

The BioLOGICAL Laws of Lifestyle and Health (or Illness).

Chestnut, J.L. Living Right for Your Species Type: The BioLOGICAL Wellness and Prevention Solution. TWP Press. Victoria, B.C. Canada 2017

*Over the next few months I am outlining 'The 10 BioLOGICAL Laws Determining Healthy Habitat and Lifestyle Choices' from Dr. Chestnut's book 'Living Right for Your Species Type. Understanding and applying these laws is the single most effective thing you can do to get and stay well and to prevent chronic illness.

QUOTE BOARD:

The 10 BioLOGICAL Laws Determining Healthy Habitat and Lifestyle Choices

"Healthy habitat and lifestyle choices for any species are defined as those that elicit the genetic expression of health within that species. This makes things so simple! What to eat, how to move and exercise [and rest], and how to think, feel, act, and interact in the ways required to express health are no longer confusing, they are defined by species type. If you want to be healthy you must follow biological law, you must 'Live Right for Your Species Type'."

"The habitat and lifestyle choices required to elicit the genetic expression of health within any species are determined by the essential ingredients lists found on the genetic recipes on the specific DNA or in the genome of that unique species. The unique collection of DNA found within the genes within any species is known as the genome of that species. Genome is what defines species. Each species has a unique collection of DNA or a unique genome which contains unique essential ingredients lists for the expression of health for that species. Humans have human DNA that makes up the human genome that contains the unique human essential ingredients lists for the expression of health in humans. Giraffes have giraffe DNA that makes up the giraffe genome which contains the unique giraffe essential ingredients lists. This biological law is true for all species."

"Healthy habitat and lifestyle choices are species-specific and species-wide. What represents a healthy habitat or lifestyle choice for any member of any given species is defined by the genome of that species and is thus specific to that species and is the same for every member of that species (because every member of that species has the same genome). This biological law applies to all species, including of course, the human species."

What You Need to Know:

You need to know 'The 10 BioLOGICAL Laws Determining Healthy Habitat and Lifestyle Choices'.

What You Need to Do:

You need to follow these laws; there is simply no better way to get and stay well or to prevent chronic illness. If you want to express your potential for health, happiness, and quality of life you must learn and follow 'The 10 BioLOGICAL Laws Determining Healthy Habitat and Lifestyle Choices'.



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