



Daniel's Diet... Ancient Wisdom for Today



10 Days to Glory with the Helix Life Daniel's Diet. You'll Learn how to Nourish while you Flourish!

It is estimated that 90% of all sick people are overfed and undernourished. For this cause, Helix Life is helping to lead the whole foods revolution, by finding and resurrecting a literal treasure trove of lost wisdom from the ancient past. Simpler times where people honored health, longevity, brilliance, tolerance, and kindness to all nature.

This 10 days of raw and natural nourishment is modeled after the whole food meal offering that the Bible references in the book of Daniel. Enjoying the Helix Life Daniel's Diet unifies, integrates and harmonizes one's physical, emotional and mental individuality. You become more fluid, at peace, and are able to surge forward with a greater sense of confidence and well being. Reap the benefits of nature's whole food harvest. When considering the structural and functional organization of the body, it's typical to divide the body into various systems. Actually, body systems collectively make up just one level of structural organization. The most basic structural unit of the body is the cell. Cells group together to make tissues, which in turn are grouped together to make organs. Organs work together to make body systems, and with proper care, these systems cooperate to form a complete human being.



7 Body Systems...

*An Ancient View with
Modern Meanings*



The systems of the body are each concerned with a particular function or a group of related functions. To understand how they work together to produce a complete person, we need to review the function of each system:

FORMULA 1: THE SKELETAL MUSCULAR SYSTEM in early times was accounted as one, and is composed of the bones, and the cartilage and ligament structures associated with them. It protects and supports soft tissues, and provides scaffolding for muscle attachment. The muscular structure produces movement and is composed of muscles, tendons and sheaths around muscles and lubricating sacs called bursae.

FORMULA 2: THE RESPIRATORY SYSTEM is concerned with gas exchange and the intake of oxygen, needed by all the body's tissues and cells. Ineffective respiration and removal of toxins is a chief cause of disease.

FORMULA 3: THE LYMPHATIC SYSTEM is also an important transport system for the body, moving excess tissue fluid back to the veins and transporting fat from the gut to the bloodstream. Its other important role is the defense of the body, and for this reason some elements of the lymphatic system are referred to as the immune system.

FORMULA 4: THE CIRCULATORY SYSTEM consists of the heart and all the blood vessels (arteries, veins, and capillaries) and is responsible for moving nutrients, waste, and some special proteins, for example hormones, and cells around the body.

FORMULA 5: THE ENDOCRINE SYSTEM is also concerned with control of the internal body function, which uses circulating chemical messengers called hormones to exert its effects.

FORMULA 6: THE NERVOUS SYSTEM collects and analyzes information about the environment and internal body function. The nervous system consists of the central nervous system (brain and spinal cord); the peripheral nervous system which includes all the nerves outside the brain and spinal cord; and the autonomic nervous system, which controls the automatic internal function of the body, and partially overlaps with both the peripheral and central nervous systems.

FORMULA 7: THE DIGESTIVE ELIMINATORY SYSTEM is concerned with the ingestion, processing and absorption of nutrients, as well as the elimination of some types of waste. The urinary tract controls fluid and salt balance in the body, and excretes nitrogen waste. Reproduction is concerned with production of the next generation and is linked during fetal development with the developing urinary tract.

Apart from responding to changes in the external environment, producing the activity which outside observers see as human behavior, the body must also act to produce a relatively constant internal environment. This process is called homeostasis, and involves many facets of internal function, including maintaining constant body temperature, relatively constant blood sugar levels, blood pressure, and blood calcium levels. Homeostasis is achieved by the coordinated action of the autonomic nervous and endocrine systems on the other systems in the body.

The hormones produced by the glands of the endocrine system often stimulate the production of other hormones in the target organs. These secondary hormones act on the gland that produces the first hormone, thereby reducing its production. This type of negative feedback system brings about the constant balancing of internal body function. Fresh air, clean water, sunshine, walking/movement, whole foods, healthy relationships, and having a directed emotionally charged goal (passion), are the only known supports of whole body wellness.