

健康与疾病形成和回转的 3 阶段 – Step 1 → Step 2 → Step 3

健康

Stage 1 不平衡

Stage 2 毒废物累积

Stage 3 疾病

第一阶段 ~ 不平衡指示 Stage 1 – Indicators of disorderliness (warning signs)

	日期				
1. 中度疲倦感。Moderate tiredness.					
2. 精神紧张、健忘、头脑不清楚，无法自我放松。 Nervousness, obliviousness, unsound mind, failure for self-relaxation.					
3. 头痛、肌肉紧张、局部麻木、抽痛、挛缩。 Headache, tense muscle, partial numbness, convulsions and cramps.					
4. 食量突然增加，肠胃消化不良，特别喜欢甜食、高钠食物。 Sudden rise in food intake, poor gastro-intestinal digestion, fond of sweet and high-calcium foods.					
5. 全身或局部发痒。Overall or partial itchiness.					
6. 有时咳嗽或打喷嚏。Occasional coughs or sneezing.					
7. 自感往来潮热，潮红或畏寒。Reddish periods, menstrual pains or frigidity.					
8. 易出意外状况，不安感、挫折感、心情郁闷。 Prone to accidental circumstances, restlessness, frustrations or depression.					
9. 体重不正常的增加。Unusual weight gain.					

建议解决方案：每天补充 1→2 餐  来平衡营养

：每天吃 5 谷饭，5 色菜，7 色豆，红黑枣水

：补充营养

维持体重及健康：R-time, Colss, Bora-G, Easy Light Meal

维持体重及防老：R-time, AR Ehance, Beau, C. Easy

维持精神及记忆：R-time, R-cor

第二阶段 ~ 毒废物累积及不正常分泌 Stage 2 – toxin accumulation and irregular secretion

	日期				
1. 呼吸时有异味，体臭，口苦咽干。Bad breath, body odour, dry throat.					
2. 鼻窦充血肿胀，反复咳嗽，打喷嚏，经常感冒，气喘。 Nostril congestion and swelling, repeated coughs and sneezing, frequent cold, asthma.					
3. 皮肤干燥或多油腻。易起红疹，过敏。 Dry or oily skin, prone to roseola and skin sensitivity.					
4. 身体过热，容易出汗，手足潮湿。 Feverish, oversweating, sweating on hands and feet.					
5. 打嗝胀气，便秘，腹泻，呕吐，放屁。 Belching, flatulence, constipation, diarrhoea, vomiting, fart.					
6. 女性月经痛。阴道分泌物异常，反复不断的发炎。 Menstrual pains, abnormal vaginal discharge, repetitive, inflammation.					
7. 反复头痛，肌肉关节，脊柱僵硬疼痛，慢性背痛。 Repeated headache, stiff and painful, muscular joints and spinal column, chronic backache.					
8. 频尿（尿色浅淡），乏尿（尿色深红），刺痛，四肢肿胀。 Frequent urination (light in colour), less urination (dark in colour), prickly pain and swollen limbs.					
9. 严重焦虑，颓丧，恐惧，易怒，情绪不稳定，狂闹。 Serious anxiety, depression, fear, quick temper, unstable emotions, frenzy.					
10. 肥胖，高血脂，高血压，高尿酸，血糖偏高。 Obesity, high blood fat, hypertension, high uric acid, high blood sugar.					
11. 易出意外，不能集中精神。Accident-prone, hard to concentrate					
12. 夜卧不安宁。Light sleeping.					

建议解决方案：喝  Sole Source 断食排毒自愈。

第三阶段 ~ 疾病形成常见情况 Stage 3 – Common symptoms of diseases

日期					
1. 慢性消化不良，饮食不正常，进食困难，溃疡。 Chronic indigestion, irregular diet, difficulty in eating, ulcer.					
2. 关节炎，骨质疏松症，痛风，退化性关节炎。 Arthritis, osteoporosis, gout, deteriorative arthritis.					
3. 偏头痛，长期习惯性头痛。Migrain, persisting headache.					
4. 白内障，听力障碍，记忆力丧失。Cataract, hearing impairment, loss of memory.					
5. 失眠，精神萎靡不振。Insomnia, listlessness.					
6. 不孕症，性生活障碍。Infertility, frigidity.					
7. 糖尿病。Diabetes.					
8. 持续性感染，疱疹发作。Persisting infection, herpes.					
9. 肾或胆结石，肾脏病。Kidney, stone, gall stone, nephritic, diseases.					
10. 躁郁症，歇斯低里症，精神分裂裂。Uneasiness, hysteria, schizophrenia.					
11. 癌症（各种癌病变）。Cancer (all sorts of carcinogenic changes).					
12. 心脏血管疾病（心肌梗塞，脑中风，高血压）。 Cardiovascular diseases (myocardial infarction, brain stroke, high blood pressure)					
13. 其他退化性疾病，免疫系统紊乱疾病，不明潮热。 Other deteriorative diseases, immune system disorder, unidentified heatiness.					
14. 成药会影响肝脏及肾脏的病变。 Officinally affected pathological changes of liver and kidney.					

建议解决方案：回复健康从 Stage 3→ Stage 2→ Stage 1→ 健康→ 素食，生食，Cambridge Weight Plan. Real people, real support, real results. 补充营养。

3 steps to check your health status - Step 1 → Step 2 → Step 3



Stage 1 ~ Indicators of disorderness (warning signs)

	Date				
1. Moderate tiredness.					
2. Nervousness, obliviousness, unsound mind, failure for self-relaxation.					
3. Headache, tense muscle, partial numbness, convulsions and cramps.					
4. Sudden rise in food intake, poor gastro-intestinal digestion, fond of sweet and high-calcium foods.					
5. Overall or partial itchiness.					
6. Occasional coughs or sneezing.					
7. Reddish periods, menstrual pains or frigidity.					
8. Prone to accidental circumstances, restlessness, frustrations or depression.					
9. Unusual weight gain.					

Suggested Method : Consume 1 -2 sachets of **Cambridge Weight Plan** daily for a balance nutrients intake.

: Consume 5 types of raw wheat rice, 5 types of vegetables, 7 types of beans, black & red date fruits water.

: Added Nutrition

Maintenance of weight & health : R-time, C-Less, Bora-G, Easy Light Meal

Maintenance of weight & anti ageing : R-time, Natural AR Enhance, Beau, C. Easy

Maintenance of spiritual & memory : R-time, R-cor

Stage 2 – Toxin accumulation and irregular secretion

	Date				
1.Bad breath, body odour, dry throat.					
2. Nostril congestion and swelling, repeated coughing and sneezing, frequent cold, asthma.					
3. Dry or oily skin, prone to roseola and skin sensitivity.					
4. Feverish, oversweating, sweating on hands and feet.					
5. Belching, flatulence, constipation, diarrhoea, vomiting.					
6. Menstrual pains, abnormal vaginal discharge, repetitive, inflammation.					
7. Repeated headache, stiff and painful, muscular joints and spinal column, chronic backache.					
8. Frequent urination (light in colour), less urination (dark in colour), prickly pain and swollen limbs.					
9. Serious anxiety, depression, fear, quick temper, unstable emotions, frenzy.					
10. Obesity, high blood fat, hypertension, high uric acid, high blood sugar.					
11. Accident-prone.					
12. Light sleeping.					

Suggested Method: Consume CWP on Sole Source for detoxification process.



Stage 3 – Common symptoms of diseases

Date					
1. Chronic indigestion, irregular diet, difficulty in eating, ulcer.					
2. Arthritis, osteoporosis, gout, deteriorative arthritis.					
3. Migraine, persisting headache.					
4. Cataract, hearing impairment, loss of memory.					
5. Insomnia, listlessness.					
6. Infertility, frigidity.					
7. Diabetes.					
8. Persisting infection, herpes.					
9. Kidney, stone, gall stone, nephritic, diseases.					
10. Uneasiness, hysteria, schizophrenia.					
11. Cancer (all sorts of carcinogenic changes).					
12. Cardiovascular diseases (myocardial infarction, brain stroke, high blood pressure)					
13. Other deteriorative diseases, immune system disorder, unidentified heatiness.					
14. Officially affected pathological changes of liver and kidney.					

Suggested Method: recovery of health from Stage 3 → Stage 2 → Stage 1
→ Healthy Consumption → Vegetarian food, Raw food, CWP for nutritional supplements