

You Are An Architect Jack LaLanne

I like to think that we can all be architects of our bodies because our bodies are much like the houses we live in. Our body houses our minds, souls, bones, muscles and internal organs; all of which allow the body to function.

If you have a man-made house and if it isn't cared for over the years, it deteriorates, becomes non-functional. The plumbing breaks down, the foundation starts to collapse, the central heating system goes haywire, and the exterior has to be done over. In other words that house is a wreck and it looks old and dilapidated.

It is the same with the human house. If neglected, the foundation--206 bones and 648 muscles--may start to collapse. The internal plumbing won't work regularly and the central heating system, your body's ability to stand hot and cold, may not operate properly. The exterior of your human house becomes old and tired looking. The texture of your skin loses its youthful appearance. Your hair and eyes lose their luster. The message is clear, if you don't care for your human house it also goes to pot and deteriorates.

Now let's focus on what can be done to rebuild your human house. If you were going to rebuild your man-made house you would first draw up a plan. Do the same with your human house. Start with a plan.

1. Plan to eat a sensible diet including more fresh fruits and vegetables to keep the internal plumbing system (bowls, bladder, arteries, veins, etc.) working properly. Leading health authorities recommend that you eat at least 5 servings of fruits and vegetables every day, along with a variety of other foods. Include those fruits and vegetables that are high in vitamins A & C. (See the handy vitamin food list of the end of this chapter). Also, are you getting enough fiber in your diet?
2. Plan to get enough vitamins and minerals to keep the electrical and heating system in shape. I use a complete multi-vitamin plus the antioxidant vitamins (the best known are B, C, and beta carotene) that help fight cancer and heart disease.
3. Now the external structure of your human house, the muscles and the bones.
 - a. Make a plan for a systematic exercise program (check out my Magic 7 later on in the book). You need both strength and aerobic work. 30 minutes a day, 3 or 4 times a week, should be enough in the beginning and you can increase the intensity as you progress.
 - b. To build up your bones you'll need calcium, magnesium, and vitamin D along with your exercise program.
 - c. When you are getting ample nutrients and sufficient exercise your skin will be more youthful. Your eyes, the windows of your soul, will be more alert, your hair more radiant, and your nails stronger.

In theory, we have completely rebuilt your body from the inside out. Now, who will get the credit? You will! So, become that building contractor and architect for your human house.