



# HHDF

## FairLife Health Program

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Presentation  
HHDF FairLife Health Program  
and HHDF Home Pure Water System

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Human Health Development Foundation - HHDF - is a Non Profit Organization that primarily aims at supporting people in developing countries to attain good Health and sustainable Development. Good Health is the most important step towards Development. The imperial object is to attain Good Nutrition and Pure Water for people in the rural areas - secured by production and distribution of HHDF Home Pure Water System. Good Nutrition is secured by intake of natural food based on our traditions.



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### **Introduction of Human Health Development Program**

Human Health Development Foundation - HHDF - is a Non Profit Organization that primarily aims at supporting people in developing countries to attain good Health and sustainable Development. Good Health is the most important step towards Development. The imperial object is to attain Pure Water for people in the rural areas - secured by production and distribution of HHDF Home Pure Water System.

### **Presentation of Human Health Development Foundation – FairLife Program**

FairLife program is founded on an Easy To Follow - Food Concept where you continue your Social Life and changes just the small bits in Life that counts - but not hurts. By exchanging small parts of your daily routine you will still be socially right on track and at the same time you will be a Winner in the short as well as in the long run. You eat and drink as much as you please, and since you choose the Good stuff, containing a lot of nutrients - you will find yourself doing this with great pleasure.

A fully Nutritional Lifestyle enhances the life span and is rewarding on a daily base. It gives more energy and makes you feel better. Especially for people with health challenges this is of crucial importance. To live a longer and stronger life the need for cutting bad habits and taking up a healthy lifestyle is paramount. This is what has been understood by WHO in the last years and this approach to health and a nutritional lifestyle is of a very high demand in Zambia today.



The most important component for building a sustainable lifestyle is Pure Water and Good Nutrition. The body consists to a degree of 70 % of water and water is the most important nutrient transport component in the body. In order to have a functioning body of high capacity the quality of the water that you drink is of supreme importance. With Pure Water the body will be able to handle the daily transportation of nutrients and give a perfect maintenance of the organs and the Immune System. If the water on the other hand is not pure this will cause a full access for bacteria, fungus, virus, amoebas and other parasites to enter into the body through the very drinking water. These alien ill doers - entering through the impure drinking water - drastically harm the functions of the body and paralyze the very Immune System itself. The Immune System is therefore not able to protect you when different types of parasites try to enter the body. This means that the body will not be able to push out these aggressors and we end up being sick. If we, though, drink only Pure Water our body will have much better powers to handle and kick out alien ill doers. We can therefore by drinking Pure Water better stay healthy and strong. We will then be in shape to take care of our everyday work and fully support our family. With Pure Water we do not fall into the despair of the harmful water borne diseases. No matter your present health diagnosis; with Pure Water you have a great possibility to build a healthy and prosperous lifestyle.



HHDF Home Pure Water System high quality filter solution improves the general health and livelihood of people significantly and gives a much better water regarding the clearness, taste, color, smell, dirt and algae's through the purification. We offer two solutions. Mainly for urban areas we offer the three component kitchen filter using ceramic filter with a retention capacity of bacteria to 99.99%, colloidal silver coating to guarantee total sanitary security of the filter without any side effect on the human body plus active carbon to liberate the drinking water from harmful chemical gases such as Chlorine. For rural areas we offer the very same high quality filter as a Bucket System with a top bucket for raw water and a bottom bucket with tap for Purified Water.

With Pure Water you have a great possibility to build up a healthy and prosperous lifestyle. The United Nations World Health Organization (WHO) and the Food and Agriculture Organization (FAO) suggest a strong link between bad water and people suffering from diseases. For good health Pure Water that is good for the human is needed to build a strong immune system in order to fight off bacteria, fungus, virus, amoebas and other parasites causing infections and diseases.



The United Nations World Health Organization (WHO) and the Food and Agriculture Organization (FAO) suggest a strong link between bad water and poor nutrition and the death rate of people. For a better health and for a prosperous future we need to throw out the bad water and the bad food and bring in good nutrition and pure water in order to fight off alien ill doers and build a strong immune mechanism.

The modern lifestyle has brought many good things into our lives, concerning new means of technologies, great cleaning agents and powerful medicine. None the less many of the aliments given to us for consumption, by the modern world, are harshly harming the human body. This has been noticed by the WHO through a swift and heavy rise in diseases such as cardio vascular problems, diabetes, cancer and weakened immune system. With the introduction of the modern diet in Africa unfortunately these diseases now are spreading extremely quickly. We can also in the villages find these problems according to the Zambian Ministry of Health. These diseases are very strongly connected to modern food.

The modern products harm people mainly in three ways:

- 1:st. The modern products cost more money than the traditional food.
- 2:nd. The knowledge on how to handle and benefit from traditional natural recourses disappears.
- 3:rd. Modern products cause severe damage on the body and major health corruption as fatigue and so called welfare diseases such as heart problems, diabetes, cancer and weakened immune system.



### **Causes of weak immune system**

Weak immune system function is a system dysfunction that is possible to handle but also hard to treat, due to long term negative impact on the body functions from an external intruders, such as bacteria from bad drinking water, causing an impact on the production of immune system White Blood Cells

The cause of the immune deficiency can vary from case to case. The mayor focus is to handle the very cause, why we should drink only Pure Water with no bacteria, in combination with a treatment that will assist the body functions to harmonize and be able to rebuild the body. This is done by taking away external intruders and restricting inflammations in the body and free radicals that emerge from a unbalanced lifestyle in order to recover the immune system.

The immune system produces the White Blood Cells for its function in the bone marrow and while being under a lot of pressure the body will produce an inflammation in this part; that in due turn will cause the production of White Blood Cells harder to achieve. At this point it is important to find out the cause of the immune deficiency and to address this problem plus at the same time assist the body to produce White Blood Cells by reducing the inflammation.

Inflammations in the body is generated by booth external intrusion, mostly from bad water, but also from high intake of fast burning carbohydrates which causes hormonal imbalance of Insulin and Cortisone that escalate the induced inflammation of the body system. The consequence is that your body will have an overload of tissue katabolic cortisone hormone from high fast burning carbohydrate – starch and sugar - intake. Carbohydrate also decreases burning of fat causing over-weight that worsens the health status.

### **Food as Poison**

Many problems harming health severely come from modern products that destroy the body brutally. Worst of these products are the unnatural and chemically modified forms of carbohydrates and fat:

1. Refined Carbohydrates; Found in White bread, Millie meal, Soft drinks, Candies, Biscuits and Tin food.
2. Modified Fat; Found in Cooking Oil, Tinned food, Cookies, Cakes and Biscuits.

Booth these modified forms of products are extremely bad for health, by themselves or used in cooking, plus in the mentioned products, as in any other product where they occur. Most nutrients in processed foods are destroyed in the process of refining.

The removal of fibers hinders the bowel to work properly. Chemicals that are added to processed foods such as colorings, flavoring or preservatives harm the body and are known to disturb the digestion and stress the immune system. Of course, besides these items sold for consumption, also alcohol in excess and drugs are completely devastating for the health. Alcohol can be used in modest amounts. Red Wine that contains high amounts of antioxidants which makes it much better than beer and strong drinks.

### **Creating strong Immune System**

First the very external intruder will be addressed in a proper order. Simultaneously a change of diet intake in order to assist the body to reduce inflammation and assist the rebuild of the body functions to normal status is promoted. It however will take a lot of dedication forming this new way of life to attain FairLife while it shall be implemented for life. However, the only "side effects" recognized from this program will be more energy, weight balance and, not to forget, more life.



## **Food as Medicine**

For a strong life, consumption of fresh traditional food as medicine is vital, using following methods:

1. Whole Grain Carbohydrates; Found in village made Enchima from mainly Millets some Cassava and a little of whole grain meal of Maize; Sweet Potatoes, Beans, Lentils and Groundnuts; Seeds such as dried Sunflower seeds and especially Pumpkin seeds that are high in Zinc and Proteins and give strong Immune System.
2. Cold Pressed Oil from Olives that does not harm the health or oxidize – Extra Virgin Olive Oil. There is no need to fry food; instead one can boil sweet potatoes and meat in a stew. NEVER deep fry anything since this is extremely harmful for the health.
3. Sugar from fresh Fruit and Berries are beneficial at their natural ripe season due to high vitamin content. Refined Sugar should NOT be used at any point in a healthy lifestyle since it eats the body out from inside, causing aging along with diabetes, cardiovascular diseases, cancer and immune deficiency. Stay away from soft drinks and candy.

Traditional foods have to take back into the cooking and make food into medicine. Many of the old ways in cooking have proven, by modern medicine, to be very potent in prohibiting and curing bad health. The best components in a healthy nutritious lifestyle are:

Especially Hardboiled Egg with the Yolk that contain much Proteins and Selenium, Boiled Fish that contains Omega 3, Dried Goat meat and Inswa, Mbeba plus Caterpillars that all are high in Proteins, Stew on Lamb that contains Omega 3, Vegetables Fresh, Steamed or in Stew that all hold lots of Potassium, Magnesium, Calcium and all the Vitamins plus many good Antioxidants, Beans, Lentils, Full Grain Rice for stopping Diarrhea, Most important Dried Pumpkin Seeds that contain very high concentration of Zinc, Dried Sunflower Seeds that contains much Vitamin E, Onion and Garlic that are good for Enhancement of the Immune System, Cabbage that is strongly combating Cancer, Fruits of any kind in larger amounts and Green Tea with Full Cream Milk – absolutely without sugar - that all give very important Antioxidants.

Take Fermented Yogurt, Sour Milk or Sour Porridge regularly since this build up the Good Bacteria flora for a perfectly functioning food digest. In all the forms of traditional food where Groundnuts are put into the meal also mix with Pumpkin and Sunflower seeds to enhance the nutritional value in every meal. Finally; drink Pure Water on every occasion.

## **Diet Program**

The way to get back to a life with good health and strong immune system is after addressing the external intruder to harmonize the hormonal system and take down inflammations in the body system. This is done by totally taking away what has cause imbalance of the body system: the external intruder and the refined carbohydrates and chemical fat that have boosted the production of insulin/cortisone and caused major inflammations in the body functions.

### **FIRST;** what to **AVOID:**

1. Refined carbohydrates such as sugar, soft drinks, beer, flour, bread, milliemeal, Irish potatoes, spaghetti, cookies, cakes, sweets etc. that will cause further inflammation and outburst of Insulin/Cortisone to even more burden the body.
2. Chemical oils, such as cooking oil and margarine and modified oils in cakes, cookies and biscuits that will cause further problems for the body get in balance and treat itself.





**SECONDLY;** what to **INVITE:**

1. Natural foods, high in natural fat, such as fish, goat, wild meat, rabbit and birds plus green vegetables and vegetables high in fat such as avocado, nuts, seeds and coconut that will boost fat burn which further enhances the Immune System.
2. Natural fat such as butter, cream and cold pressed Extra Virgin Olive Oil that will also boost natural fat burn of excessive fat deposits in the body and build the bone marrow for production of White Blood Cells and Stem Cells for regeneration of the body tissue and functions.
3. Carbohydrates that will not disturb the health balance, such as unrefined rice, cassava, millets, root vegetables as carrot, root beat, red beat, sweet potatoes, lentils and beans soaked and boiled in a stew. These are the only carbohydrates in natural food.
4. Green Tea/Roiboos infusions with fat milk to boost the input of antioxidants and urinal toxicity disposal.
5. Cabbage Salad with Extra Virgin Olive Oil, Garlic, Apple Cider Vinegar and sea salt. This is a very strong natural medicine for boosting the immune system. Slice the cabbage very thinly and put it in a bowl, put richly of Extra Virgin Olive Oil, some Apple Cider Vinegar, a big piece of garlic that is cut thinly or crunch plus a little bit of pure natural sea salt.
6. Ground nuts and pumpkin seeds to enhance the intake of minerals is a very efficient natural medicine to enhance the immune system.

**Health Enhancing Diet Program**

**Morning**

Wake up with **Pure Water**  
Serve **Fresh Breakfast** with Egg and Tea

**Lunch**

Serve yourself a nice rich lunch using lots of Greens, Eggs, Fish, Beans, Game Meat, Nuts and Seeds. Leave out refined Carbohydrates and modified Oils for a FairLife!

**Afternoon**

Have an **Energy Drink**

**Dinner**

Let your own taste seduce you with nice butter and creamy sauces, fish, game and lamb. For dessert creamy chocolate mousse without sugar. Cut out sugar or any refined Carbohydrates plus modified Oils for Good.

**Evening**

Enjoy a cheese plate with nuts and seeds. Go to a good night's sleep with **Pure Water** to meet a New day of FairLife!

**Pure Water**

Drink Pure Water the first thin in the morning and in the evening for rinsing your body system.

**Fresh Breakfast**

Prepare a breakfast mix from seeds of sunflower, quinoa, sesame, and pumpkin and nuts of hazel, brazil, cashew, walnut and almond in equal amount along with just little wholegrain wheat, rye and oat bran. Keep covered in dry place. Put in soak in hot water for next day. Wash and pour off the water. Serve the breakfast with yoghurt and wild berries and fruits.

**Energy Drink**

- \* 1/2 dl apple juice
- \* 2 tsp Moringa powder
- \* 1 tsp MSN
- \* 3 tsp Omega 3 Oil
- \* 1 tsp Vitamin C



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By taking away the external intruder that has caused the immune system to become weak, using the HHDF Home Pure Water System and the inflammation escalation caused through the fast carbohydrate over intake while getting more fit and enjoy higher health at the same time as boosting the body with natural food as medicine with antioxidants will help the body heal itself. This lifestyle have to be followed closely the for some time but should not really ever turned away. This new life have will open the door for a healthy natural lifestyle – a FairLife. This lifestyle can of cause looked at it as that by following this natural program, besides getting well, one will have a happier, stronger and have a longer life for the future. After some time immune system will improve, however it should not be taken this as that one shall go back to a “normal” lifestyle. The NORMAL lifestyle is the one that takes away pain, despair and diseases and instead lead to a new life of well being – FairLife.

Warm regards to you and looking forward to hearing from you

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