

## **NATURAL HEALTH SUGGESTIONS**

Trying to get well with lots of toxins in your system is like trying to fold a sheet in a high wind. You can do it but it will not be easy and will take longer.

**Here are some suggestions to make healing easier for you:**

- Increase water intake. You may want to use filtered water. Use 5 gallons of distilled water first. You might want to call *Water Wise* for a distiller (800) 874-9028. These are also available on the internet [www.H2OLabs.com](http://www.H2OLabs.com) or [www.waterwise.com](http://www.waterwise.com).
- You need to drink ½ to 1 ounce of water per pound of body weight, unless your doctor has put you on specific restrictions. This helps increase the size of your back's discs and relieves pressure on the nerves. Discs are made up of approximately 80% water. A shower washes the outside of your body to keep it clean – drinking washes the inside of your body on the cellular level.
- No soft drinks (leaches calcium), white sugar (inflammation), white flour, or fried foods (poor nutrition).
- For a sweetener use honey or *Stevia* (alternative sweetener found at health food store).
- “Garden of Eden” diet includes: Fresh fruits, vegetables, water & very little fish or chicken. (No beef or pork.) No coffee or tea or red wine (tannic acid). Instead of milk products, use soy (decreases mucous).
- Use gloves with cleansing supplies and only use distilled water, vinegar, and baking soda. You may also want to use a mask and ventilate home when cleaning. Cleaning products can enter your system with the chemicals entering your lungs and skin. For natural cleaning products, try *Melaleuca* products - [www.melaleuca.com](http://www.melaleuca.com).
- Start a walking program in the cool part of the day, at a gym or mall.
- With Degenerative joints, a Harvard study showed within 3 weeks less pain and within 3 months more healing by using one tablespoon *Knox* gelatin in a glass of 100% juice that has Vitamin C in it (i.e. Northland or Juicy Juice).
- Visualize a white light going through your entire body.
- Multivitamin (whole food supplements)
- If you are on a blood thinner, ask for vitamins without vitamin K.
- Puritan's Pride vitamins (800) 645-1030 or [www.puritan.com](http://www.puritan.com) – they are approximately 60% less expensive
- If you smoke and are unable to quit, smoke Winston. They have no additives. If you want to quit smoking, talk to me. Hypnotherapy is offered at our clinic and it works.
- In the future you may need: (PLEASE TALK WITH ME BEFORE STARTING ANY OF THESE)  
Bowel Cleanse—Parasite Cleanse—Liver Cleanse—Blood Cleanse