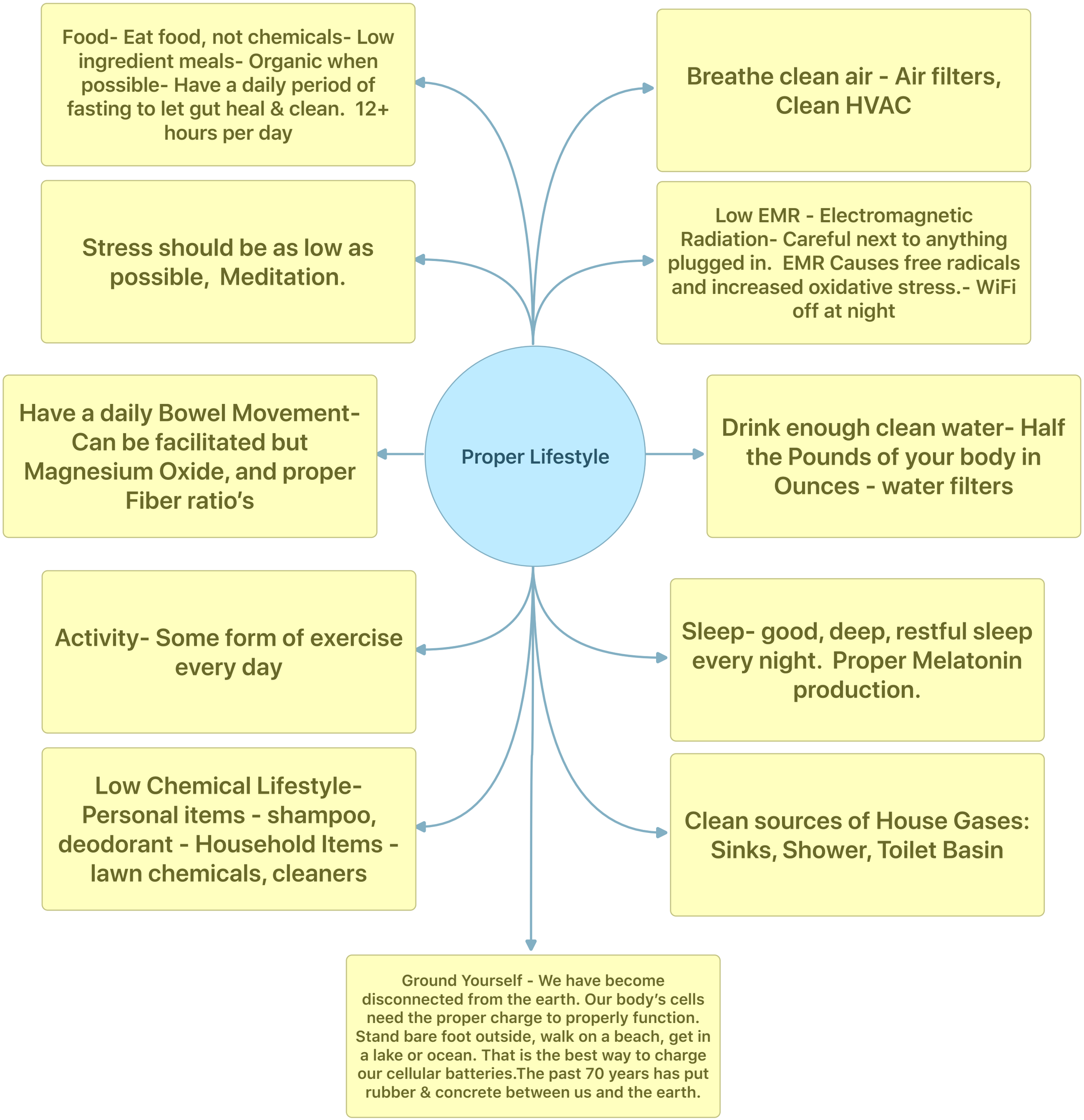
Proper Lifestyle
Food- Eat food, not chemicals- Low ingredient meals- Organic when possible- Have a daily period of fasting to let gut heal & clean. 12+ hours per day
Breathe clean air - Air filters, Clean HVAC
Stress should be as low as possible, Meditation.
Low EMR - Electromagnetic Radiation- Careful next to anything plugged in. EMR Causes free radicals and increased oxidative stress.- WiFi off at night
Have a daily Bowel Movement- Can be facilitated but Magnesium Oxide, and proper Fiber ratio's
Drink enough clean water- Half the Pounds of your body in Ounces - water filters
Activity- Some form of exercise every day
Sleep- good, deep, restful sleep every night. Proper Melatonin production.
Low Chemical Lifestyle- Personal items - shampoo, deodorant - Household Items - lawn chemicals, cleaners
Clean sources of House Gases: Sinks, Shower, Toilet Basin
Ground Yourself - We have become disconnected from the earth. Our body's cells need the proper charge to properly function. Stand bare foot outside, walk on a beach, get in a lake or ocean. That is the best way to charge our cellular batteries.The past 70 years has put rubber & concrete between us and the earth.