



"YOU CAN BEST GET TO THE TOP BY GETTING TO THE BOTTOM OF THINGS"

What is Covid 19?

A group of symptoms that include, difficulty breathing, dry cough, generalized weakness and tiredness.

What causes Covid 19?

A **break** in **Immunity**.

(Technically one must first believe he/she is susceptible to the "disease" or "radiation poisoning." There must be a crack in the foundation in order to be subject to attack)

How can I best treat/prevent symptoms?

- Maintain Emotional Balance*
- Vitamin C -Zinc -Distilled Water
- Organic/Therapeutic Grd Essential Oils
- Fruits/Vegetables/Roots
- Fresh Air and Sun -MMS**

Lets Build Immunity:

Basic Training

Researchers have found a wealth of evidence that positive emotions **can** enhance the **immune system**, while negative emotions **can** suppress it. Our Immunity requires a certain **mental/emotional** foundation in order to sustain attacks from within or without the body.

Low vibrational states i.e. **fear, doubt, unbelief, grief, depression, anger, jealousy** and/or **sadness, depress** or lower our immune system. While **love, contentment, certainty, knowledge, confidence, joy, peace** etc, **boost** our immunity.



How to Think Your Way Into Everything.
Course Outline:

- Module 1: How to Think Practical
- Module 2: How to Think Collaborative
- Module 3: How to Think Peaceful
- Module 4: How to Think Unlimited
- Module 5: How to Think Intellectual

Vitamin C and Zinc

Vitamin C **contributes** to immune defense by **supporting** various cellular functions of both the innate and adaptive immune system. Furthermore, supplementation with vitamin C appears to be able to both **prevent** and **treat respiratory** and **systemic infections**.

Zinc is a nutrient that people need to stay healthy. **Zinc** is found in cells throughout the body. It **helps** the **immune** system fight off invading bacteria and viruses.

Vitamin C Fruits

*Organic **Oranges** -Organic **Lemons** -Organic **Limes***

*Organic **Pineapples** -Organic **Seeded Watermelon***

EmergenC (Supplement)

Zinc Sources

-Organic Green **Peas** - Organic **Spinach** -

-Organic **Kale** -Organic **Garlic**

Zinc (Supplement)

Zinc (w/elderberry supplement)

Supplements can be used. Fresh source is better.

Organic is BEST. BUT USE WHAT YOU HAVE ACCESS TO!

What should I drink?

DISTILLED WATER

- this is the only water that is **empty water**. This allows the water to act like a **trash** bag to **remove** unwanted **toxins** from body thru natural **excretory** processes. This occurs by **osmosis**. The **toxins** which are **highly concentrated** are **attracted** to the lower concentrated "empty" **water** and thus the exchange that **results** in toxins being **removed** from the **body**.

FRESH JUICE (Juicer Recommended)

-Orange Juice (w/1/4 teaspoon cayenne pepper if you have phlegm)

-Lemon Water - Lime Water

-Pineapple Juice -Celery Juice

-Beet Juice -Watermelon Juice w/Rind

MMS if available and familiar

What else should I include in my diet?

Apples Grapefruits Tangerines Pears

Kale Spinach Cilantro Mint Beets Tumeric Ginger

CONSUME GREEN VEGETABLES

Green Vegetables are filled with Chlorophyll. Chlorophyll indicates oxygen rich.

Unfortunately for many reasons there is not as much oxygen in the air as it once was. There are also many environmental factors which have increased the amount of radiation we are exposed to, which further decreases the amount of oxygen readily available to our bodies mechanical processes and leads to upper respiratory symptoms and other complications we are now seeing manifest.

Our bodies suffer when we are not able to provide enough oxygen to our cells.

SPEND TIME OUTSIDE IN THE SUN!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Science has already proven that the little packets of light being released from the sun (Neutrinos) are information packets and are busy upgrading our DNA! But is that far fetched?

If we think about how important it is for certain plants, fruits and vegetables to grow in the sunlight, we can easily make comparisons and conclude that our bodies are no different. We are sophisticated plants or machines that require sunlight, neutrinos, packets of knowledge to grow. The Sun is a great immunity booster. Vitamin D is what the medical field calls it. We must maintain our exposure to the sun at this time. A few hours of sunlight goes a long way!

Social Distancing has been recommended by the CDC, but why?

The biggest reason why I recommend modified social distancing is because at this time people have very fragile mindsets.

If you spend time around people who are not interested/able to keep their thoughts on a higher vibrational plane (as previously discussed), but on the contrary stuck/paralyzed in fear, doubt and disbelief, you are at great risk for becoming ill.

This is a potential break in immunity.

Our thoughts undoubtedly guide our actions and behaviors. Wanna stay safe?

Limit your exposure to people who are afraid in times such as this.

As a man thinketh so is he.

Fear is easy to contract and difficult to eradicate.

Limit Your Television Programming for the same reason.



ESSENTIAL OILS

Essential Oils are used in medications worldwide, but are best used in their natural form. I use Eucalyptus, Peppermint, Basil, Rosemary, Lemon just to name a few in order to boost my immune system and the immunity of my many patients.

Wanna breathe easier? A few drops of eucalyptus on the wrists, absorbs into your skin to work on a cellular level. However the aroma in the air also opens up our airways immediately. A few drops on a cotton ball tucked into places in your room or vent in car will also do the trick. You literally become a human diffuser when you put oils on and go around other people. You boost your immunity and theirs as well.

Therapeutic Grade Oils which I recommend can be consumed when marked for consumption. Lemon oil for example by YoungLiving.com can be used to cook, clean and also make lemonade. Lemon assists in decreasing bacteria, alkalining the gut, aids in digestion, decreases phlegm, and much much more.

Art natural oils can be found locally for a quick cheap option.

YOUNG LIVING OILS ARE THE BEST!

Youngliving.com

They have a Seed to Seal PROMISE!

WHAT IS MMS?

Miracle Mineral Solution is simply "water purifier."

It is what you will find in the emergency kit on a boat or plane to use to clean your water in the event of a emergency.

MMS kills 99% of all bacteria and viruses.

MMS is 1 ingredient away from being Bleach, that is why it is so effective in treating symptoms of Malaria, Autism, Allergies, Mind Fog, Cancer, HIV/AIDS, Covid 19 and any other "disease" process known to man.

I have personally used MMS on myself, and also to detox my son's body once he started showing signs/symptoms of so called "allergies"

At the end of the day you do not have disease in the body you have symptoms of a body that needs to be detoxed.

Metal toxicity is dealt with directly with MMS. Many people never detox their body let alone detox their bodies of metals accumulated over a lifetime.

A body who is full of metals is undoubtedly full of disease.

Refrain from excessive smoking and drinking.

Alcohol targets and destroys two important organs with regards to Immunity, the liver and the pituitary gland.

The liver is responsible for metabolism and toxin removal. Both which are important processes to keep us healthy.

Our pituitary gland is the master gland of the endocrine system.

Which means it has the primary responsibility of regulating all other hormones in our body. How dangerous would it be for the immunity of our body if we are not consciously aware of our habits and diet choices which destroys such an important organ. Our pituitary gland gives us the ability to think clearly and make choices independent of others. Our pituitary gland aids in the internal direction we receive. Intuition is important in this heavy information age to guides us toward the best decisions for us and our families. Our Life depends on it.

I am a Homeopathic RN, a Metaphysical Life Consultant, a Mother and an Eternal Student of Life and Life More Abundantly.

Please visit ThinkingIsEverything.com to contact me for questions or product information. This guide is for entertainment purposes only and should not be taken as medical advice. Please consult your health provider prior to starting any new diets and lifestyle changes.



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LOVE REIGNS