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Book name:

Law of health forever



Simple
health solutions



Without
medication



For a healthy,
happy and
balanced life

In the Name of God, the Most Gracious, the Most Merciful

The Law of Eternal Health

A Complete Guide to Natural, Lasting Wellness

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Part One: The Crisis of Modern Health

The world today is gripped by diseases that did not exist a hundred years ago — a direct consequence of the fact that people once lived by far healthier dietary and lifestyle habits. The crisis facing humanity today is not merely about rising rates of obesity. It runs much deeper: the modern way of life has severely disrupted the normal functioning of the human body, giving rise to a host of unknown and unprecedented illnesses.

This lifestyle has driven an alarming surge in obesity among children and teenagers, and has spawned a wide range of physical and mental health problems — including hyperactivity, high cholesterol, diabetes, heart attacks, liver disease, kidney failure, skin disorders, and even cancer. Many of these conditions were virtually non-existent just sixty years ago.

Despite the remarkable advancements in medical technology and pharmaceuticals, conventional medicine today does not address these diseases at their root — nor does it cure them permanently. Instead, it relies on chemical drugs in an attempt to suppress symptoms. This approach does not resolve the underlying physical or psychological issues; on the contrary, it causes conditions to deteriorate day by day, because medication itself carries deeply harmful side effects on the body.

As my mentor, Abbasmanesh, wisely puts it, this method of treatment is like "hiding the rubbish under the sofa" — it merely conceals the problem temporarily, rather than eliminating it.

More than 80% of people today are either already diabetic or on the verge of developing metabolic disease. If five people around you were tested right now using a HOMA-IR or blood insulin test, three of them would either have Type 2 diabetes or be rapidly developing it. If people continue along their current path — eating in ways fundamentally incompatible with the body's natural design — they will face serious consequences at every stage of life.

For several years, I dedicated myself fully, day and night, to intensive research in this field. I tested and refined my findings on myself — repeatedly — until the results were ready to be shared with the

world. The transformation in my health and appearance was so profound, and the outcomes so deeply satisfying, that I resolved to develop the Law of Eternal Health program so that others could experience the same liberation.

In preparing this program, I conducted well over 1,000 hours of study and research. The most important goal throughout this process was to develop a healthy dietary approach — grounded in the body's natural laws — that was practical and simple enough for people to adopt as a permanent way of life, enabling them to achieve lasting health, reach their ideal weight with ease, and restore their well-being naturally, without relying on chemical medications.

***The key to human health is not eating less —
it is understanding the body's internal systems and working in harmony
with them.***

What This Programme Addresses

- Building and regeneration of cells — even when severely damaged by illness
- Natural elimination of toxins and waste from the body
- Burning of excess fat and prevention of its re-accumulation
- Restoration of organ function — liver, kidneys, stomach, and intestines
- Treatment of fatty liver through dietary control
- Straightforward reversal of Type 2 diabetes
- Natural reduction of high blood pressure and elevated cholesterol — without medication
- Treatment of autoimmune diseases
- Complete return of the body to its natural, healthy state

By faithfully following its teachings, your body will become leaner and more beautiful, your skin will grow clearer and more radiant, and stubborn acne will resolve — without medication. Excess body

fat will disappear. But above all, the greatest achievement is true inner health and a significantly extended lifespan.

Who Is This Programme For?

This Programme is NOT Suitable For:

- Those who want overnight results and lack the patience for lasting transformation
- Those who begin with enthusiasm but abandon their goals halfway
- Those who wish to be healed but are unwilling to change their dietary habits permanently

We are pursuing health for life — not temporary results, but lasting change and a life filled with joy and peace. True happiness comes from having a healthy body. The ability to earn a livelihood depends on having energy and vitality.

This Programme is IDEAL For:

- Those who are healthy and wish to protect their health for life
- Those who have spent years trying to lose weight without success
- Those carrying excess fat around the abdomen and sides
- Those with high blood pressure or high cholesterol
- Those with Type 2 diabetes
- Those with fatty liver disease
- Those with autoimmune conditions, including: Multiple Sclerosis (MS), Rheumatoid Arthritis (RA), Hashimoto's Thyroiditis, Eczema and Vitiligo, Migraines
- Those with cardiovascular disease
- Those with severe back pain and respiratory conditions
- Those with stomach and intestinal disorders
- Those with various forms of cancer

Part Two: Warning Signs & Conditions

If you experience any of the following, they are signals that your body's systems are not functioning as they should. Take them seriously before they worsen. The wonderful news is that by consistently following the Law of Eternal Health, you can return to full health, address your conditions at their root, and remain well for life.

Warning Signs You Should Not Ignore

- Waking up multiple times during the night to use the bathroom
- Constant, intense hunger — always reaching for snacks even after a full meal
- Feeling drowsy and heavy immediately after eating, especially after lunch, with an overwhelming urge to sleep
- Feeling unsatisfied and still hungry after a full meal, even when the stomach is completely full
- Intense cravings for carbohydrates and sweets — bread, cake, chocolate, pasta, dates, and ice cream
- Unusual fatigue and chronically low energy throughout the day, including difficulty getting out of bed
- Muscle numbness — even in the face — without any physical exertion
- Excess abdominal fat that limits normal movement
- High blood cholesterol — even in children and young adults
- High blood pressure managed only through daily medication
- Fatty liver disease — whether currently under treatment or not
- Darkening of the skin around the back of the neck, underarms, groin, elbows, or lower legs
- Skin tags around the neck, underarms, or face — a sign of internal metabolic imbalance
- High blood sugar or high insulin levels
- Sleep-disordered breathing — snoring or episodes of breathlessness during sleep
- Slow metabolism and impaired fat-burning
- Memory problems and forgetfulness

- Loss of muscle mass
- Joint inflammation, tissue pain, or muscle aches
- Sudden, unexplained mood swings and difficulty regulating emotions
- Poor, restless sleep and inability to achieve deep rest at night
- ADHD and restlessness in both children and adults
- Unexplained dizziness, whether mild or severe
- Acne and skin breakouts in teenagers and adults
- Reduced libido in both men and women
- Difficulty conceiving — resolved naturally through this programme
- Difficulty concentrating and lack of focus
- Vision problems requiring glasses — in both children and adults
- Polycystic Ovary Syndrome (PCOS)
- Painful menstrual cycles
- Infertility in both men and women

For Women: A Special Note on PCOS

The Law of Eternal Health does not merely treat Polycystic Ovary Syndrome — it restores full, healthy ovarian function. PCOS affects a great many women and manifests in the following ways:

- Male-pattern hair growth on areas such as the chin or chest — often treated repeatedly with laser, only to return because the root cause is never addressed
- Stubborn weight that resists loss despite extensive exercise and multiple diet plans
- Ovarian cysts
- Diminished or absent sexual desire
- Irregular periods, missed cycles, or extremely painful menstruation
- Hair thinning, hair loss, and baldness — in both women and men
- Insulin resistance and pre-diabetic conditions
- Severe, unexplained fatigue with no physical cause

- Acne, redness, skin sensitivity, and thinning of the skin on the fingertips and palms
- Aggression, irritability, and emotional instability

The choice is entirely yours:

how much respect will you show the body that is the only home you will ever truly live in?

Part Three: The Complete Programme

Core Principles of Nutrition and Healthy Living

1. Eliminate Bread and Rice — Permanently

Both cause insulin spikes and metabolic disruption. Remove them from your table for good. In their place, this programme provides recipes for healthy homemade bread and cake that you can enjoy freely.

2. Avoid Sugar and Sweet Foods

This includes commercial sweets, cakes, chocolate, industrial beverages, and very sweet or dried fruits.

3. Embrace Nuts and Healthy Fats

- Nuts: Walnuts, almonds, and pistachios — two tablespoons after lunch and dinner
- Healthy oils: Olive oil, coconut oil, high-quality animal fat (tallow), and animal butter
- Fat as appetite control: Adding animal fat to your meals produces natural satiety and reduces cravings for bread and rice

Recommended Foods

Fruits

✓ Recommended

Strawberries, blueberries, avocado (consume freely — rich in vitamins and healthy fats), fresh coconut, pomegranate seeds (do not juice).

⊗ Avoid

All very sweet, high-sugar fruits — dried sweet fruits, dates, bananas, apples, and other sweet varieties.

Vegetables

✓ Recommended

Cauliflower, broccoli, all varieties of cabbage, lettuce, cucumber, green bell pepper, eggplant (in small amounts).

ⓘ Avoid

Regular white potato (eliminate entirely). Red potato may be given to children occasionally.

ⓘ *Tip: Lightly steam vegetables for easier digestion.*

Meat, Fish & Eggs

- Fresh meat, fresh chicken, and small oily fish such as salmon are your primary sources of protein and energy
- Do not overcook meat — for burgers mixed with egg, less than five minutes is sufficient
- Offal and bone broth (head, trotters, organ meats) are among the finest sources of vitamins and minerals
- Consume approximately four eggs daily to meet your body's needs for phosphorus, iron, and essential vitamins

Meal Timing

ⓘ Morning (until Noon)

Eat nothing from morning until 12:00 PM — this increases energy and gives the body time to heal.

ⓘ Lunch: Between 12:00 PM and 2:00 PM

ⓘ Dinner: At 6:00 PM or earlier

Do not eat between meals. Eat sufficiently at each sitting.

Short-Term Fasting and Bodily Repair

Fast for three consecutive days, consuming only water and unsweetened coffee. This process initiates deep cellular repair, regeneration, rejuvenation, and a remarkable surge in energy.

Water and Beverages

- Water: Drink freely and abundantly whenever you are thirsty
- Tea and coffee: Consume without sugar
- Avoid all commercial drinks, sodas, and café beverages containing sugar

Supplements and Vitamins

Ask your doctor to prescribe quality, sugar-free supplements for Vitamins A, B, C, D, and K. Take iron supplements only as directed by your physician.

Part Four: Healthy Recipes

Offered with gratitude to Dr. Eric Berg, renowned health specialist.

Healthy Keto Cake

In the style of Dr. Eric Berg

Ingredients

- ◆ 2 cups almond flour
- ◆ 3 eggs
- ◆ ¼ cup monk fruit sweetener or erythritol
- ◆ ⅓ cup butter or coconut oil (melted)
- ◆ ½ cup unsweetened almond milk
- ◆ 1 tsp baking powder
- ◆ 1 tsp vanilla extract
- ◆ Optional: cinnamon or cocoa powder

Method

- Preheat the oven to 180°C (356°F)
- Mix the eggs, butter, sweetener, and vanilla together
- Add the almond flour and baking powder and stir until combined
- Pour the batter into a baking pan
- Bake for 25–30 minutes

✓ **Sugar-free**

✓ **Wheat flour-free**

✓ **Keto-friendly**

Healthy Homemade Bread

Ingredients

- ◆ 1½ cups almond flour
- ◆ ¼ cup ground flaxseed
- ◆ 1 tsp baking powder
- ◆ ¼ tsp salt
- ◆ 3 eggs
- ◆ ¼ cup olive oil or butter
- ◆ ½ cup lukewarm water

Method

- Mix all dry ingredients together
- Add the eggs, oil, and water, and stir thoroughly
- Bake in the oven at 180°C (356°F) for 40–45 minutes

✓ **Gluten-free**

✓ **Sugar-free**

✓ **Supports digestive health**

Part Five: Exercise, Mind & Progress Tracking

Your Daily Exercise Plan

Exercise every single day — and make it a morning habit. The best form of exercise is walking. Start with just five minutes, then gradually build to twenty minutes, then thirty, and eventually up to one hour. In the afternoon, commit to at least twenty minutes of movement as well. The only true path to lasting health is keeping the body in motion. By combining clean nutrition with daily exercise, you will achieve complete, sustainable results. Feel free to add any other form of exercise you enjoy to this routine.

The Mental Programme

Every morning, immediately upon waking, repeat the following affirmation aloud at least ten times:

☐ Morning Affirmation

"I am proud of myself for having successfully followed the Law of Health."

Every night, just before sleep, repeat:

☐ Evening Affirmation

"I am proud of myself for having followed the Law of Health with such ease today."

This mental programme is extraordinarily important. It must continue every single day, reinforcing your movement toward health and your commitment to honouring yourself.

Health Assessment & Progress Tracking

Before beginning the programme, conduct a comprehensive health test and record your baseline results. Then follow this tracking schedule:

After 30 days: Test again to observe improvements in your body and energy levels.

After 3 months: Repeat tests to witness clear, measurable changes in health and vitality.

After 6 months: Repeat tests to see the full transformation in health, energy, and physical appearance.

This method is suitable for every age and every level of illness — including the elderly.

Benefits of Following the Programme in Full

- Greater energy and sharper mental focus
- Deep, restful, and restorative sleep
- Healthy, youthful skin
- A strong and vibrant energy network throughout the body
- A genuine sense of youthfulness and inner vitality
- Increased libido and physical strength — surpassing even what you experienced in your youth

A Note from the Author

This book is intended as a concise and straightforward guide. It is the product of three years of scientific research and my own personal experience — born out of my determination to heal severe skin damage caused by years of unhealthy eating habits. It is the result of my continuous efforts, personal testing, and the journeys of thousands of students, grounded in the latest findings of leading health scientists around the world.

By simply following the programme's clear instructions, you will be healthy for life. You will enjoy longevity, high energy, a younger body, and a beautiful physique — without needing any other book or physician. All you need to do is try this programme and commit to it permanently. Should you abandon it, your previous conditions will return.

Each month, students enrolled in the Lifetime Programme will receive the latest updates from the world's leading health researchers, delivered directly to your inbox. Upon purchase, the book will be sent to you immediately as a PDF. Save it in a clearly labelled folder and continue adding new updates as they arrive.

Please do share your results with me. I would love to hear from you.

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Be joyful and healthy.