

You can't have HEALTH if You:

- ** Contaminate the air**
- ** Discriminate differences in people**
- ** Pollute the water**
- ** Grasp for the short term and ignore the long term**
- ** Poison the land**
- ** Do not create for posterity and future generations**
- ** Do not treat your body as the sacred vessel it is**
- ** Ignore the welfare of wild creatures and plants**
- ** Do not seek out positive thoughts, experiences & friends.**