

THE 8 STEP

By Louise Koch

MODEL

For health



8 natural steps to

REGAINING YOUR HEALTH

I GOT WELL NATURALLY

My name is Louise Koch, I'm from Denmark and I have cured myself from years of disease the natural way. Amongst other things I suffered from adrenal fatigue, gout in my toes, liver problems (high liver count, yellow skin, liver pains), sleeping problems, edemas, anxiety attacks, infections, candida, infertility, cysts on my ovaries, low back pain, very low hormone production and a long list of other things. A test showed that I had so much damage to my cells and DNA that I was very close to cancer and would probably get it if I didn't do something radical.

For years I had tried all the medication and supplements I could think of and my doctor could only give me more and more pills. Therefore I tried various diets and alternative treatments but none of it worked and I was pretty desperate.

Luckily in 2009 everything changed when I came across a raw food diet that focused on mainly fruit. Within a few weeks I knew that this was the solution for me because I saw improvements for the first time in years. I felt great at first but then I went into a period of detox. It was tough but I stuck with it and got through and over time all my health problems disappeared one by one. Today I consider myself completely cured and I can exercise, travel and do anything I dream of.

The results I have gotten from this diet and lifestyle change have been so profound that I find it my duty to share the knowledge about this natural method. It is completely without medication, super foods, doctors or treatments and today I help ill people get well naturally through the same diet and lifestyle change. I simply teach people what it takes for the body to heal itself naturally. For this purpose I have created an 8 step model that illustrates the principles step by step and this is what I will show you in this booklet.



THE RIGHT CONDITIONS

There is a lot of things we can do in order to give the body the best conditions to heal itself. The best thing you can do is to lighten the various burdens that the body has to deal with on a daily basis. That way it gets more energy for detoxing and healing. The three primary burdens that the body uses energy for is the detoxification, digestion and handling emotions. So the amount of toxins we take in, the type of food we eat and the negative emotions and thoughts we struggle with will all influence our health. By easing these burdens and adding healthy conditions the body finds renewed energy for healing and then the magic happens. A healthy diet will also strengthen the immune system and give the body the nutrients it needs.

LIGHTEN THE 3 BURDENS



It is also very important to find and remove the cause of the disease if possible and then give the body the time and space it needs in order to rebuild itself cell by cell. So patience is the key but then you should hopefully be able to get to the root cause instead of treating the symptoms. So in short - remove the cause, lighten the three burdens and create healthy conditions and health will happen.



THE NATURAL WAY

The natural way is the way that the animals in nature use by instinct and it is free of treatments, pills, doctors etc.

When people use the natural way they generally experience that:

- the body starts to clean up and detox which gives some symptoms for a while
- old diseases flare up for a while before they start to disappear
- they become happier and lighter
- they get more energy in general
- the digestion improves and they eliminate with ease more often than before
- the skin, hair and nails become stronger and healthier
- the overall health improves once the detox period is over

THE 8 STEP MODEL

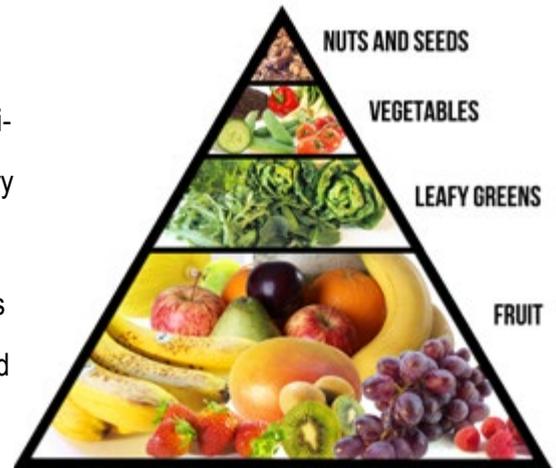


1 LEARN THE PRINCIPLES

It is important to learn the principles regarding how the body heals itself and what it needs in order to do so. That way you will be the expert in your own life and will regain the power to control your health. It is only the body that can heal. Everything else is just treating the symptoms.

2 HEALTHY DIET

Eat yourself well with the raw 80/10/10 diet so that your body receives a lots of easy digestible nourishment. This way of eating is very light and will give extra energy for healing while at the same time boosting the immune system with large amounts of fibres, vitamins and minerals. Fruit will lightening the digestive burden and the food pyramid to the right gives you an ides of the diet.



80/10/10 FOOD PYRAMID

3 REMOVE POLLUTION

This step is about lightening the detoxification burden. Go through all the things in your surroundings that contain unhealthy chemicals, materials or pollutants. This could for example be health care products, makeup and cleaning agents. Replace as many of them as possible with healthy alternatives. Getting less of these unnatural and toxic things will give your body more energy for repairing.

4 HEALTHY LIFESTYLE

The lifestyle you live is just as important as your diet. This area has to do with sleep, water, exercise, sunshine, fresh air, positive thinking and well being, and it is based on the 'natural hygiene' principles. Each lifestyle area has to be addressed and your health can never stronger than your weakest link. To keep

THE 9 LIFESTYLE PILLARS



track of how you are doing with your diet, with removing pollution and with these 7 areas I have created the 9 lifestyle pillars. By colouring the percentages you are living up to the criteria you can see where the efforts should be put. The lowest percentage is your weakest link and that should always be addressed first.

5 OPTIMIZATION

You can optimize the diet in various ways by using the 6 gears to the right. That way you are in control of the detox and the process in general. It is all about choosing the right gear for the right situation and the key is to learn what detox is, how it shows up and how you can control it. By using the gears you can speed up or slow down the healing process.

6 THE RIGHT MINDSET

The third burden to lighten is the emotional and mental burden because where you mind goes, your body will follow! The body uses a lot of energy on negative thoughts, emotions, beliefs, stress, fear and worry every day and this will influence your health in a negative way. It all has to do with your focus so learning to shift your thoughts around through daily exercises is vital. Lightening the mental burden will release more energy for healing and create healthy hormones and chemistry in your body. Having the right mindset to get well is also super important.

7 FIND & REMOVE THE CAUSE

It can be very important to find out why you got ill and to remove the cause if you can in any way. If the cause is for example stress or pollution you have to remove the stress or the pollution first before your body can recover. There can be many causes and you need to be somewhat of a detective to figure it out but it can be done. You have to look at your health history and your symptoms and track your way back to when it all started. If you need help with this

THE 6 GEARS

1. GEAR **PARTLY RAW**
For example 'Raw til 4' or eating 50-90 % raw 80/10/10.

2. GEAR **FULLY RAW - MIXED**
Mixed meals of raw fruits and veggies according to the 80/10/10 principles.

3. GEAR **GREEN SMOOTHIE CLEANSE**
Drinking only green smoothies for a while, for example for a week.

4. GEAR **MONO MEALS & ISLANDS**
Fruit meals of only one type of fruit or even a cleanse eating just one type of fruit for a while (an island).

5. GEAR **FRUIT JUICE CLEANSE**
For example a week where you only drink freshly squeezed fruit juices like orange juice or grape juice.

6. GEAR **WATER FASTING**
Drinking water only for up to 3 days (longer fasts require medical supervision).



I can help you, as there are some common causes that are normally overlooked by the conventional system. Don't worry if you can't figure it out though. You can still recover even if you have no idea what the root cause is.

8 GET SUCCESS

There will most likely be some challenges when you change your diet and lifestyle. This can for example be social challenges, detox challenges, cravings or fears and worries. To overcome these challenges you need tools and strategies that will get you through or else the chance of giving up is pretty big. So make sure to be 'dressed for success' before you venture into these new ways of living, thinking and eating or else you may give up half way.

WILL YOU GIVE IT A TRY?

Now you have a rough idea of the 8 steps towards natural health. I have also given you an introduction to some of my models and ways of thinking so hopefully this can inspire you to get started. My mission is to spread the message that the body can heal far more than we have been led to believe if it is given the right conditions. We were just never taught what those conditions were and that is what I will teach you. So are you up for it? As I see it you have nothing to loose by giving it a try. Perhaps just for a couple of months and then you will know if what I teach is true or not. In the beginning you will most likely experience detox symptoms where things get worse for a little while. That is a normal part of the process and a sign that the body is cleaning up and repairing. After the two months you can always go back to your old ways though I doubt that you would want to when you start to see results. Even smaller changes can yield results and your body will appreciate any positive healthy change that you can make. You deserve to get well so I really hope you will give it a try and if I and thousands of others could do it, so can you!

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REGAIN YOUR HEALTH

with diet and lifestyle