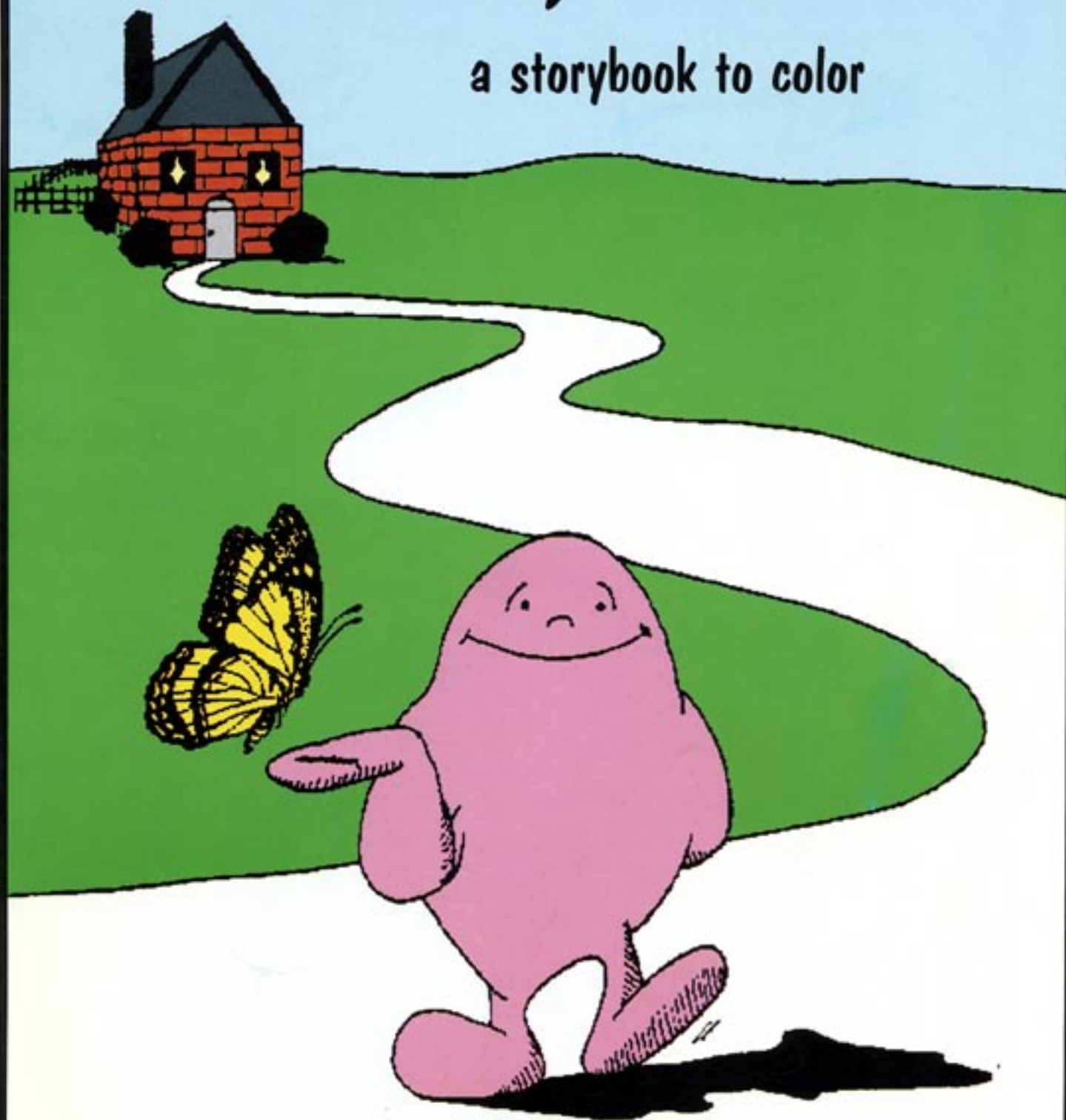


Harmony'sTM House

\$4.00

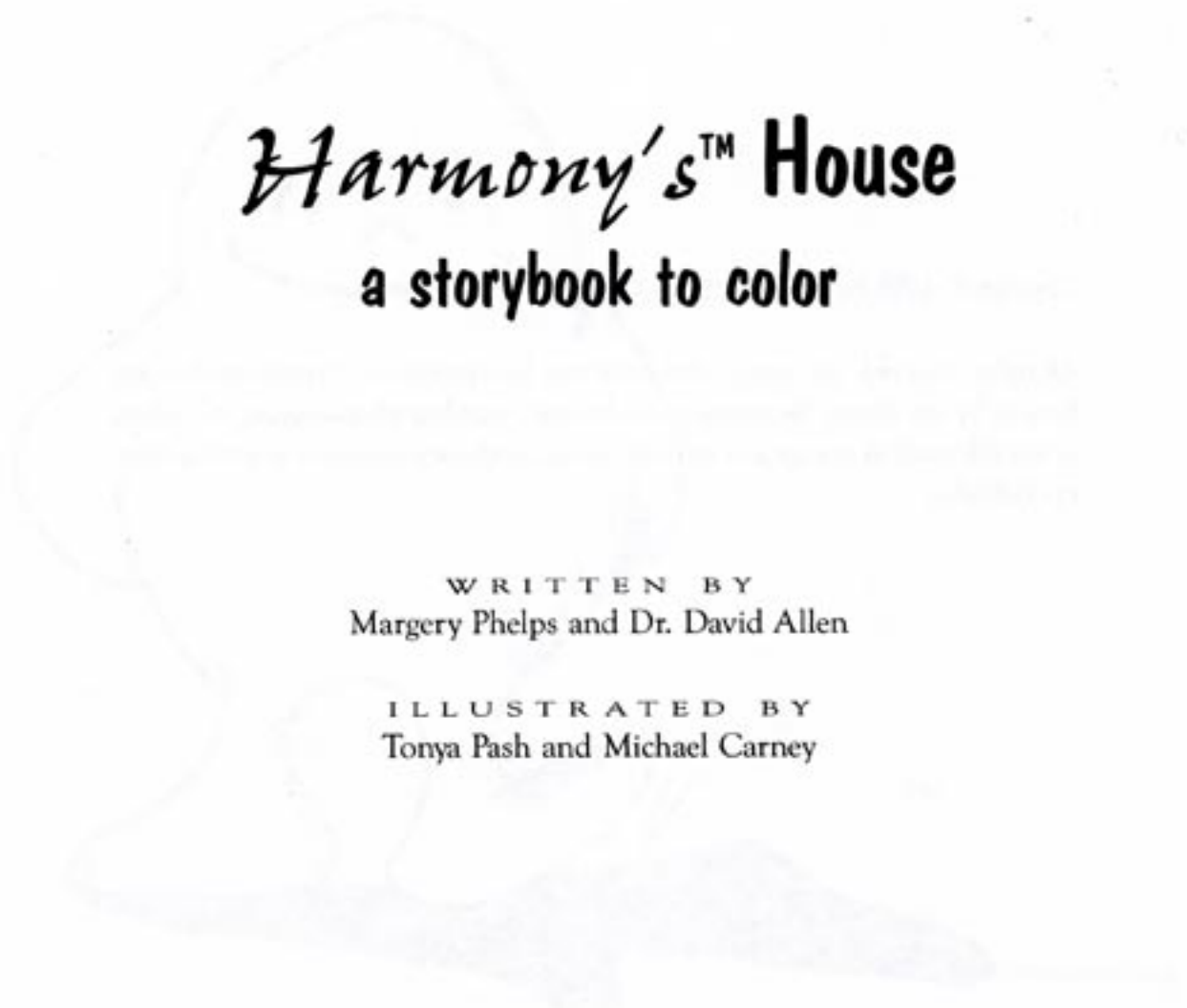
a storybook to color



WRITTEN BY

Margery Phelps and Dr. David Allen

Illustrations by Tonya Pash and Michael Carney



*Harmony's*TM **House**
a storybook to color

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ILLUSTRATED BY
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THE MOORE-LEMERE COMPANY
LANEXA, VIRGINIA

You have 75,000,000,000,000
cells in your precious body.

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THE MOORE-LEMERE COMPANY
4058 S. RIVERSIDE DR.
LANEXA, VA 23089

This is Harmony,
the healthy cell.



TM

© MARGERY PHELPS CHILDS

You have 75,000,000,000,000
cells in your precious body.

Your body is your home.

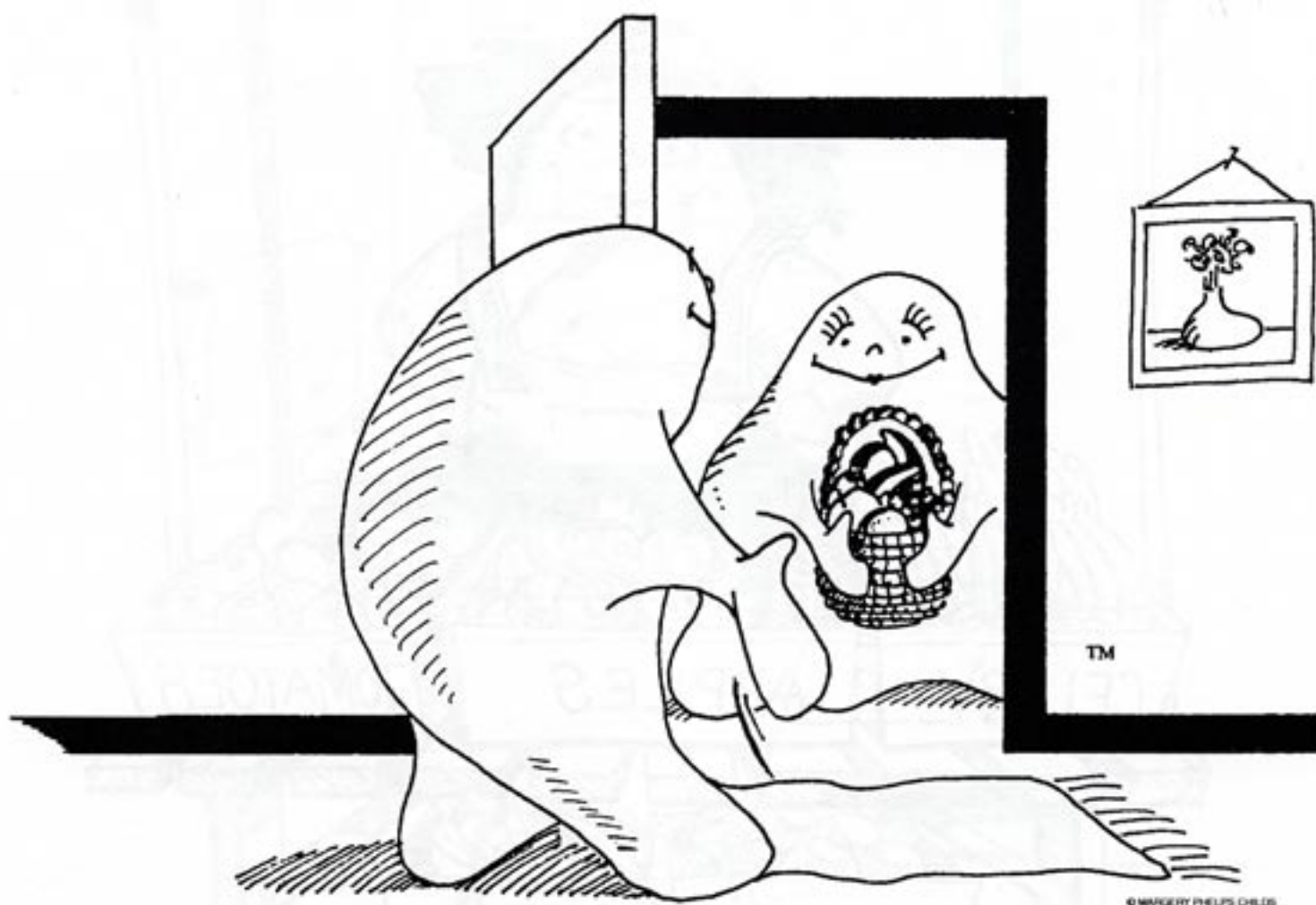
It's the most important
home you will ever have.



© MARGERY PHELPS CHILDS

When you take good care of your
home, you will be healthy — and
Harmony will be happy!

If your Body is your Home,
your mouth is the
Front Door.



What do you invite into your home?

Fruits and Vegetables
are good for your home.



When Harmony has lots of these,
you'll feel great!

Uh, Oh. What happened to Harmony?
You need to drink plenty of water
to keep Harmony clean.



Colas are not water.
They make a mess in your home.



TM

© WIGGERS HELPS CHILD

So, be sure you
Shower Harmony
With Clean Water Every Day.

If your body is your home, your
Stomach is the Kitchen,

the
place
where
food is
prepared.



After you eat, you need to clean up the
kitchen. In Harmony's house that means
you should go to the bathroom regularly
to get rid of waste.

Harmony needs fuel to
keep the furnace running.



TM

© MARGERY HELPS CHILD

There are
three kinds of fuel for your Home:
carbohydrates • proteins • fat

When Harmony does not
get the right fuels,
you get sick.

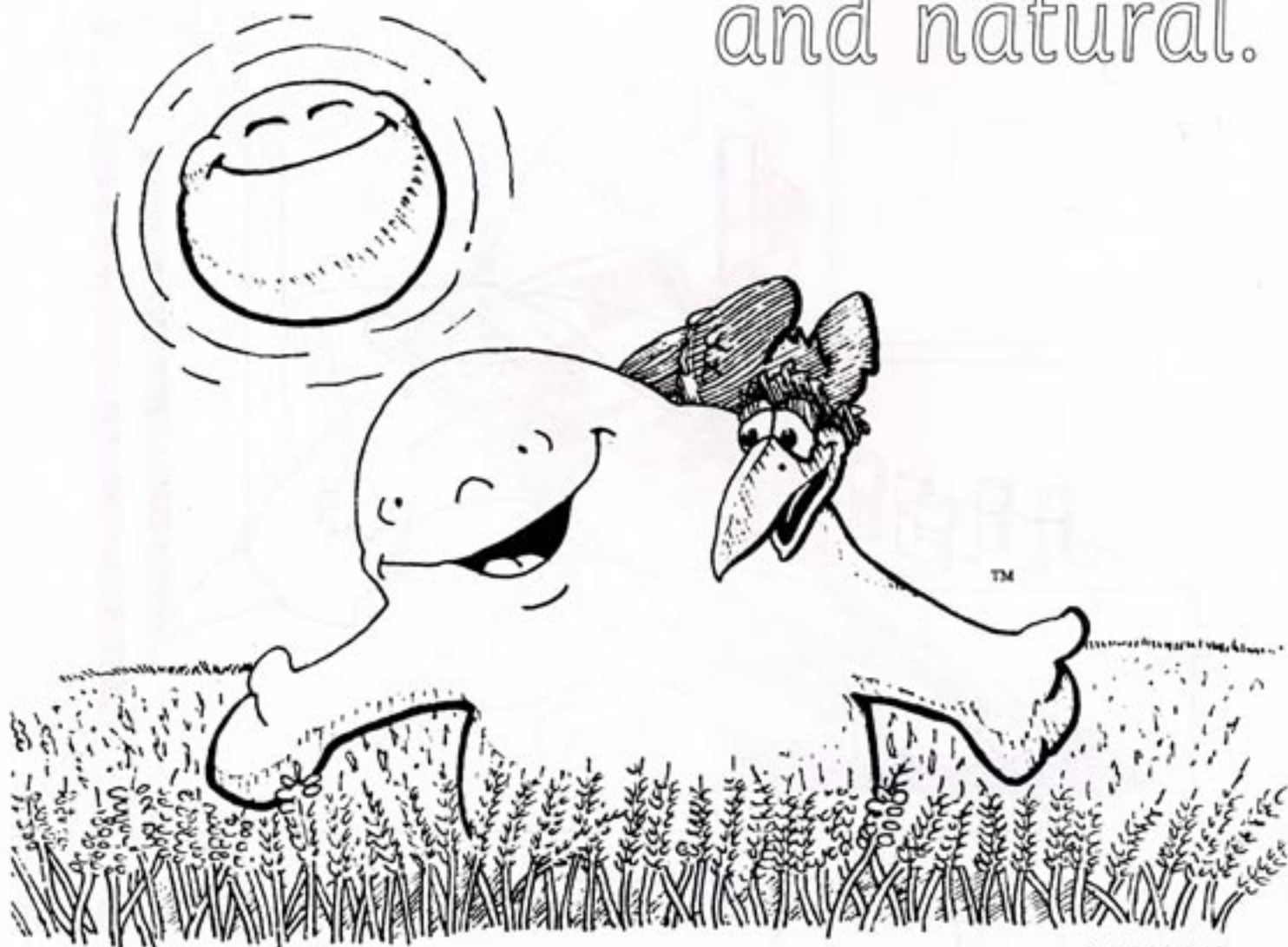


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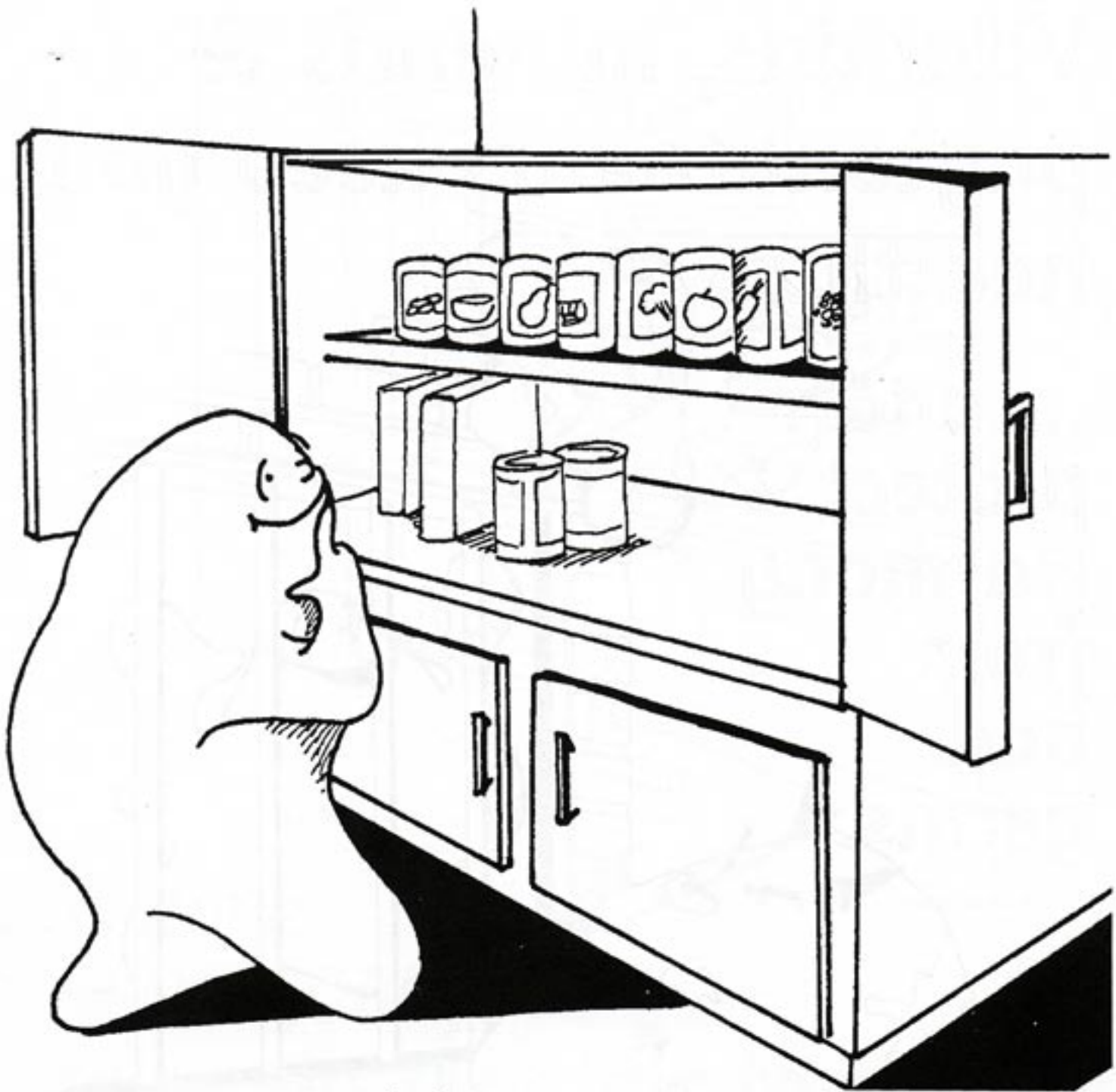
Fuels provide nutrients for your body.

All fuels should be fresh
and natural.



© MARGERY PHELPS CHILDS

Breads made with whole grains
make Harmony happy —
and give you lots of energy.



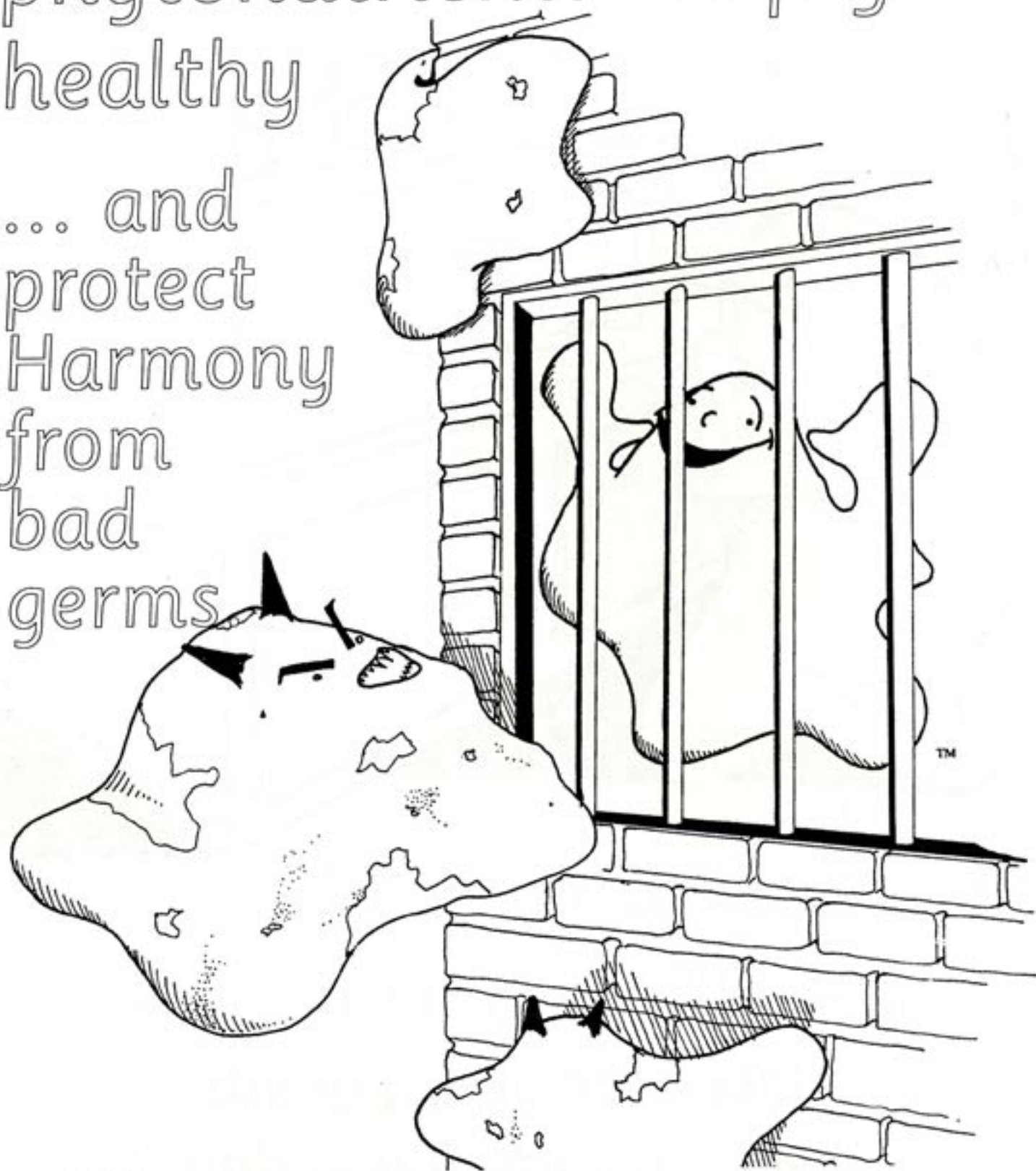
TM © MARGERY PHELPS CHILD

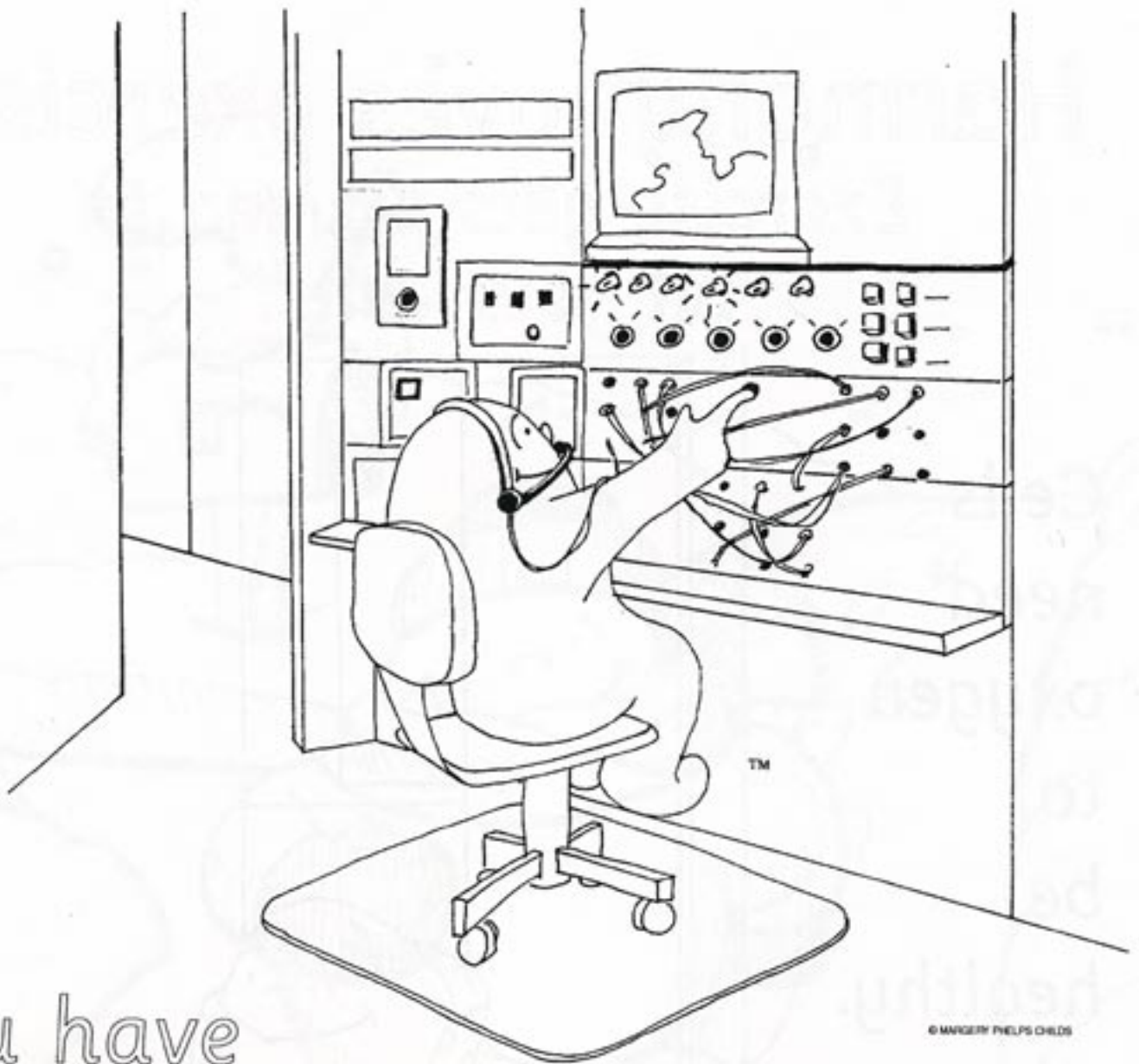
Harmony likes
vitamins, minerals & phytonutrients.

Make sure your parents
give you some every day.

Vitamins, minerals &
phytonutrients keep you
healthy

... and
protect
Harmony
from
bad
germs





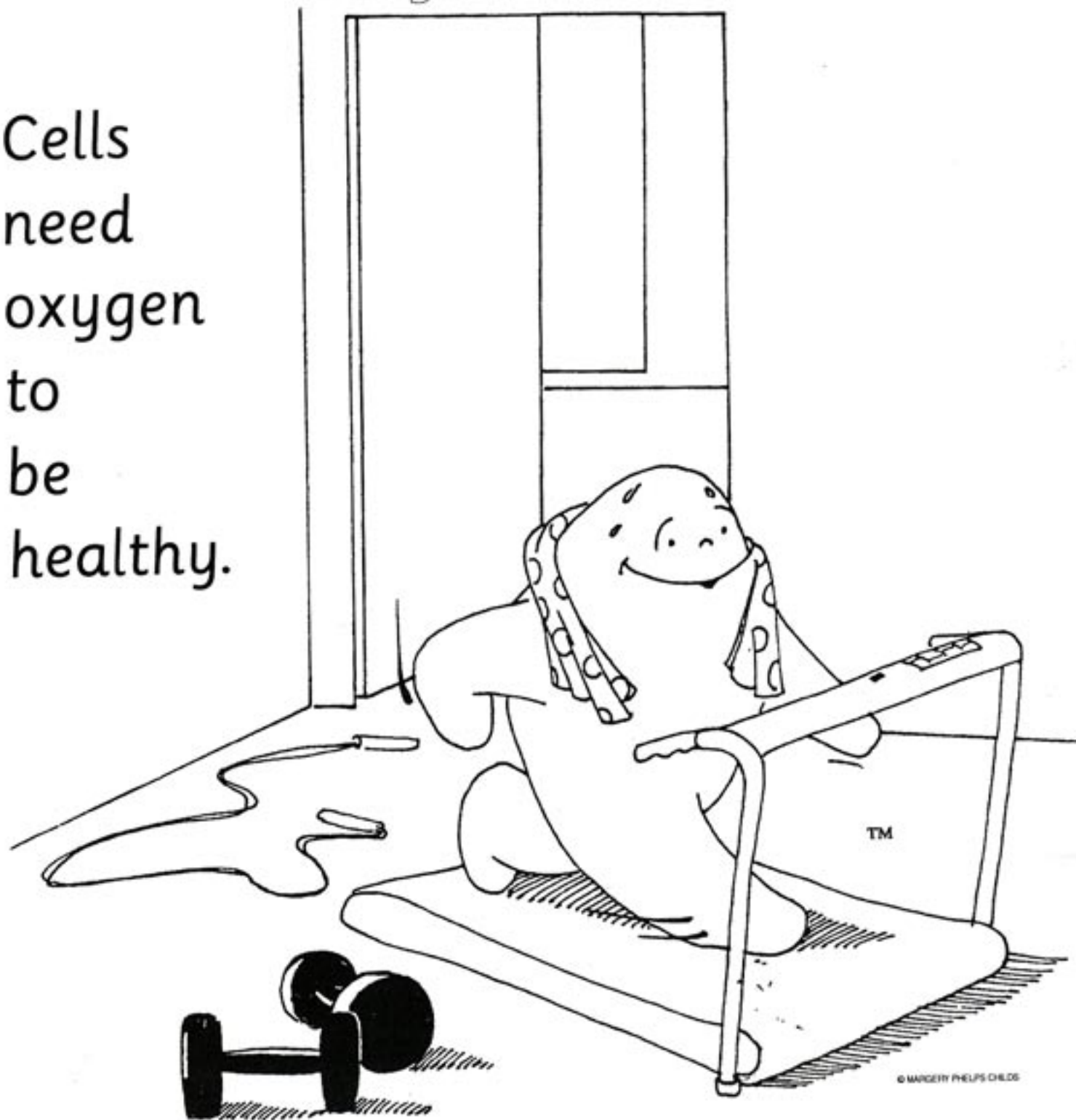
© MARGERY PHELPS CHILDS

You have
100,000,000,000
brain cells that talk to all the
other cells and
tell them what to do.

Please don't damage your brain cells
with alcohol, sugar, colas and cigarettes.

Harmony loves exercise.
Exercise gets oxygen to
all your cells.

Cells
need
oxygen
to
be
healthy.





© MARGERY PHELPS CHILDS

A brisk walk every day
is good exercise.

You'll feel good
& look great



when you exercise.



Harmony
likes the
playground.

You meet all
sorts of
people there.
Some are friends;
some are foes.

Are your Playmates Friends or Foes?

Friends are
VITAMINS & MINERALS
& PHYTONUTRIENTS

You'll crash with these foes:
Candy • Colas • Cigarettes • Drugs

So ...

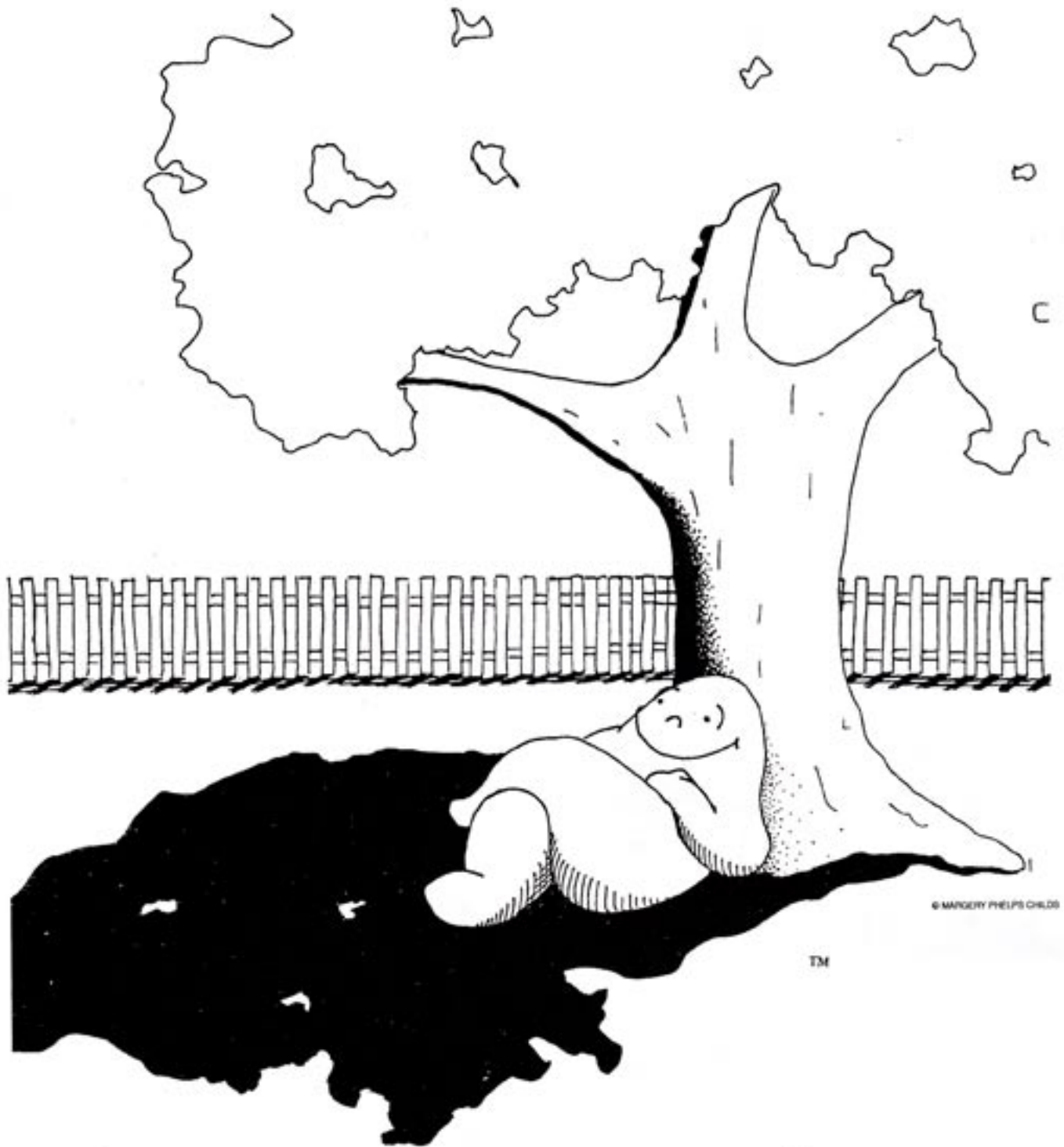




© MARGERY PHELPS CHILDS

Declare your independence
from foes!

Harmony needs to relax
once in a while.



© MARGERY PHELPS CHILDS

TM

Watching TV is not relaxing



TM

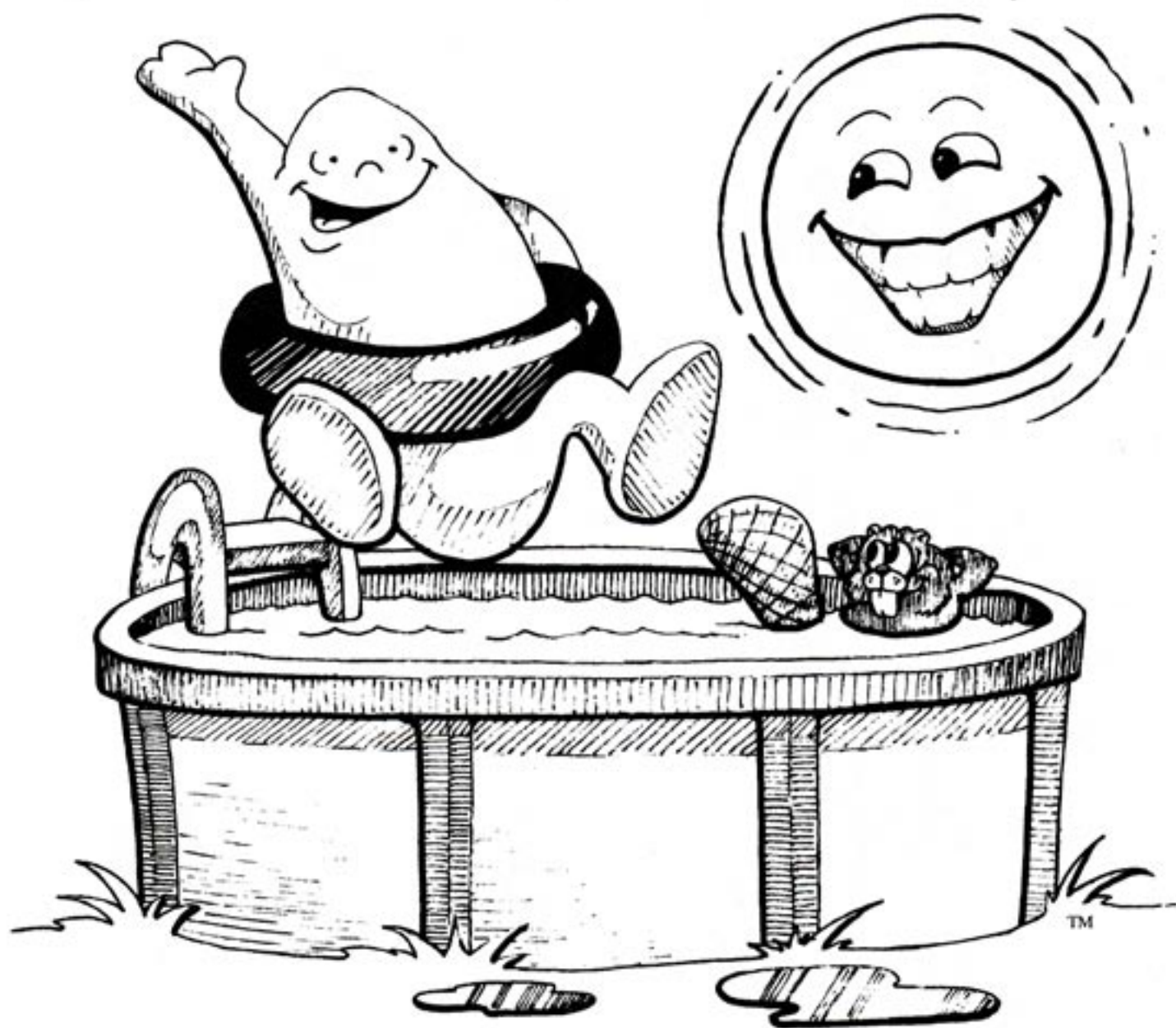
© MARGERY PHELPS ORLES

Take time to smell the
flowers ...



... and enjoy the fresh
air and sunshine.

But be sure to wear sun screen.



© MARGERY PHELPS CHILDS

Have fun in the water ...
don't forget your life preserver!

Pack a picnic for
Harmony with fresh
fruits and natural
foods that have lots
of good vitamins,
minerals and
phytonutrients ...

And you will
Glow with Good Health
... like Harmony!



TM

© MARGER HELPS OLOS

7

In Harmony's House
we are always



© MARGERY PHELPS CHLOE
TM

Searching for Good Health