

# LiveIt!

## Nutritional Lessons



### We Are One

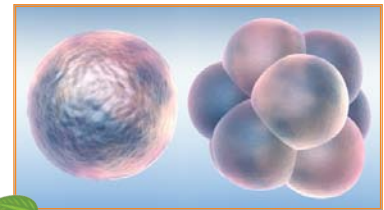
### LiveIt! Lifestyle Lesson 25

**Alan P. Duben, DC**  
4165 E. Thousand Oaks  
Blvd.,  
Suite 301  
Westlake Village, CA  
91362  
805-494-1339

“Just as the chemist cannot create life, neither can he create a complex vitamin: the life element in foods and nutrition. . . the synthetic vitamins he creates on the basis of chemical formulae bear as much resemblance to the real thing as a robot does to a living man, lacking an elusive quality that chemistry cannot supply.” Dr. Royal Lee, 1953

*From the Pen of Dr. Royal Lee (1895-1967)  
Inventor, Scientist, Genius, Founder of Standard Process, Inc.*

As an integral part of our evaluation procedure to determine what might best help you, we examine various parts of your body – skin, muscle, nerves – to understand the health of other organs and glands of your body. We can do this because all the body’s parts are functionally connected to each other and one part reflects another. In this Issue we explain why.



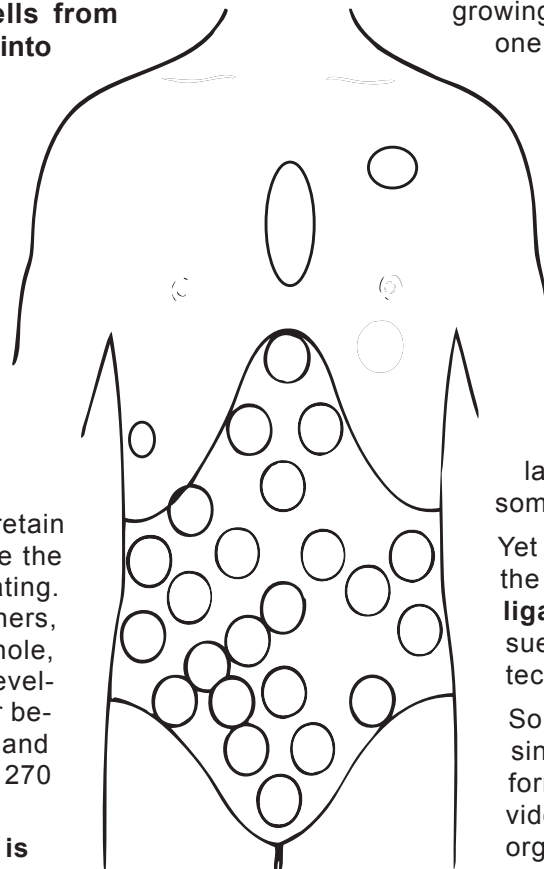
**I**n a microscopic world with an ideal environment, cells from two humans merge into oneness.

This new creation uniting the cells of two parents follows an exact orderliness, guided by an ancient blueprint.

Soon after conception this new creation begins to double and double again and again with the DNA “blueprints” maintaining order. Through each multiplication this new creation remembers its oneness.

All the “parts” of this embryo retain their organic unity even while the cells are rapidly differentiating. One part supports all the others, any one part reflects the whole, until this original one cell develops into that which has never before existed, the individual and unique YOU, in a miraculous 270 days!

**Oneness and Wholeness is  
Maintained Throughout**



Looking into the inner workings of this growing, soon-to-be human, we note one aspect of this new creation is destined to become a **brain and spinal cord** with unnumbered visible and invisible connections of nerve tissues unifying all 3 trillion cells of the human body.

Another part of the “one” differentiates into a **digestive system**, from top to bottom perfectly created to digest and assimilate nature’s blessing of wholesome foods.

Yet another part transforms into the **skeletal system, muscles, ligaments** and connective tissues to provide locomotion, protection and support to the body.

So it goes throughout the body, single cells dividing repeatedly, forming cells that continue to divide to become entire systems of organs and glands. Skin forms to cover and protect the whole,

## Every “Part” of the Body Reflects the Whole

and the nervous system maintains its connection to each cell in the body. No matter how far removed from the brain, always and forever these trillions of cells maintain their unity.

### Reflections of Organ Health All Over the Body

Although appearing different and located at the extreme ends of the body, these differentiated cells forming the heart, nerves, muscles, skin, feet, hands, face, eyes, brain and digestive system remain organically integrated and connected. Based on this oneness we have reflections of all the internal organs and glands on the outside of the body. There is a reflection of the heart in every part of the body – the foot, hand, spine, chest, head and eyes. Each segment of the spine and its relative nerves connect to organs of our body, reflecting their function. Similarly, every other organ and gland of our body is reflected in other tissues – in muscles and in the skin of the body and skull – all in perfect orderliness.

### What Makes Our Office Different

At our office, we see the many reflections of the whole as one body system telling the able “listener” what is going on inside your body. This integrated approach is our expertise.

This view of whole body connectedness is what sets us apart from those who see the body as though it has been divided up into specialties and merely treat symptoms as they pop up here and there. By touching your hand we can better know your digestion, heart and bowels.

By touching your spine we know better the health of your organs. Zones and meridians of the skin and muscles all over the body reflect the inner functions of your body.

That’s because we are one, wholesome, functioning being.

### Viscero-Somatic Connections

#### ◦ Pain in the back?

Could be digestive organs calling out for healing with digestive enzyme support. (See LiveIt! Lesson 3)

#### ◦ Pain in the leg?

It could be the need for probiotics in the large intestines (See LiveIt! Lesson 5) or perhaps you need more “greens” in your diet — or both!

#### ◦ Pain in the chest or abdomen?

Could signs of nutritional deficiency and/or a rib or spinal segment irritating nerves to the organs of the abdominal

region. (See LiveIt! Lesson 2)

In our office we see all aspects of the one “you” reflected in your body structure, body chemistry, emotions and mental capacity.

- **Biochemical imbalance?** – Could be caused by structural imbalance.
- **Emotional imbalance?** – Could mean biochemical imbalance.
- **Structural aches and pains?** - Could be the need for The Nutritional Essentials, yoga, chiropractic and exercise.

Our purpose is to serve your wholeness and help you reconnect the varied parts of your self to reach the best level of health, harmony and balance of the ONE you. We use all the diagnostic skills we believe are necessary to determine how best to serve your HealthBuilding needs and apply the remedy.

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

## What Did You Learn?

All parts of the body remain connected as if they were ONE CELL. Each and every aspect of the body whole functioning as one organic unit. **True False**

Pain my my back could mean that I have digestive problems developing. **True False**

At our office, we see the many reflections of the whole as one body system telling the able “listener” what is going on inside your body. **True False**

Our purpose is to serve your wholeness and help you reconnect the varied parts of your self to reach the best level of health, harmony and balance of the ONE you. **True False**

**This LiveIt! Lifestyle Lesson is brought to you by:**

**Duben Holistic Chiropractic & Kinesiology**

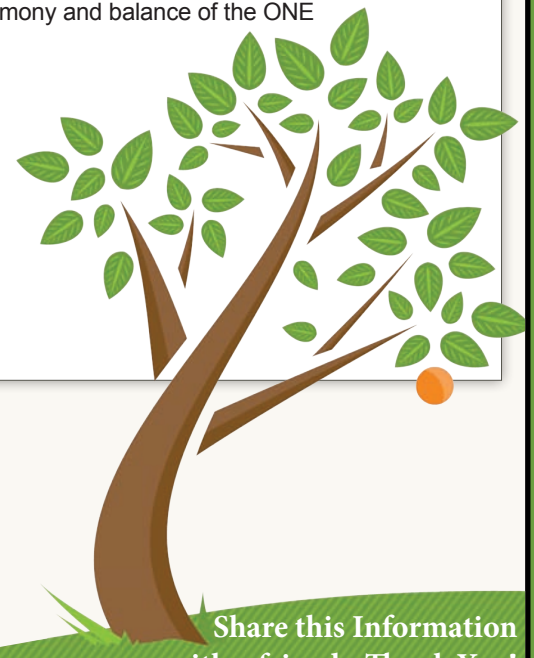
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