# Unnatural Inputs for a Natural Body

This list represents the cumulative, often subtle, assaults on the human system that, when combined and left unaddressed—especially in an immune-compromised or energetically low state—can lead to disease.

* Smoking cigarettes
* Recreational drugs
* Chemicals in personal care products (e.g. shampoos, deodorants, perfumes)
* Chemicals in food (preservatives, colors, additives)
* Processed foods (packaged, long shelf-life, chemically altered)
* Genetically modified crops
* Fluoride in toothpaste and water
* Chemical-laden clothing (synthetic fibers, dye residues)
* Laundry detergents with toxins
* EMF exposure from phones, Wi-Fi, smart meters
* Rare earth metals in electronics
* Social media addiction and behavioral manipulation
* Algorithm-driven dopamine loops (TikTok, Instagram reels, etc.)
* Digital overstimulation
* Mental fragmentation (constant notifications, multitasking)
* Stored trauma (known and unconscious)
* Suppressed emotions
* Pharmaceutical side effects
* Poor food choices
* Nutrient-depleted soil → nutrient-depleted produce
* Artificial sweeteners (aspartame, sucralose, etc.)
* Pesticides and herbicides (glyphosate)
* Water pollutants (chlorine, microplastics)
* Overuse of plastic (leaching chemicals like BPA)
* Synthetic supplements (non-bioavailable)
* Air pollution (particulates, industrial fumes)
* Excessive screen time (blue light exposure)
* Lack of sleep or sleep disrupted by tech
* Sedentary lifestyle
* Artificial lighting disrupting circadian rhythm
* Wearing shoes all day (disconnects from grounding)
* Fear-based media consumption
* Isolation / disconnection from community
* False beliefs implanted by systems (conditioning)
* Lack of purpose / spiritual emptiness
* Shame-based upbringing or control
* Overmedication / dependence on pharmaceuticals
* Factory farming & consumption of energetically-traumatized meat
* High sugar diets
* Alcohol (especially long-term use)
* Overwork / hustle culture
* Consumerism as identity
* Neglecting emotional health
* Microwaved food
* Fast food
* Constant noise pollution (traffic, TV, chatter)
* Inauthentic relationships
* Pornography / sexual distortion
* Manipulative advertising
* Ego reinforcement through comparison
* Inhalation of toxins (cleaning products, candles, fragrances)
* Sitting too long / poor posture habits
* Repetitive unnatural movements (keyboard, mouse, phone scrolling)
* Dependency on AI or tech to make decisions
* Disconnection from nature
* Caffeine overload
* Chronic stress
* Lack of sunlight
* Lack of play / joy / creativity
* Neglecting breath (shallow breathing patterns)
* Wearing tight or synthetic underwear
* Plastic food packaging
* Non-organic feminine hygiene products
* Toxic nail polish and cosmetics
* Blue light before bed
* Not spending time barefoot on earth
* Over-sanitizing
* Eating too quickly or while distracted
* Suppressing tears or emotional expression
* Ignoring gut health
* Lack of fresh air
* Using microwave ovens
* Repeated vaccine overload without detoxing
* Sexual suppression or distortion
* Staying in abusive or toxic environments
* Chronically wearing sunglasses
* Constant air conditioning
* Living out of alignment with your personal truth
* Using antiperspirants
* Breathing polluted indoor air
* Consuming fear-based narratives daily
* Overexposure to fluorescent lighting
* Unconscious self-hate
* Disrupted menstrual cycles from synthetic hormones
* Tick bites, parasites, or pathogens never fully cleared
* Always being “on” — never resting the nervous system
* Boredom, apathy, lack of meaning
* Poor ergonomics
* Shaming or blaming others constantly
* Not drinking enough clean, mineral-rich water
* Drinking cold water with meals
* Neglecting spiritual hygiene
* Unnatural birth practices
* Artificial aromas / air fresheners
* Being gaslit by authority figures or systems
* Suppressing your voice or throat chakra
* Wearing synthetic shoes with no toe movement
* Keeping secrets or unresolved grief
* Skipping breakfast or irregular meal timing
* Over-reliance on logic over intuition
* Chronic dehydration
* Eating under stress
* Using synthetic bedding or foam mattresses
* Engaging in constant mental loops
* Overstimulating kids from birth with screens
* Repeating inherited generational trauma
* Eating meat from stressed animals
* Chronic background noise
* Sex without emotional connection
* Living out of sync with nature’s cycles