



Home Circle Counseling, LLC

ANTI-SMOKING, ALCOHOL WITHDRAWAL

Don't Delay, Quit Today

PEPPERMINT MIXTURE

INGREDIENTS: 1 cup honey

2 teaspoons peppermint powder

1/3 teaspoon peppermint tincture

1/2 teaspoon cayenne pepper

DIRECTIONS:

1. Mix ingredients together.
2. Take 1/2 teaspoon every hour or as needed to kill the urge.



Open Air

How were we created?

"And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul." (Genesis 2:15)

Notice God breathed the breath of life into our nostrils, then man became a living soul. To maintain health and vitality, we need pure air that produces life. Interestingly, we can live weeks without food, days without water, but only minutes without air.

"Fresh air will prove more beneficial to the sick than medicine, and is far more essential to them than their food. They will do better and recover sooner deprived of food than of fresh air.... Their rooms may not always be so constructed as to allow the windows or doors to open in their rooms without the draughts coming directly upon them, and exposing them to take cold. In such cases windows and doors should be opened in an adjoining room, and thus let the fresh air enter the room occupied by the sick." (Healthful Living, 157.1)

Exercise in the open air should be prescribed as a life-giving necessity. (Ministry of Healing p. 265)



<https://youtu.be/rHBLIBXaigc>

Negative Ions Needed

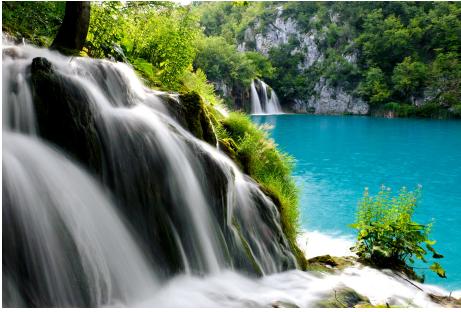
Composition of Air

Pure air is a combination of various gases that are invisible and odorless. It comprises about 78% nitrogen, 21% oxygen, and less than 1% of argon, carbon dioxide, and other gases.

Negative Vs. Positively Charged Air

Air has negatively charged oxygen molecules and positively charged carbon dioxide molecules. A proper balance is needed for healthy air. Positively charged ions have been demonstrated to harm the body. On the other hand, negatively charged ions have numerous health benefits.

Outdoor air has ten times more electrically charged negative ions per breath than indoor air (3 million vs. 300,000 per breath).



Sources of Negative Ions:

- Moving water/colliding water (waterfalls, beaches, etc.)
- Sunlight
- Lightning
- Outdoor post-thunderstorm
- Plants being exposed to the sun
- The country
- Other outdoors- Forests, parks with trees
- Benefits of Negative Ions In Air:
 - Negative ions clear the air of dust, mold spores, pollen, pet dander, odors, cigarette smoke, bacteria, and viruses. They do this by attaching to these positively charged particles in large numbers. This causes the pollen, mold, bacteria, etc. to become too heavy to stay airborne.
- Oxygen absorption
- Pain
- Immune system
- Moods
- Blood pressure
- Alertness
- Healing
- Asthma and respiratory problems
- Sleep
- Calming effect
- Decreases risk of cancer
- Aids digestion
- Improves appetite

- Cardiovascular system
- Improves ability to work
- General health



Houseplants To Purify the Air:

- Peace lily (Spathiphyllum)
- Aloe (Aloe vera)
- Spider plant (Chlorophytum comosum)
- Gerber daisy (Gerbera jamesonii)
- Snake plant (Sansevieria trifasciata 'Laurentii')
- Golden pothos (Scindapsus aures)
- Chrysanthemum (Chrysanthemum morifolium)
- Red-edged dracaena (Dracaena marginata)
- Weeping fig (Ficus benjamina)
- Azalea (Rhododendron simsii)
- English ivy (Hedera helix)
- Warneck dracaena (Dracaena deremensis 'Warneckii')
- Chinese evergreen (Aglaonema Crispum 'Deborah')
- Bamboo palm (Chamaedorea sefritzii)
- Heartleaf philodendron (Philodendron oxycardium)

Use Maximum Lung Capacity

Do deep breathing exercises daily (three times a day is best). Be sure to do this the first time early in the morning when the air is much purer.

1. Sit or stand erectly.

2. Always inhale slowly through the nostrils to filter germs from the air.

3. Inhale deeply so that you can see and feel your abdomen stretch (you may find it helpful

to imagine oxygen entering through your navel).

4. Hold for a count of 20, and then exhale slowly through your mouth.

5. Count to ten before inhaling again. Repeat this exercise several times a day until deep

breathing becomes a habit. This helps the circulation and gets toxins out of the system.

Every minute five quarts of blood pass through our lungs to get fresh air and release carbon dioxide.

When to do Deep breathing?

- First thing in the morning
- To relieve stress or anxiety
- To clear the brain
- To relax
- To be energized

Effect of Proper Breathing:

- Soothes the nerves
- Stimulates the appetite
- Renders a perfect digestion
- Induces sound refreshing sleep
- Promotes good blood
- Improves blood to the brain
- Good for anxiety attacks

Effects of Improper Breathing:

- Weak and unhealthy system
- Poor circulation
- Blood moves sluggishly
- Depression
- Fevers
- Acute diseases
- Poor digestion

"In order to have good blood, we must breathe well. Full, deep inspirations of pure air, which fill the lungs with oxygen, purify the blood. They impart to it a bright color and send it, a life-giving current, to every part of the body. A good respiration soothes the nerves; it stimulates the appetite and renders digestion more perfect; and it induces sound, refreshing sleep." (Ministry of Healing, 272.1)

The American Lung Association declared that up to 1/2 of all illnesses are either caused or aggravated by polluted air!

Our Ideal Location to Live- God's Solution

"From the standpoint of health, the smoke and dust of the cities are very objectionable." (Counsels On Health, 267.3)