Regeneration Formulas. These formulas focus on supporting the body's

ability to heal at a deep cellular level and return to homeostasis.

### **Recommended Formula:**

Essence of Life

[http://www.ambayagold.com/essence\\_of\\_life.html](http://www.ambayagold.com/essence_of_life.html)

### **Step 5 - Integration and Maintenance**

Once the body is in a balanced state it won't expend extra energy trying to heal and repair itself. It can be freed to use its creative energy for individual intentions and greater purposes. While your body and mind has reached a new level of health, the continued day to day effects of the depleted nutrients in our food, environmental toxicities, and other stresses must be contended with. It's also the opportune time to build upon the renewed health state and take it to the next level. A proper maintenance program provides the essential proactive detoxification and supplementation needed to keep your health in an optimal state.

Super-Conductive Ionic Minerals

[http://www.ambayagold.com/super-conductive\\_ionic\\_minerals.html](http://www.ambayagold.com/super-conductive_ionic_minerals.html)

Essence of Life

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