



THE TEDS FOUNDATION
Think. Eat. Do. Serve.

The Baker's Dozen: **13 Ways to Overcome Your Lethal, Unknown Stressors**

An Essential Guide

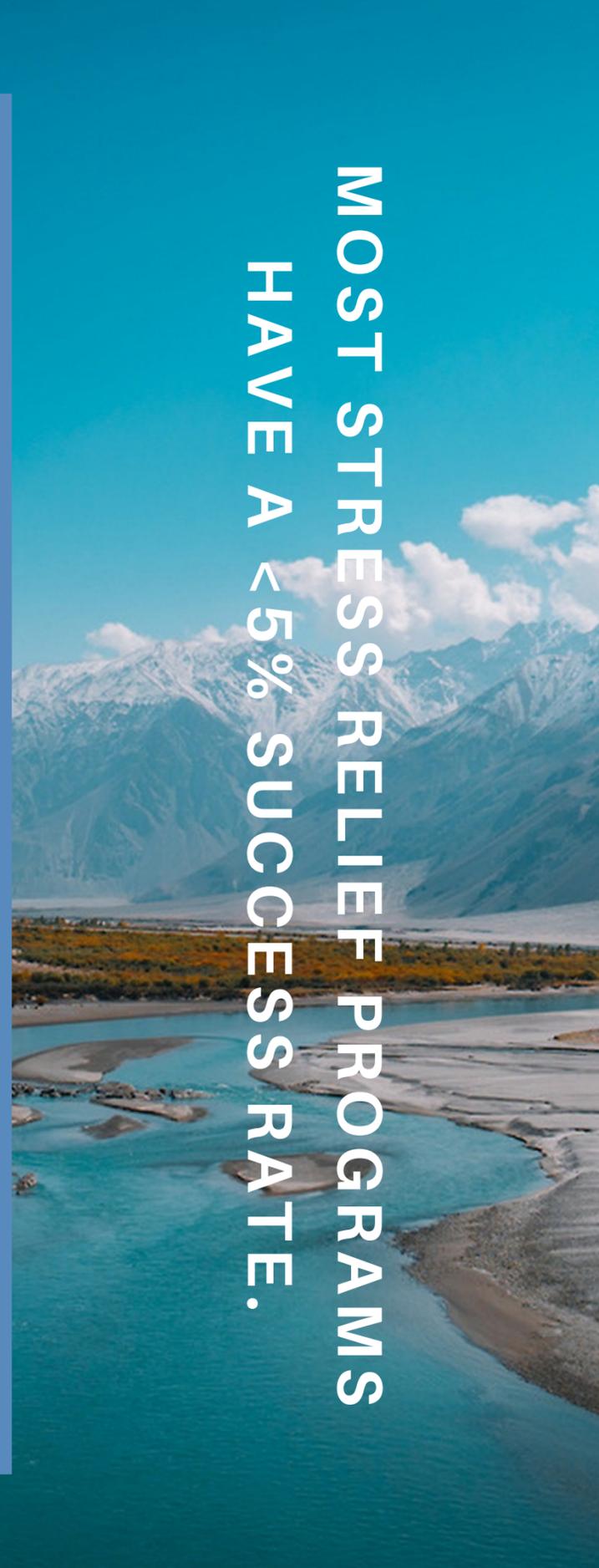
You are at the mercy of the information you have available.

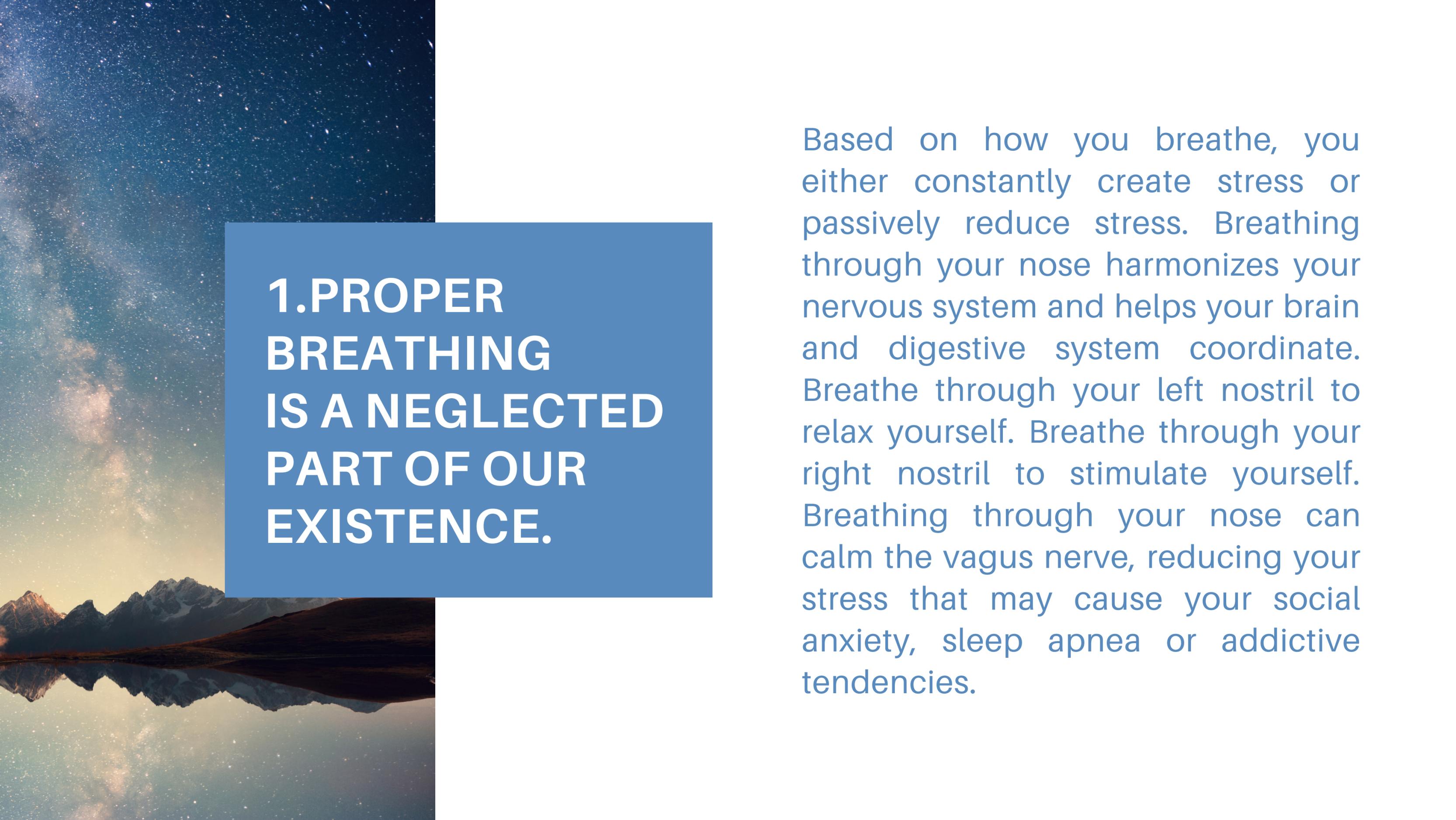
Stress is typically broken into the categories of physical, mental, emotional, financial, workload, and relationship stress. However, the collective influences of a human being are primarily non-physical, so the majority of stress affecting a person is unknown.

Many systems manage known stress, but the majority of those have <5% success rate. Many experts can guide people to alleviate physical known forms of stress, but it's rare to find someone who can alleviate the unknown causes of stress.

How do we anticipate being able to deal with unknown stress?

**MOST STRESS RELIEF PROGRAMS
HAVE A <5% SUCCESS RATE.**



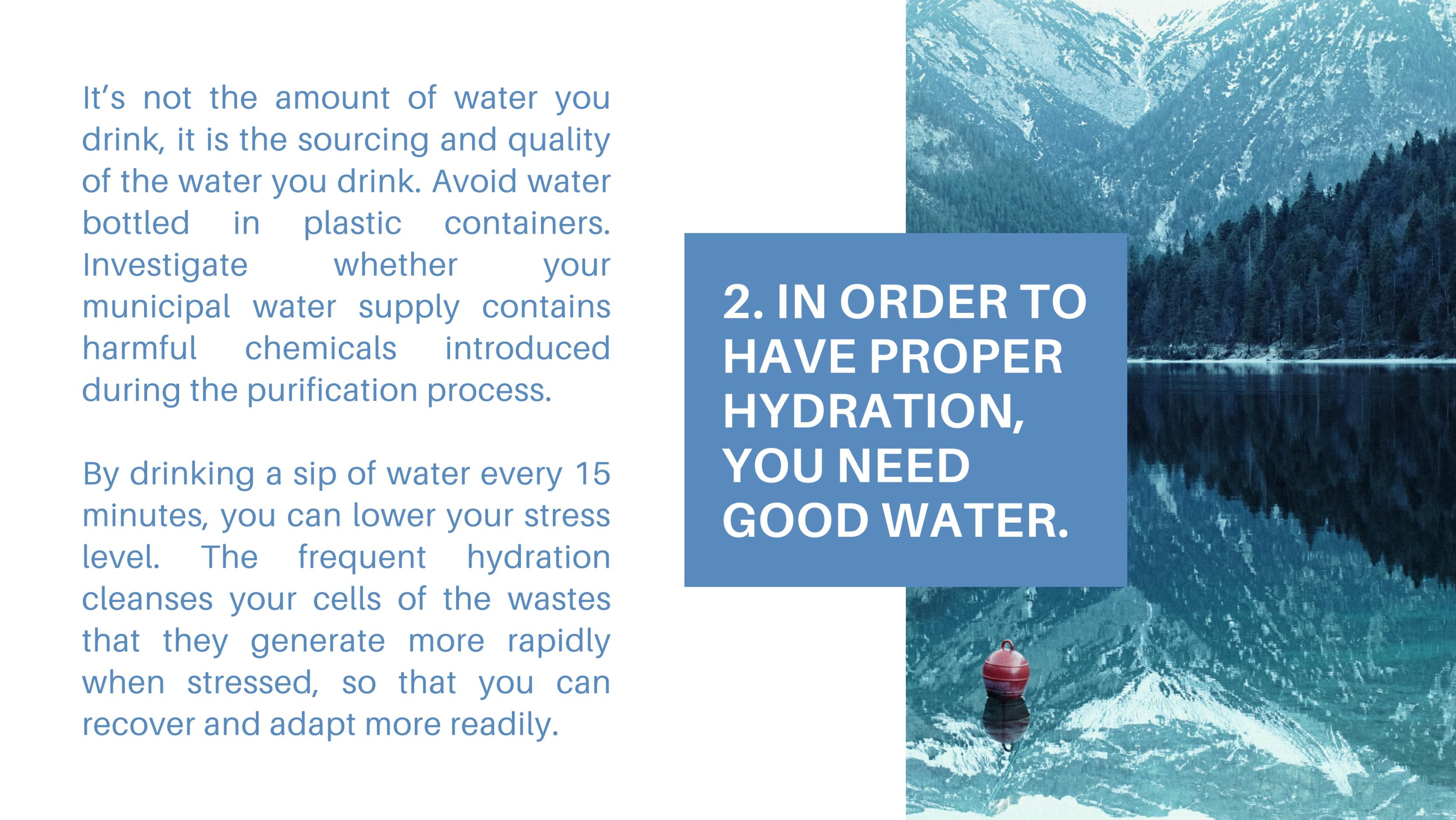


1. PROPER BREATHING IS A NEGLECTED PART OF OUR EXISTENCE.

Based on how you breathe, you either constantly create stress or passively reduce stress. Breathing through your nose harmonizes your nervous system and helps your brain and digestive system coordinate. Breathe through your left nostril to relax yourself. Breathe through your right nostril to stimulate yourself. Breathing through your nose can calm the vagus nerve, reducing your stress that may cause your social anxiety, sleep apnea or addictive tendencies.

It's not the amount of water you drink, it is the sourcing and quality of the water you drink. Avoid water bottled in plastic containers. Investigate whether your municipal water supply contains harmful chemicals introduced during the purification process.

By drinking a sip of water every 15 minutes, you can lower your stress level. The frequent hydration cleanses your cells of the wastes that they generate more rapidly when stressed, so that you can recover and adapt more readily.

A scenic landscape with a forested valley, a lake reflecting the trees, and a red buoy in the foreground. The image is split into two parts: the top part shows a wide view of a valley with a forested floor and snow-capped mountains in the background, and the bottom part shows a close-up of a red buoy floating in a body of water with white foam. A dark blue rectangular box is overlaid on the right side of the image, containing white text.

**2. IN ORDER TO
HAVE PROPER
HYDRATION,
YOU NEED
GOOD WATER.**



3. TOXINS LEACH INTO EVERY ASPECT OF YOUR BODY FUNCTION AND LIFE.

Toxins are in your food, household products, water, medicines and in the air you breathe. Primarily, be vigilant about the products you consume and seek alternatives that are as close to parts or ingredients found in nature as absolutely possible. However, avoiding all toxins is impossible. Fortunately, systems in your body function to remove toxins. Those systems can be enhanced by adopting lifestyle practices, such as specific diets, supplementation, and movement protocols.

Both nature and nurture contribute to people growing up to face similar challenges to those of their parents or grandparents.

Predispositions or tendencies based on physical, mental, emotional and environmental conditions are passed through generations. Generational curses can be turned into generational blessings.

A photograph of a tree trunk covered in moss, with a blue text box overlaid on the right side. The background is a lush green forest with sunlight filtering through the leaves.

**4.FAMILY
TRADITIONS
ARE MORE
THAN JUST
HOW YOU
CELEBRATE
HOLIDAYS.**

A woman with curly hair is running in a field during sunset. She is wearing a striped shirt and shorts. The background is a golden field with hills in the distance.

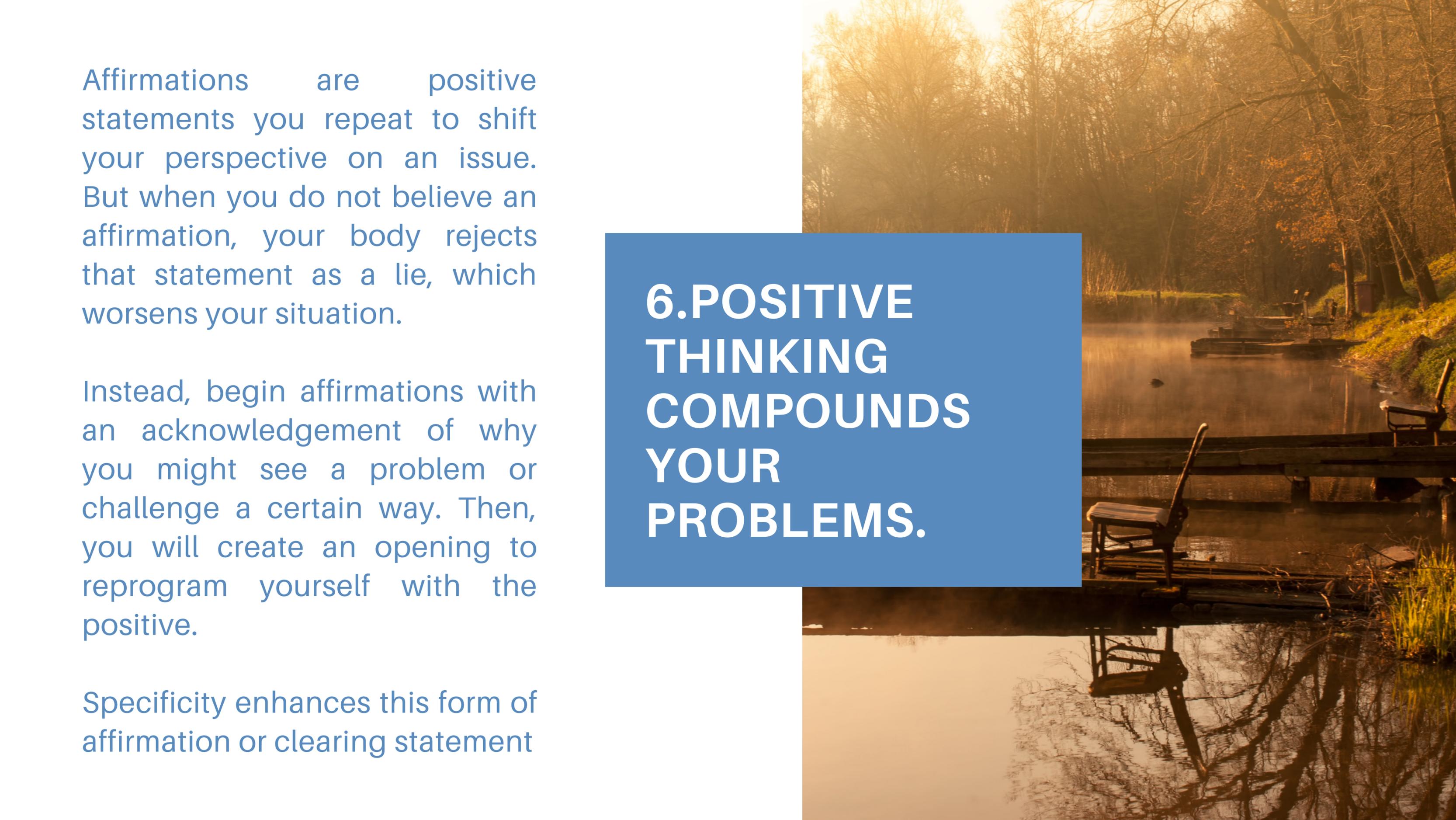
**5. YOUR NEGATIVE
THOUGHTS, HABITS
AND EMOTIONS ARE
IMMOBILIZED DUE TO
YOUR LACK OF
PHYSICAL ACTIVITY.**

In order to have proper strength and flexibility, you must have mobility. Many ancient healing arts believe that you process your emotions physically, by moving emotions through the joints. If you regularly move in the proper ways, you can nourish the joints and push the emotions out to be processed by the body.

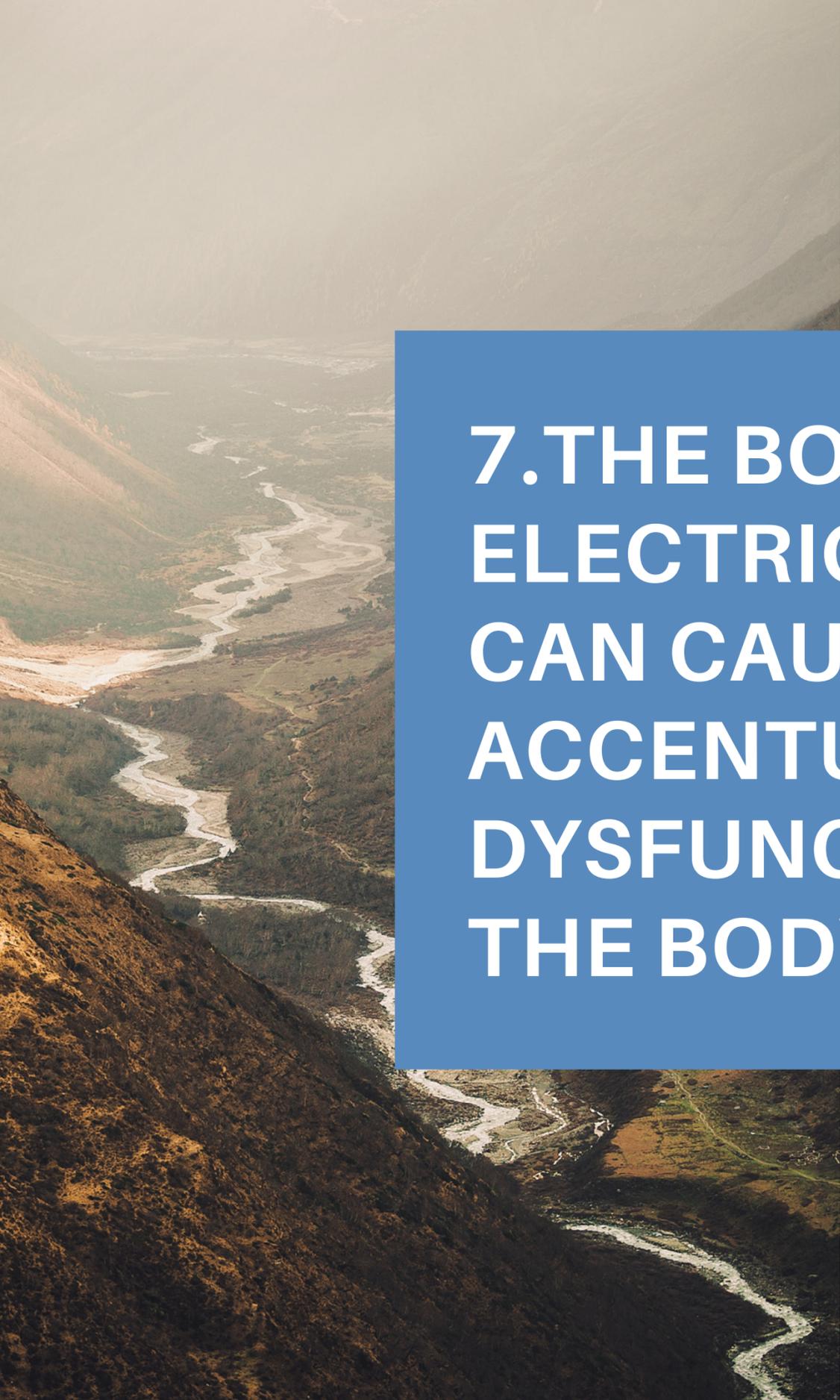
Affirmations are positive statements you repeat to shift your perspective on an issue. But when you do not believe an affirmation, your body rejects that statement as a lie, which worsens your situation.

Instead, begin affirmations with an acknowledgement of why you might see a problem or challenge a certain way. Then, you will create an opening to reprogram yourself with the positive.

Specificity enhances this form of affirmation or clearing statement



6. POSITIVE THINKING COMPOUNDS YOUR PROBLEMS.

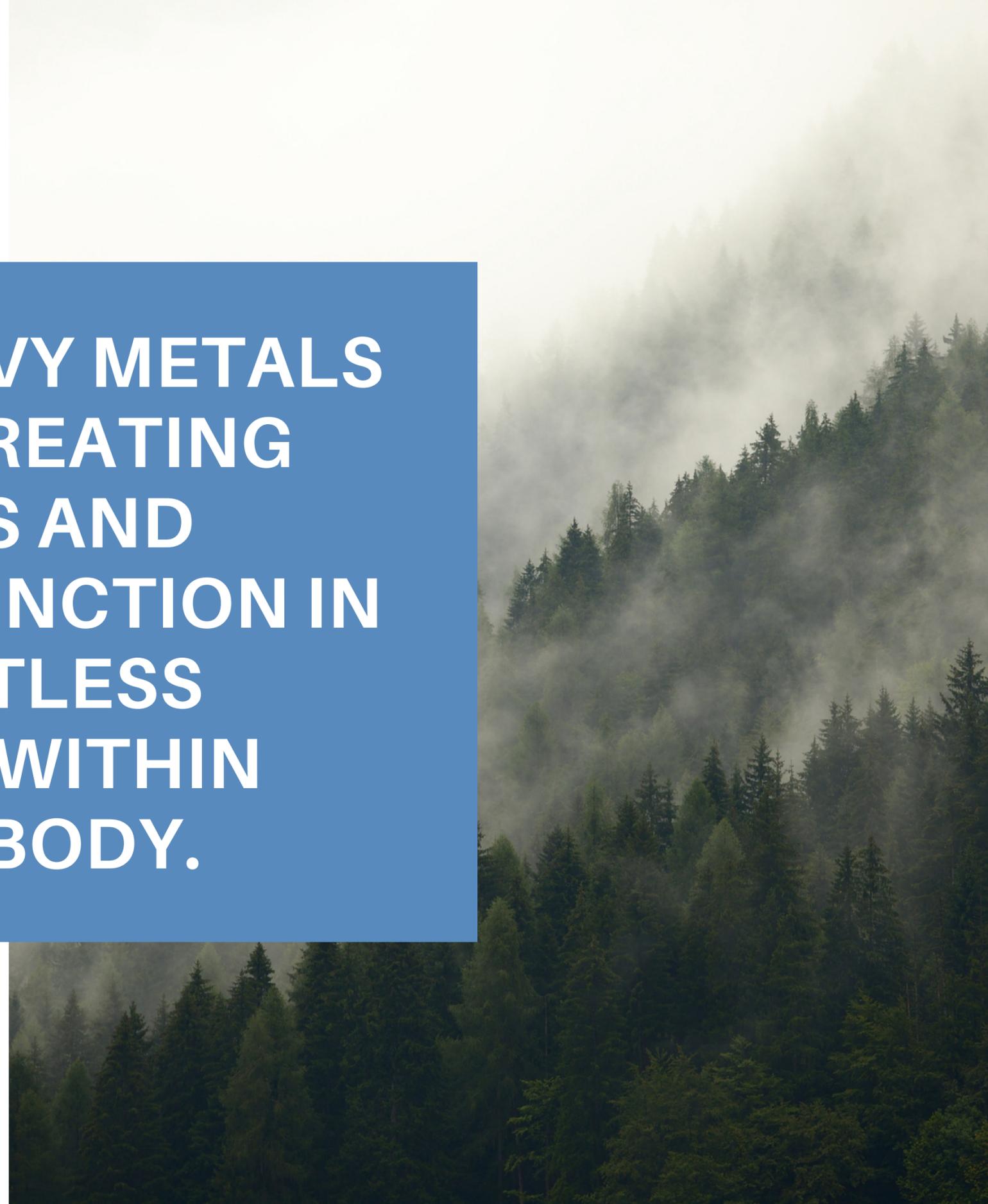
An aerial photograph of a river valley with a blue text box overlay. The river winds through a valley with brownish hillsides. The text box is a solid blue rectangle with white text.

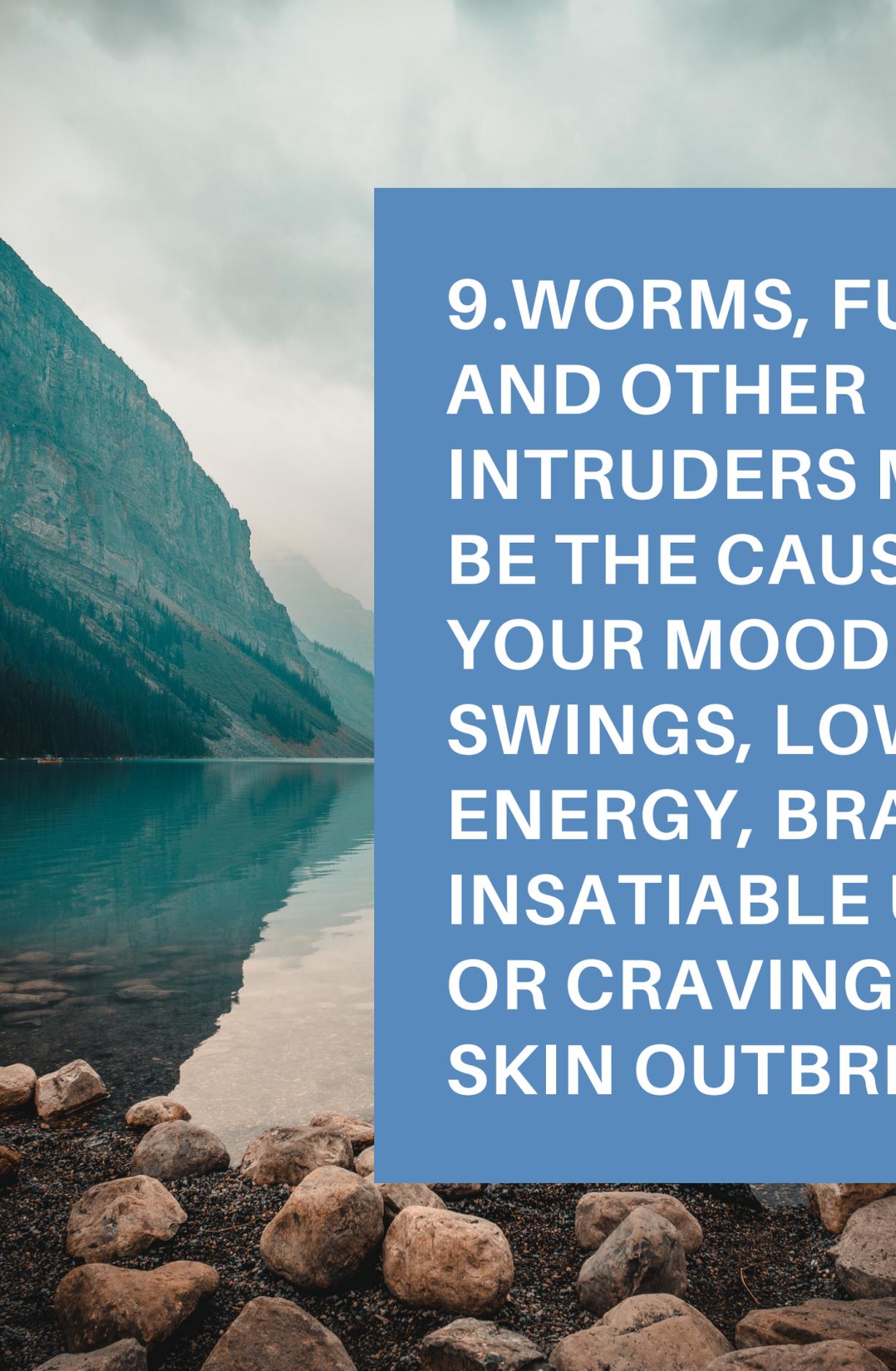
7. THE BODY'S ELECTRICAL GRID CAN CAUSE OR ACCENTUATE A DYSFUNCTION IN THE BODY.

Inflammation can be caused by under-activity or overactivity of a meridian in the body. The meridian system is one of the major electrical systems in the body. The inflammatory response in one location can create imbalances in other parts of the body.

Heavy metals can be processed and removed from your body by medical chelation therapy (extremely expensive and has variable results), diet protocols, supplementation, energy work, sauna and trampoline jumping.

**8. HEAVY METALS
ARE CREATING
CHAOS AND
DYSFUNCTION IN
COUNTLESS
WAYS WITHIN
YOUR BODY.**





**9. WORMS, FUNGUS
AND OTHER
INTRUDERS MIGHT
BE THE CAUSE OF
YOUR MOOD
SWINGS, LOW
ENERGY, BRAIN FOG,
INSATIABLE URGES
OR CRAVINGS AND
SKIN OUTBREAKS.**

A visit to your local naturopath will be beneficial, if they use a broad-spectrum tincture or parasite-remedy, coupled with applying vibrational frequencies. Vibrational frequencies control the proliferation of the parasite eggs that are otherwise produced when the parasite is killed.

Energetic protocols can release the blockages stored at the cellular level to improve your prosperity and relationship with money. The following are great resources, [Dr. Alex Loyd's "The Love Code"](#) and [Raymond Grace's "The Future is Yours"](#).

**10.YOUR MONEY
TROUBLES ARE
STORED IN YOUR
SUBCONSCIOUS
MIND AND
BEYOND.**





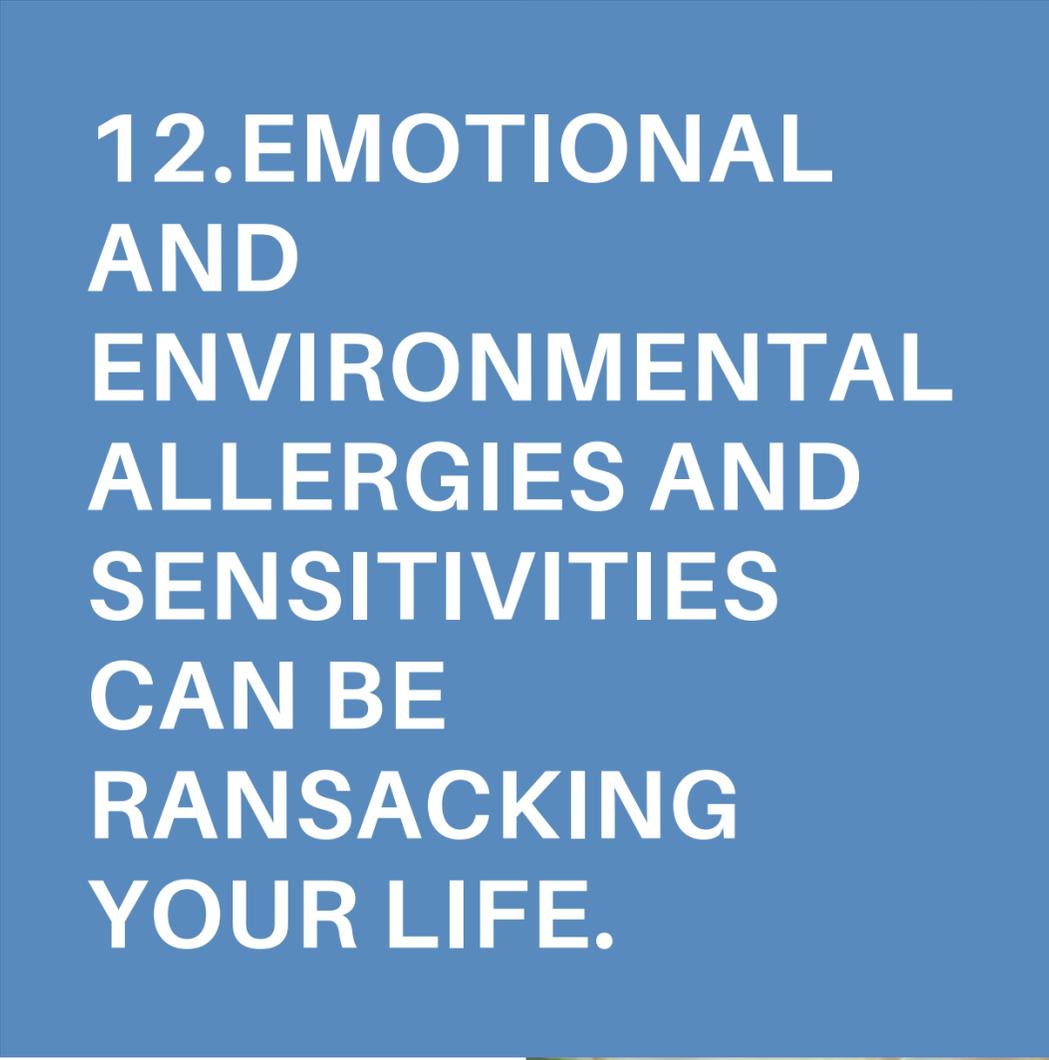
**11.RE-
PROGRAMING
YOUR CELLS MAY
BE THE KEYS TO
OVERCOMING
SELF-SABOTAGE.**

If your body is not receiving the appropriate signals, you could be preventing yourself from growing, healing and overcoming challenges.

See [Dr. Bruce Lipton's book, "The Biology of Belief"](#) for a description of how to begin this transformation.

Traditional allergy testing does not test for allergies or sensitivities that can be weakening the electrochemical responses in the body. Natural allergy protocols look for the true root causes and treat those, instead of merely the symptoms.

This comprehensive approach addresses the mental, emotional, physical, and spiritual impact of allergic responses from substances to which you are exposed. [Lotus Wellness Cottage](#) offers various treatments and resources about the elimination of allergies.



**12.EMOTIONAL
AND
ENVIRONMENTAL
ALLERGIES AND
SENSITIVITIES
CAN BE
RANSACKING
YOUR LIFE.**



13. WHEN YOUR SOUL AND SPIRIT ARE RUNNING ON EMPTY, YOU ARE MISSING THE MOST POWERFUL COMPONENT OF YOUR LIFE.

You can restore yourself through prayer, quiet time, meditation, dowsing, energetic psychology, and behavior kinesiology. All of the above are considerably enhanced when these practices take place in nature.



**PLEASE
REACH OUT**

If you would like to learn how to address and overcome these unknown stressors, please email us at info@tedsfoundation.org and stay tuned for our upcoming emails about educational programming from the TEDS Foundation!

tedsfoundation.org

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