



The Human Body Our Body's 6 Requirements For Life



This is a Free Ebook by
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This Ebook is an extract from the Book

You Are Not Fat. You Are Damaged.

The Most Important Human Discovery Since DNA

This Theory's simple and "obvious logic",
will leave you with only one question,

"Why, has no one thought of this before?"





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Hello. My name is Linda Dodds. I am English, 55 and I have made a major, new discovery about our human body which explains, how it functions and as a result, how it ages. Now this is a big statement, I know.

But to this day, modern medicine openly declares, that they have no idea what are the causes of such universal aging problems as;

- backache,
- varicose veins,
- sciatica,
- cramp,
- numbness,
- swollen feet,
- cellulite,
- middle-age spread;

and their solutions usually only include drugs and/or surgery.

My theory is based upon globally accepted, medical knowledge that has been known to us all for centuries. It gives a simple and logical explanation for all of these symptoms and indeed, for every question listed below; plus many more.

<p>What is cellulite? What is pain? Why aches? Why burning sensations? Why pains in the limbs? Why numbness in the limbs? Why tingling, "pins and needles"?</p> <p>Why intense itching? Why cramp? Why thread veins? Why varicose veins? Why thrombosis? Why swollen ankles and feet? Why pinched nerves? Why neuralgia? Why sciatica? Why twitches? Why restless legs?</p>	<p>Why fit people suffer heart attacks? Why "barrel stomachs"?</p> <p>Why "men's breasts"?</p> <p>Why "love handles"?</p> <p>Why "saggy upper arms"?</p> <p>Why "saddle-bag, hips and thighs"?</p> <p>Why chronic aches? Why chronic pain? Why lumbago? Why curvature of the spine? Why dull skin? Why loose skin? Why "prune type" wrinkly skin? Why "jellylike" and "glassy" skin? Why deep lines? Why dead skin?</p>	<p>Why bones make contact? Why joints collapse? Why discs slip? Why nerves are trapped? Why blood vessels are constricted? Why cartilage dislodges? Why inflammations? Why vertebrae erosion? Why vertebrae fusion? Why brittle bones? Why tendonitis? Why tendons snap? Why ligaments twist and tear? Why muscles pull? Why muscles wither? Why hernias?</p>
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Each of the above ailments has a simple, drug free, exercise free and surgery free remedy achieved with a one-to-one hands therapy which I have named;

The "**Muscle Renewal System**".

This system once learned, may even be self-applied.
You can have complete control of your own body's health.

Quote from Mahatma Gandhi
 Even if you are in a minority of one, the truth is still the truth.

The First Step is, "Knowing How Your Body Works"
Without this Knowledge, You Are Dependent Upon Others.



Our Body's 6 Requirements For Life

To exist, the human body has 6 requirements and in "order of importance", they are;

1. Air without air, the body dies in Minutes.
2. Sleep without sleep, the body dies in Days.
3. Water without water, the body dies in Weeks.
4. Food without food, the body dies in Months.
5. Sunshine without sunshine, the body is unhealthy.
6. Activity without activity, the body is unhealthy.

On the proviso that a human body has received and continues to receive, the "6 Requirements for Life", then excepting a malformation at birth, there are only 3 reasons; as to why, a human body, would fail to function correctly.

1. An injury; physical damage.
2. External attack; virus, fungus, parasite, bacterium, poison.
3. Malfunction; a systems' failure.

Everyday the human body repairs and renews itself; from a minor cut to a major injury.

Daily a million, million body cells are created to replace those that die.

With the circulation of oxygen-rich, nutritious blood cell by cell our body is fed, cleaned and continuously renewed.

New blood means new growth.

Until there is, a blockage.



1. Air

Air is a compound mixture of gases, predominantly nitrogen and oxygen; and on our planet it is available everywhere which is good because we need it.

We need it to be in abundance, clean and free.

We need it. No air, no life.



2. Sleep

We need it.

We need it when we need it and for as long as we need it.

We need it to be “un-interrupted”.

We need it. No sleep, no life.

Sleeping to the rhythm of a “man made” clock, is not healthy.

Sleep is the second most important requirement needed for the human body to survive and to function correctly. Sleep is not a waste of time. Sleep is not a waste of life. Sleep is essential for the good of our mental health, in both attitude and competent reasoning and sleep ensures, that we maintain a healthy body and weight.

To maintain perfect functioning, all machinery from an aeroplane to a zoom lens, needs some time at regular intervals when it is not in use, “down time”; so that maintenance checks and general service activities may be performed. If those activities are not performed or if regularly, they are stopped in mid-process then over time, problems will occur and the machinery will fail.

Our body is the same. Sleep is our body’s “down time”. It is the time when vital body maintenance and service activities are being performed, within.

We sleep when our brain needs to sleep. We do not sleep because we are physically tired. Even if we have an inactive lifestyle, our body still needs to sleep for many hours and at regular intervals.

When our body goes to sleep, our “conscious brain” is turned off and our body’s cleaning, repairing and renewal processes take place. Our body performs its self-maintenance procedures (whatever they are) and when all of its tasks are completed then our body re-activates the brain and we wake up.

If we allow our body to complete its processes and to wake us up naturally, (instead of us being shocked into waking by a shrill alarm) then every day we will feel refreshed, alert, optimistic and internally, our body is prepared.

Imagine; You have employed a cleaner for your house, 3 hours per day. The cleaner works to a set routine; first the entrance hall, the other rooms and always concludes with the kitchen and toilets. One day you come home early,

ring the doorbell, disturb the routine and request an "early finish". Fine, if you do this once a month or maybe once a week but if this continues daily, then soon, your kitchen and toilets will be infested with bacteria. Your entrance hall will be impeccably clean but your kitchen will be "dangerously dirty". You'll probably spend years, visiting the doctor and getting drugs, for a multiplicity of microbial infections; believing that you are "ill", not knowing that it is merely due, to "incomplete cleaning work".

"**Incomplete cleaning work**"; Imagine a house cleaner, who is not allowed to complete all of the routines. Tasks like "taking out the rubbish to the bin" will not be done. Instead, it will be left to accumulate and "clutter up" the already, dirty kitchen. If our body does get enough sleep, enough time to complete all of its cleaning routines then indigestion, constipation and other "irritable bowel" problems will occur as our body, like the kitchen, fills up with rubbish. Our body's rubbish. Let's call it; "**body cell debris**".

In 2007 the BBC reported the conclusions of a medical study revealing that:
"A lack of sleep causes our body to put on weight."

If we have a lifestyle that means, constantly we are being awoken artificially then our body will suffer, seriously. If our body's sleep process is continuously interrupted and not allowed to complete its vital maintenance procedures then our health deteriorates drastically. Our mental faculties diminish and physically, as our "**non-cleaned**" body "**blocks up**"; we are dangerously open to disease and malfunction.

In 2006 the Independent News & Media reported that:
"only 8% of people in Britain were happy with the amount of sleep they get."

In 2006 the Independent News & Media reported that:
12% of all British GP consultations are related to sleeping problems.

Unfortunately, anything that western medicine doesn't understand, it usually dismisses as "irrelevant". Our muscles are an example of this. Sleep is another. Because as yet, western medicine has not determined the "**value of sleep**", its significance is "**ignored**". Oh, except that yearly, millions of drugs are prescribed for millions of people to either; force them, against their own brain to sleep; or force them, against their own brain to be awake.

In 2006 the Independent News & Media reported that:
"1 in 6, British road accidents, involving injury or death, is caused by;
a "**driver falling asleep**" at the wheel."

In 2008 the BBC reported that;
"1 in 5, British road accidents, causing 300 deaths, is due to "tiredness".

"**Sleep deprivation**" is an officially acknowledged and exceedingly, successful "**method of torture**". It has been proven to seriously diminish and possibly, permanently damage; the physical health, mental well being and mental capabilities of the sufferer.

Psychological symptoms include; the "inability" to concentrate, calculate, visualize, reason and remember; a "lack" of enthusiasm, imagination, innovation, humour and adventure; detachment, depression, delusion, lethargy, hostility, impatience, intolerance, selfishness, anger and aggression.

Sleep deprived people are weary, tired, slow thinking, slow re-acting, quick tempered, easily incensed, irrational, unreasonable, unhappy, disinterested, anti-social, non co-operative, confrontational, inconsiderate, irascible, unhealthy, over-weight people and; they "lack the ability" to see an optimistic future. And that's all before the "**depression**" sets in. Sound familiar?

If only 8% of British people are happy with their amount of sleep, that means;
92% of people are "sleep deprived".

The human body is a "**mechanical device**" but it is not, a "**robotic machine**".

In 2007 the BBC; quoting "The Lancet Publication" reported that:
"7 million people in Britain are "depressed"".

In 2008 The Times on Line reported;
2005 to 2006 saw a 6 % rise in the issue of "anti-depressants" drugs;
with prescriptions in Britain now totalling, 31million.

70% of all suicides are attributed to "depression".

Anti-depressant drugs, already known to have the "side effect" of
"triggering suicide"; are given in the millions, to millions of "depressed" people.

In 2008 the BBC announced; the analysis of "47 clinical trials" revealed;
**"anti-depressant drugs don't work,
and that, patients recovered as well, if not better without them".**

The conclusion stated that;
**"World wide; the 40 million, current users of these drugs,
may as well, take a "placebo"."**

In 2007 The Chief Executive of MIND (Mental Health Charity) said,
"Doctors are guilty of a "knee jerk" reaction, prescribing pills which are commonly, "**long term**" prescriptions and have "**well-known issues**" with "**side-effects**"."

Western Teenagers are Deliberately "Sleep Deprived"

It has been scientifically proven, more than once, that the "developing brains" of teenage humans need, for health and mental well-being, to be allowed to sleep longer into the mornings, than do grown adults. Yet this is ignored as all schools start at 9am. Our young start and then continue into their adult lives, in a state of "sleep deprivation". Society is confused and lacks understanding of their sometimes lethargic or belligerent attitude.

In 2007 the BBC reported that: in Britain,
"**631,000** prescriptions for "man made", "**mind altering**" drugs, were issued to **children under the age of 16.**"

(Imagine; as each school year includes on average 650,000 children; - in just 11 short years, **every school child** in Britain could be a "**drugged-up, chemical hybrid**" and all before their brains have even developed.)

In 2008 the BBC reported that: in Britain,
"25% of 14 to 16 year olds said "at times they are depressed"

Young Western Doctors are Deliberately "Sleep Deprived"

A demonstration of just how little the western medical profession understands the "value of sleep" is clearly seen in the profession's own training practices, designed for new doctors.

At a time when young doctors need full mental capacity to absorb and comprehend vast amounts of information; whilst making "life and death" decisions; notoriously they are, by "qualified doctors", deliberately over worked.

For years they are kept in a constant state of "sleep deprivation" with symptoms that include; an inability to concentrate or remember. Yet this, seems to be the preferred and indeed actively created, mental condition for young, western medical professionals.

In 2006 the Independent News & Media reported that:
"In 2005, 43% of people said, that they had had sleep problems."

"**Insomnia**" is an expression used to describe an "inability" to sleep. However, an "inability" to sleep would be a serious and a rare situation, but an "**inability**

to sleep" to the "rhythm of a "man made" clock" is like more likely to be the reality, for many of the sufferers diagnosed with insomnia.

Hope for the future.

Sanity is prevailing in Denmark, with an organization called; "The B-Society". An organization challenging the "treadmill", "9 to 5", "like it or lump it" societal attitudes, **forced upon us all**.

Elvis Presley, Albert Einstein and many other, celebrated minds were not, "9 to 5" people.

Indeed, in February 2008, the BBC dedicated a whole programme; to the "night time" genius and creativity of past, Music Masters. All reputed, to have written and composed their masterpieces, during the early hours of the morning.



3. Water

Water is a compound mixture of the gases, hydrogen and oxygen; and on our planet it is available almost everywhere which is good, because we need it.

We need it to be; in abundance, clean and free.

We need it. No water, no life.

Luxury is; hot and cold running water in a house.



4. Food

We need it.

We need it in abundance.

We need it; plant, fish or animal to have lived a full and healthy life.

We need it to be pollutant and chemical free.

We need it to be pure, unmodified and as Nature designed.

We need it. No food, no life.

We need food to be grown or to be reared with respect for the living organism.

All living organisms; animal, fish, insect

and plant possess self-awareness of their own existence and they all; will protect, fight or flee for their lives. Therefore, they have a "right" to a life.

If something is "alive" then it is not a "product".

Just because we want to eat something "after it is dead",
that does not give us the right,
to "mutilate, torture or deprive it of its life", beforehand.

It's Official: The BBC announced on 13th. February, 2008

"GM food production is a **"disaster"**, both environmentally and financially."
It has not just failed to deliver but indeed, has created **"massive problems"**.

- 10 years of Genetically Modified Crop cultivation have resulted in;
- (i) a vast increase in the use of pesticides, contradicting promises.
 - (ii) no increased yield, contradicting promises.

Eating to the "rhythm of a "man made" clock", is not healthy.

We should eat when we are hungry and not, if we are not; irrespective of the time of day.

It is currently believed by many, that breakfast should be the largest and most substantial meal of the day. We should wake up, have a big meal and then, run around. However consider this; "it is not normal" for any creature in the wild; to wake up, eat a big meal and then, with a full stomach, run around. Normally, animals wake up, run around catching or finding food, have a big meal and then fall asleep. They sleep on a full stomach; they do not run around on one.

In 2007 the BBC announced that; "European studies had concluded; the Spanish tradition of the "siesta", sleeping or resting after a large meal, is the "healthiest" way to live."



5. Sunshine

We need it and regularly.
We need it. No sunshine, no health.
No sunshine, no food.

All of the organisms that live on the surface of our planet have evolved in sunlight.

Since the invention of electricity and in the name of "profit", nowadays we are all expected to wake up and get up at exactly the same time, every single day

of the year, irrespective of the season. On dark, cold, hostile Winter's mornings we are required to behave and work in exactly the same fashion, pace and mood, as if it were a bright, warm, sunny, Summer's day. Not one animal nor bird on this planet, except the nocturnal ones, gets up in the dark. Sensibly, they wait until dawn.

Only humans insist upon this "anti-nature" behaviour.

During millions of years, the human being has evolved living and working to the seasonal changes of this planet. If we weren't migrating north and south to avoid the cold; then we sowed seeds in Spring, we had fun in Summer, we harvested in Autumn and we lazed around, eating nuts and semi-hibernating in the Winter. Still to this day, all of the other creatures on this planet, either migrate away from the dark and cold of Winter or they hibernate through it.

Only humans insist upon this "anti-nature" behaviour.

Sadly, the humans that have difficulty adapting to this "anti-nature" pace of life, are by western medicine labelled as; the "inadequate" ones, the "disordered" ones. They are SAD. They have "[Seasonal Affective Disorder](#)".

Seasonal Affective Disorder

In 2008 the BBC reported that;
"Scientists had discovered, much to their surprise that the further North people live; then during the dark, hostile weather of Winter, the numbers of SAD sufferers, did indeed, increase."

If you are "[seasonal affected](#)", then "[you are normal](#)".

Humans that live ignoring the seasons and believing that, this "anti-nature", treadmill lifestyle is acceptable; they are the "disordered" ones. Somehow, western medicine has confused the healthy, attuned humans with the lower functioning, insensitive ones.



6. Activity

We need it regularly.
No activity, no health.

Activity is Good For You BUT Exercise Is Bad For You

Muscle Activity

Any movement of a muscle, "**muscle activity**" could be described as "**exercise**". If we just sit down then stand up; we have "exercised" hundreds of muscles.

Lifting a pen, exercises all the muscles from our hand to our head. Smiling is an exercise for the muscles of our face. This "exercise" is good.

Indeed, exercise of this type, "muscle activity" is absolutely essential for our body to survive.

- Walking up and down a flight of stairs, ten different times during one day, is "**good exercise**".
- Walking up and down a flight of stairs, ten times all in one session, is "**bad exercise**".
- Taking a leisurely, "uneven paced" walk with lots of stops to bend down and smell the flowers, is "**good exercise**".
- Taking a pounding, power walk and raising a sweat, is "**bad exercise**".

Varied, flowing, non-straining "muscle activity", is good for us.
Repetitious, "muscle pumping" and straining, is bad for us.

Living to the "Rhythm of a "Man Made" Clock"

Living to the "rhythm of a "man made" clock" is "anti-human" and "unhealthy".

Western societies, "**obsessively**";
live, work, eat, sleep and stress themselves out, racing around
to the "**rhythm of a "man made" clock**".

We ingest foods that are grown and reared un-naturally. Pumped full of "**man made**" chemicals with "forced growth" and "artificial cultivation", to the "**rhythm of a "man made" clock**". Foods are further processed with more "**man made**" chemicals, so that they can be shipped, stored and sold, to the "**rhythm of a "man made" clock**".

The long term effects of this "**anti-human**" pace of life reveal themselves; with Britain's millions of unhappy, stressed, depressed, anti-social, aggressive, over-weight, drunken and "drugged up" people.

In 2008 the BBC reported that; "a recent, "Europe wide" survey;
"**Regarding the Happiest People**"
placed Britain, 27th. on the list."

Imagine; With "staggered" start times for offices, colleges, hospitals, schools, banks, government facilities and shops; then overnight, Britain's mammoth, travel and transport "congestion problems" would disappear; along with its

dangerous, pointless, needless and self-inducing anxiety, stress and “road rage”. “Sleep deprivation” could be managed with personal choice, rather than be inflicted as a “national obligation”. If village and town shops and not just their pubs opened into the evenings; then perhaps streets would have a mix of citizens from all age groups, instead of just; feared, bored teenagers or drunken and violent under 30s.

The human body is a “mechanical device”. It is not, a “robotic machine”.

Dear Reader,

So you have reached the end. I do hope you have enjoyed it and that some of the information, if it was new to you, has given you reason for thought.

Perhaps like myself, you are a nocturnal person and therefore already, are fully aware of the detrimental effects of sleep deprivation, brought about and foisted upon us all, by our “anti-nature” insistence upon “living to the rhythm of a “man- made” clock”.

This Ebook is an extract from the Book

You Are Not Fat. You Are Damaged.

A Revolutionary New Look at Our Human Body
which explains in detail, the “mechanics” of
How and Why, All Human Beings Age, As We Do

This knowledge will change forever, how you view your body.

The simplicity and “obvious logic” of this new theory will allay your fears;
because it explains in detail not only,

How, We All Age but also, Why, We All Age, As We Do.

You will be **amazed to learn**, against all popular belief that;
“**Exercise is BAD for You**” and “**Fitness is NOT Health**”.

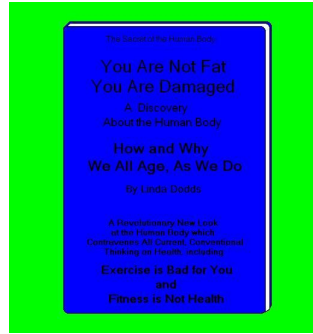
This theory makes so much, obvious sense and it is based upon
medical knowledge known to us all for centuries,
that you will be left with just one question.

“Why, has no one thought of this before?”

Quote from Albert Einstein

Any intelligent fool, can make things bigger, more complex or more violent.

It takes a touch of genius and a lot of courage to move
in the opposite direction.



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Our Body's
6 Requirements For Life
by
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