

**Energy – the secrets behind the healthy life.
Give your life FIVE!**

Handbook for all who are interested in healthy and happy life.

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Preface

This book is written to give you the answer to the most fundamental question in your life: How to build and maintain a high energy level all the life through.

What is health? Absence of illness? Not really. From my own experience it is more the capacity of extra resources (energies) in the body systems. Good health – big capacity, which means tolerance and easy adaptation to changing external conditions, where bad health is low (sometimes zero) capacity for tolerance over changing external conditions. How to extend your capacity? The answer is in our book. Read it, think over it, and apply the parts which are appealing to you. Start with your nutrition – personal diet. It is the primary energy source.

We eat every day to build our energy depots in order to use this energy during the activities of the day. External activities - physical, emotional and intellectual - need energy, and at the same time there are internal activities also demanding part of the energy resources: cell maintenance processes in the body for re-building, cleansing and waste removal.

We all have our individual eating habits, which we call personal diet. Sometimes we follow other people's eating habits and sometimes we are pressed to some special eating rules or diets to correct some imbalances in the bodies (as weight control diet, cholesterol reduction diet, and other health problems diets).

All diets in the world are correct: low carbs, low calories, vegetarian, vegan, South Californian, Kremlin, blood type and many, many more. They are all correct, but for specific cases, selected persons, and have the wonderful results for limited time periods (sometimes long periods). What's wrong with them? Nothing wrong – they are working well, but not for all and not at all the times! Why? Because they are static! They are the same day after day, month after month.... But your body IS a dynamic system, not static!

First thing you need to learn and accept today as a truth is:

Your wonderful, clever body is a changing biological system, and you are growing older day after day – this is fundamental law of life! You can not neglect this fact! There exist some fundamental laws in life which you can not change. One of them is the law of constant increasing the level of entropy – what the hell she is talking about? A little bit of explanation. Entropy is the measure for chaos. All this scientific fizz is about the chaos (disorder, disturbance) in your systems. In all systems. Your body is a biological system. It means that the law about increasing chaos is applicable to you too. Doesn't matter what you do in your life - the chaos will increase in your systems and it will be the reason of your death. No way out. I will not bring you a happy gospel about possibilities to live forever. No way. You can not deceive the fundamental law. Chaos means that after some time with small changes here and there you will start to notice some dysfunctions in one or several body mechanisms and after a while the increasing amount of disorder (what chaos is) in your body will lead to the natural destruction of you as a person. The question is at what speed. You can live/die (which is the same basically) with the speed of a racing car (just follow all of the impulses of your nature) or with the speed of carefully driven modern family car (with some speed-up periods of course). Part of this speed you can not have influence on (it is in your gens – thank your parents!), but still part of this speed you can control and adjust. This entire book was created to help you to be the manager in driving your own car – yourself (as a sum of body/mind/intelligence). It is like the drivers licence: if you know the rules there will be no surprise if you receive the penalty in the form of illness or dysfunction.

This book is a manual for self study. It is not a medical book. It has the form of simple (but powerful) recommendations. If you are willing to apply some methods from this book in your lifestyle, please, remember, that it is your own responsibility. We advise that some people should have the professional consultation with health specialists before they make any adjustments in their daily lifestyle.

Dynamic and individually designed system - as your body is – demands dynamic and individual energy supply system. We design for you something very useful – Individual Energy Supply system – which is based upon individual lifestyle, including the personal diet, personal physical activities plan and personal anti-stress routines.

We call this system “handy” system. Your hand has 5 fingers. Remember 5 rules corresponding to each finger and follow these rules. Give yourself a hand! Give 5! And your life will be filled with more energy, more fun and more happiness!