



## **About HumanaNatura**

HumanaNatura is a global, cooperative network of natural health practitioners, dedicated to helping people achieve our full potential for health, fitness, and quality of life.

Our global network forms the world's leading online natural health community and a growing health movement promoting new understanding of our natural health and the power of progressive health-based living.

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## **HumanaNatura Program Overview**

HumanaNatura provides comprehensive guidance on modern natural health enhancement through its free, seven-part natural health program.

HumanaNatura's health program is a science-based approach to natural health that uses four key natural health techniques: 1) natural diet, 2) natural exercise, 3) natural living, and 4) natural health promotion. We encourage the integrated use of these techniques through the progressive development and fulfillment of individual and community-level natural life plans.

The practice of creating natural life plans improves the health landscape of our lives and communities by promoting continuous, pragmatic steps toward new levels of health. This process involves the systematic and synergistic removal of health limiters and development of new health enablers.

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## **HumanaNatura's Scientific Foundation**

HumanaNatura uses modern science in two principal ways. One use is to understand the dynamics of health in nature, including human health as it occurred during the majority of our history, when our ancestors lived directly in nature and with limited technology and agriculture.

This first use of science leads to startling new conclusions about natural health practices we should adopt in our global society today. Building on this insight, our second use of science is to investigate how these natural health practices or techniques can be optimized and enhanced to further improve human health, fitness, and quality of life for the future.

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## **HumanaNatura's Four Natural Health Techniques**

### **Natural Diet**

Based on the science of human eating in nature over roughly five million years, HumanaNatura's natural diet program encourages a diet principally based on raw vegetables, consumption of healthy amounts of animal protein, moderate fruit and nut intake, and the elimination of all grains, cereals, beans, and starchy plants.

### **Natural Exercise**

Using the science of earlier human activity patterns in nature and seeking to ensure optimal personal fitness amidst modern life – by promoting sufficient and efficient natural conditioning – the HumanaNatura natural exercise program advocates the practices of daily walking or hiking and regular calisthenics.

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### **Natural Living**

As our natural health improves through new approaches to eating and exercise, HumanaNatura next encourages health enhancement in other areas of our lives, using the technique of natural living. Natural living involves a pragmatic, seven-step method, continuously seeking new personal health and emulating the evolving and health-seeking processes that underlie all natural life.

### **Health Promotion**

HumanaNatura's final technique involves promoting new health and health awareness in others and our global society. This technique helps us to individually fulfill critical dimensions of our natural health and well-being. It also works to eliminate inherited health limiters and create new health enablers that require collective action, fostering new health possibilities for all people.

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