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## INTRODUCTION

Not much could be simpler than the three natural remedies I share with you here. I practice all of them myself and recommend that you find a way to put them into your life as well.

## NATURAL REMEDY #1: SUNLIGHT



Some doctors are calling sunlight, “the medical discovery of the century.” In the 2007 book, “Your Best Health Under the Sun,” Jon Herring and Al Sears, M.D. reveal research that shows how millions of people can be cured from chronic diseases simply by getting enough sunlight. According to their work some 600,000 cases of breast and colon cancer alone could be prevented each year, if people simply increased their daily intake of sunlight.

**The sun has such a profound effect on our health for 3 major reasons:**

**1.**

Sunlight is the starting point of life. All the food we eat has its origin in sunlight. The **sun nourishes and energizes our bodies**. By its action on plants and animals, it creates oxygen and carbon dioxide. It

also regulates temperature and humidity. Without the sun, our planet would be cold and lifeless.

## 2.

The sun is the only true **source of "full spectrum" ultraviolet radiation**. Getting enough UV rays from the sun is vital to overall health and wellness. In his long-range study of child development, Dr. Darell Boyd Harmon showed that a lack of exposure to UV radiation led to these problems in the 160,000 children he studied:

- visual difficulties in 65%
- nutritional problems in 47.8%
- chronic infections in 43.3%
- postural problems in 25.6%
- and chronic fatigue in 55.6%

Dr. Harmon was able to reverse ALL of these symptoms simply by making sure that the students got enough daily UV exposure. He did this by increasing the time children spent outdoors and by installing special UV lighting in their classrooms.

## 3.

Sunlight is the only way **we can use and absorb vitamin D**.

Vitamin D is found in food we eat. But it takes sunlight to make Vitamin D usable and active. Deposits of a cholesterol-like substance lie just under the skin. As sunlight filters through the skin, it changes this substance into vitamin D hormone. This can also lower blood cholesterol levels.

**Exposing your face to sunlight for just 15 min. every day** will give you your daily requirement of vitamin D. Vitamin D hormone is essential for calcium absorption from the intestinal tract. Vitamin D also helps your body use sugar more efficiently, and in doing so, lessens fatigue.

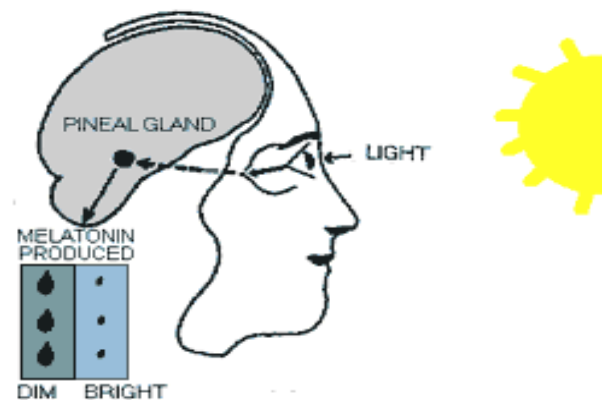
**The benefits of getting daily enough sunlight, UV radiation and Vitamin D are overwhelming. Here are the main ones:**

⇒ **Sunlight helps lower blood pressure**

Since the early 1900s, studies have shown that individuals exposed to ultraviolet light can experience lower blood pressure and the effects can last from five to six days.

⇒ **Sunlight helps increase heart efficiency**

Dr. Raymond Johnson of the Tulane School of Medicine exposed people to ultraviolet light. In 90 percent of the test subjects, their cardiac output increased an average of 39 percent. In other words, their hearts became stronger and pumped more blood.



\*Reprinted from [www.outsidein.co.uk](http://www.outsidein.co.uk)

⇒ **Sunlight helps lower cholesterol**

In one experiment, patients with hypertension and related circulatory problems were exposed to UV light. Two hours after the first exposure, 97 percent of the patients had almost a 13 percent decrease in serum cholesterol levels.

### ⇒ **Sunlight helps prevent infections**

It disinfects and destroys bacteria, viruses, and molds. In the 1920's and 30's, sunbathing was commonly used to treat tuberculosis. In European sanitariums, patients were often encouraged to snow ski in bathing suits! This made the benefits of sunlight available all year. Many cures were reported for otherwise hopeless cases.

### ⇒ **Sunlight enhances the immune system**

It increases the number of white blood cells, which helps destroy germs and viruses. It also increases the oxygen carrying capacity of the red blood cells. Sunlight exposure has been shown to dramatically reduce episodes of colds and flu.



### ⇒ **Sunlight can improve the skin**

Proper amounts of sunlight make the skin smooth and pliable and give it a healthy glow. Sunlight also raises the resistance of skin to disease. Skin diseases, such as acne and psoriasis are often helped by sun.

### ⇒ **Sunlight lifts the spirits**

Sunlight can decrease depression and make you feel more relaxed. It gives a feeling of well-being and improves restful sleep at night.

### ⇒ **Sunlight may help prevent diabetes**

Vitamin D from the sun helps the pancreas to function better, while increasing the body's sensitivity to insulin. It is a godsend for diabetics and a powerful way to prevent the disease in the first place. Vitamin D supplements given to babies in Finland reduced their risk of type 1 diabetes by 85%.

### ⇒ **Sunlight helps prevent tooth decay**

Kids that grow up in sunny climates have fewer cavities because of the increased exposure to the sun and Vitamin D.

### ⇒ **Sunlight improves fertility**

Vitamin D deficiency is linked to infertility in women and low sperm count in men. Getting enough sun has been shown to improve fertility levels by as much as 200%.

## **Positive Action Step: Getting enough sunlight**

Exposure to sunlight should **start gradually** (15-20 minutes) and may progress from there. Light-haired and fair-skinned people tend to burn easier than people with darker hair and darker skin. Sunburn from excess exposure must be avoided. It can prepare the way for skin cancer. However, moderate



amounts of sunshine help the body in its fight against even internal cancer.

Note that regular indoor light bulbs give off practically no ultraviolet light. Some manufacturers even shield the bulbs from emitting what little ultraviolet light there is. **So, make sure to get outside under the sun for 15 minutes each day.**

If that is not possible you can **install full spectrum UV lights** in your house. This has been shown to be helpful for people in very cloudy climates.

You can also try a **tanning salon** to increase your exposure to the light. If you do, make sure that the lamps emit **both Ultraviolet A (UVA) and Ultraviolet B (UVB) light.**

**The intensity of the sun varies, so be careful when you are traveling. Here are 6 factors to be aware of:**

### **1. Latitude**

A person who can tolerate one hour of sun in Florida without burning may be able to tolerate two hours of sun in New Jersey under the same conditions.

### **2. Altitude**

Each 1,000-foot increase in altitude adds 4 percent to the intensity of the sun burning rays. The intensity of sunlight at 5,000 feet is about 20 percent greater than at sea level.

### **3. Weather**

A bright day with a thin cloud cover has 60 percent to 80 percent of the ultraviolet rays present on a clear day. Clouds can cool and give a false impression that there is little risk of sunburn.

### **4. Water**

As much as 96 percent of ultraviolet rays can penetrate clear water.

### **5. Time of day**

Most ultraviolet rays are more intense between 10 a.m. and 2 p.m.

### **6. Clothing**

Up to 50 percent of ultraviolet rays can go through wet clothing, such as T-shirts worn for swimming.

## **A note on sunscreens**

Sunscreen lotions work by clogging the skin's pores to limit UV exposure. As the skin is a main route of detoxification, this is not a particularly healthy way to limit exposure to the sun. To limit your exposure, cover exposed skin with clothing instead of using potentially toxic creams and lotions.

## NATURAL REMEDY #2: OXYGEN

Each minute, even without applying any conscious breathing techniques, we breathe between 6 and 10 liters (1.5-2 gallons) of air - that's 8600-11.400 liters (2200-2900 gallons) per day. This makes the air we breathe by far our most important contact with the external world and the fundamental way we energize and vitalize our bodies everyday and all day long.



Breathing is responsible for 70% of the cleansing and purification of our bodies (20% by perspiration, 8% by urine and 2% by excrement). In particular, it's the oxygen in the air we breathe that burns away the toxins. After drawing in a deep breath, the air we consume moves into our lungs and then passes over millions of tiny membranes through which it enters our blood stream.

If the air is pure and full of life giving oxygen, our red blood cells pick it up and provide it to our tissue. Within the cells of our tissues, the oxygen removes toxins, destroys bacteria, parasites and viruses and displaces harmful free radicals.

It's been medically established for over 50 years that **no disease can exist in a properly oxygenated body:**

"Deep breathing techniques which increase oxygen in the cells are the most important factors in living a disease free and energetic life...**Remember, where cells get enough oxygen, cancer will not, cannot occur.**"

*Doctor Otto Warburg, Nobel Prize Winner*

"**Oxygenation** through deep breathing boosts the immune system and can **rid the body of chronic illnesses.**"

*Dr. Sheldon Hendler, Medical Researcher*

"**Deep diaphragmatic breathing** stimulates the cleansing of the lymph system by creating a vacuum effect which pulls the lymph through the bloodstream. This **increases the rate of toxic elimination** by as much as 15 times the normal rate."

*Dr. J.W. Shields, M.D.*

And yet our global oxygen levels are falling. Scientists have estimated that the air our distant ancestors breathed was 50% oxygen and that just 200 years ago oxygen accounted for 38% of air. Currently global levels of oxygen average **19.96%**. That's because the free oxygen molecules in the earth's atmosphere fall as the "green planet" becomes more brown.

Until the early 1990s it had been assumed that most oxygen came from the photosynthesis of plankton and other seaweeds. A joint study published in 1990 by NASA, the National Atmospheric and Oceanic Administration and the Lamont-Doherty Geological Survey,

however, found that land based photosynthesis absorbs 3 times more carbon monoxide than it's sea based counterpart. What that means is that **forests are responsible for producing about 75% of our oxygen supply**. As we lose more global forests, oxygen levels will continue to decline.

Is this cause for alarm? Well, consider this: some cities now register less than 10% oxygen in their air. If this level dips just another 4 points, to 6%, the result is the inability to breathe and death by asphyxiation.

Under natural conditions (in an alpine forest) the air we breathe is composed of 78% nitrogen, 20% oxygen and 2% argon and carbon dioxide. If that is all that's in the air we regularly inhale, we probably feel great and enjoy excellent health, (even with just 20% oxygen).

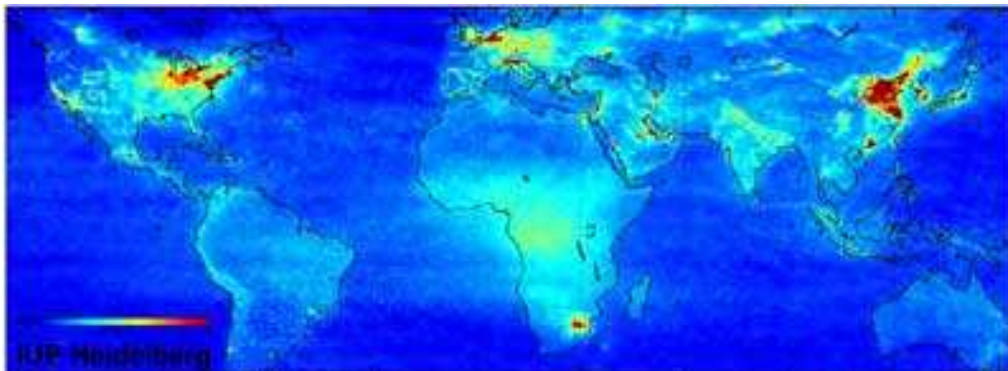
But the reality is that many of us are breathing oxygen deficient air that is also contaminated and polluted. The concentration of pollution is focused **in cities**, where **both indoor and outdoor air** has been shown to include the following known **cancer causing particles**: carbon monoxide, nitrates, sulfur dioxide and lead, **as well as allergens** such as pollens, molds, and bacteria.



Inhaling these highly toxic particles and allergens leads to sickness and dramatically shortened life spans. H.B. Meller of the Mellon Institute writes: "More people are weakened, devitalized and poisoned by the pollution in the air they suck into their lungs, than by all the

ingredients in the food they eat and the water they drink.” The Environmental Protection Agency ranks **poor air quality among the top 5 risks to public health** and the World Health Organization estimates that air pollution, both indoor and outdoor, causes at least 2 million deaths per year.

The following image gives an overview of worldwide pollution levels as seen by Envisat in 2004, the world’s largest environmental monitoring satellite. The highest levels are represented in yellow, orange and red and are associated with the large scale burning of biomass and fossil fuels. Note also the significant levels between the continents represented in light blue. These come from the smoke stacks of cargo ships.



The chart below, from the World Health Organization gives a breakdown of the most significant air pollutants, their sources and their known health effects. Notice how the effects are focused in urban areas.

### Major Air Pollutants and Their Effects on Human Health

Pollutant	Sources	Health Effects	Where Important
Carbon monoxide	Motor vehicles, burning of fossil fuels	Blood absorbs carbon monoxide more readily than oxygen, reducing the amount of oxygen being carried through the body. Carbon monoxide can produce tiredness and headaches. People with heart problems are particularly at risk	Indoors, localised <sup>A</sup>
Sulfur dioxide	Coal and oil burning power stations, mineral ore processing and chemical manufacture	Attacks the throat and lungs. People with breathing problems can suffer severe illness	Localised
Nitrogen dioxide	Fuel combustion	Affects the throat and lungs	Indoors, urban and regional
Volatile organic compounds	Motor vehicles, fuel combustion, solvent use	Some VOCs cause eye and skin irritation, headaches or nausea, while some are classed as carcinogens	Indoors, urban
Ozone	Formed from nitrogen oxides and hydrocarbons reacting together in sunny conditions. These chemicals are released by motor vehicles and industry	Ozone attacks the tissue of the throat and lungs	Urban and regional
Lead	Exhaust gases from motor vehicles that use leaded petrol, smelters, old, leaded paints	Particles containing lead in the air can enter the lungs. The lead can then be absorbed into the blood stream. Over a period lead can affect the nervous system and the body's ability to produce blood	Localised, urban
Particles	Motor vehicles, domestic fires, burning of plant materials, bush-fires, indoor activities	May cause breathing difficulties and worsen respiratory diseases. Some particles contain cancer-producing materials	Indoors, urban, regional and localised
Fluoride	Coal combustion and aluminium processing	Vegetation damage, fluorosis of teeth of cattle	Localised

<sup>A</sup> 'Localised' refers to a specific agricultural activity, industrial activity or location.

The realities of declining oxygen levels and increasing pollution are a **wake up call to all of us who value life.**

**If we desire to be radiantly healthy it simply has to start with the quality and quantity of the air we breathe.** We could wait until we're sick from the toxins we breathe and can no longer draw a full

breath, but why do that when we can change our environment and our habits?

**Vitality, energy and balance will come to all who seek it in pure, clean, oxygen rich air today and everyday.**

## **10 Positive Action Steps to improve the quality of the air you breathe**

- 1.** Move your home from areas congested with heavy traffic - air, land or sea. Diesel fumes from shipping, carbon monoxide from cars and traces of jet fuel are poisonous.
- 2.** Surround yourself with vegetation - live as close to nature as possible, and especially among plants and trees.
- 3.** Plant trees - contribute to the re-greening and oxygenation of the planet.
- 4.** Drive a hybrid or other eco-friendly car.
- 5.** Have your home's air professionally tested and find a high quality indoor air purifier and an ionizer to optimize your environment.
- 6.** Keep your home/office well ventilated - open doors and windows often everyday to allow fresh air to circulate.

7. Replace **all** toxic cleaning chemicals in your home with natural ones— One client of mine recently **eliminated** her asthma this way (I use a product based on cinnamon and cloves called “Thieves Household Cleaner” for all household cleaning)
8. Replace chemical carpets with natural flooring alternatives - tiles, sisal carpets, bamboo floors.
9. Eliminate mold and bacteria with a good dehumidifier - make sure to clean the dehumidifier often.
10. Inspect all fuel burning appliances (stoves, etc.) for carbon monoxide safety.

## Optimizing your oxygen intake

- ⇒ **Exercise more** - especially low impact aerobic exercise. Rebounding on a mini trampoline is my choice; a 30-minute session has been shown to oxygenate the blood twice as effectively as running.
- ⇒ **Take long walks** in mountain or sea air that is positively charged with negative ions - breathe deeply and enjoy!
- ⇒ **Regularly go to a yoga class** - in one recent study students at UC Davis increased their lung capacity by **7%** after practicing yoga just three times a week for 8 weeks! (This level of increase is unheard of among traditional athletic trainers)

⇒ **Eat more Green foods** - leafy greens like spinach and grasses and wheat grass are up to 42% Oxygen. Green foods are high in chlorophyll that increases hemoglobin production and thus minimizes the effects of carbon monoxide. Wheat Grass has even been found to dissolve scars formed in the lungs from breathing acid gases. (Dr. Birscher)

⇒ **Use therapeutic-grade essential oils** that enhance lung function: Pine, Fir, Thyme, Raven and R.C. ("Respiratory Condition" - from Young Living Oils) are my favorites. Place a drop on the palms, rub together and breathe deeply. Also rub oils over throat and lungs. Essential Oils are highly oxygenating and nourishing to the cells due to their ability to penetrate the skin and carry oxygen through the cell wall to the nucleus.

*Note: Use only therapeutic-grade A essential oils*

⇒ **Mentally program yourself to breathe deeply** throughout the day - especially when you are around trees and plants. It's easy and free!

## Deepening the Breath

Commit yourself for **just 10 minutes each day** to practicing one of the following powerful breathing exercises. This will oxygenate your system, empower your immunity and enhance your vitality.

### **1. Calming Yogic Breath - release from stress**

Sit in a relaxed position, close your eyes and inhale deeply through your nose for 4 counts. Hold the breath in for 4 counts. Then exhale 4 counts through your nose. Repeat 10 cycles to begin with and then increase up to 30 cycles per day.

### **2. Deep diaphragmatic breathing**

Lie down on your back, relax, get comfortable and breathe deeply into your belly for 5 minutes. As you expand your capacity, place a weight on your belly to increase the challenge.

## NATURAL REMEDY #3: WATER



Drinking enough clean and energized water is one of nature's keys to radiant health. If one of your priorities is a long and abundantly vital life, then you simply have to consider the **quality and quantity of the water you drink** on a daily basis.

We are indeed water creatures. While it may be true that our bodies are formed of condensed sunlight, it is water that carries the electrical charge of this sunlight through our cells. Water is in every cell and around every cell of our bodies.

There are 45-60 liters (50-80 quarts) of water in our bodies - that's 75% of our total weight! Blood is 90% water, nerve tissue is 80% water, the brain is 85% water and even the bones which appear so solid are 50% water. Under a microscope we can see that our bodies are like a sponge composed of trillions of chambers (cells) which hold precious life giving water.

Water enters the body in two main ways: through the liquids we drink and through the food we eat. The more fresh and juicy the foods are and the purer the liquid is, the more water the body has to use.

## Water has four primary functions in the body

### 1.

Water works as a solvent, **carrying away toxins** removed from the cells through oxygenation. During the course of 24 hours the blood circulates 1500 liters (400 gallons) of water through the kidneys for processing! When the body is fully hydrated all toxins are efficiently eliminated through perspiration and urination. This process works like a stream of clean water from the kitchen faucet, washing away leftovers from a dirty plate.

### 2.

The second function of water in the body is **to metabolize food**. After we eat, the body secretes water into the stomach, where it is used to liquefy food. In the stomach water breaks food down into small particles, preparing it for absorption. With adequate supply of water, **digestion is easy**.

### 3.

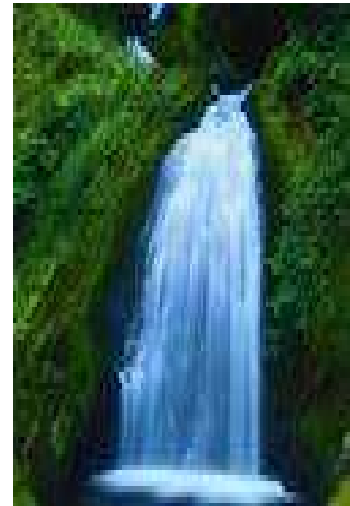
The third function of water in the body is to **prepare minerals and other nutrients for transport** across cell membranes **and for distribution** by way of blood and lymph. When we drink water, we create energy and high heat at the level of the cell membrane. This heat helps minerals to bond with one another and penetrate the cell membrane where they can be used by the body.

If you are fully hydrated your body will take full advantage of the minerals from the food you eat by transferring them to the cells.

**4.**

The body requires water to complete the digestive process through **elimination**. The bowels only move when enough water is supplied. It takes about 1 liter (1 quart) of water per movement. In a fully hydrated body with clean intestines, they should move easily.

When we drink plenty of pure water, our bodies respond like a well nourished garden, becoming healthy, juicy and alive. But **if we limit our water intake, the body begins to slow down vital functions** like breathing in order to conserve water.



If the situation worsens to the point where we chronically drink too little water, our bodies, like a garden in an extended drought, become brittle, dry, sick and ultimately lifeless.

World renown water researcher Fereydoon Batamanghelidj, M.D., author of a series of books called "You're not Sick, You're Thirsty," has concluded that, "**chronic, unintentional dehydration is the origin of most pain and degenerative diseases in the human body.**" In his experience, pain in the body is most often the body's plea for water.

Even if we've been drinking too little water (that includes around 75% of the population), we can bring our body-gardens **back into life and health by rehydrating** them.

In 20 years of practice Dr. Batamanghelidj has seen and documented that **proper hydration supports the body to prevent and heal all of the following conditions:**

⇒ **Heartburn**, which is a signal of water shortage in the upper part of the gastrointestinal tract.

⇒ **Arthritis**, which is a signal of water and salt shortage in the painful joint.

⇒ **Lower back pain and arthritis of the spine**, which are signs of water shortage in the spinal column and discs - the watery cushions that support the weight of the body.

⇒ **Angina or heart pain**, which is a sign of water shortage in the heart/lung axis.

⇒ **Migraine**, which is a sign of water need by the brain and the eyes.

⇒ **Colitis pain**, which is a signal of water shortage in the large gut and associated with *constipation* because of lack of water lubrication.

⇒ **Asthma**, which is caused by the drought management programs of the body. In asthma free passage of air is obstructed so that water does not leave the body in the form of vapor.

- ⇒ **High blood pressure**, which occurs when there is not enough water to fill all the blood vessels that diffuse water into vital cells.
  
- ⇒ **Early adult-onset diabetes**, which is another adaptive state to severe dehydration of the human body.
  
- ⇒ **High cholesterol**, which is an indicator of early drought management by the body.
  
- ⇒ **Aging**, this is a complication of dehydration in which you gradually lose water from the surface of your skin.

In his **treatments**, Dr. Batamanghelidj recommends **drinking at least as much water as the body uses each day**. If you add up all of the water the body uses in a day under typical modern living circumstances, the total is **3-4 liters** (.8-1 gallon). Athletes and others who engage in physically strenuous activities lose more through perspiration.

**The best times to drink are:**

- ⇒ upon rising in the **morning**, about 30 minutes before meals - this will help your digestive system metabolize food more effectively
  
- ⇒ and at **2 hour intervals** throughout the day before you are thirsty. Note that if you have a dry mouth, you are already dehydrated.

Remember we're talking about drinking clear water here. Other liquids made with water like coffee (which actually contributes to dehydration), fruit juice or soft drinks are no substitute for water.

## **Water can be equally threatening as it can be healing**

Water carries 80% of all disease and, according to the World Health Organization is responsible for at least 2 million deaths per year.

Water can become so dangerous because it's the universal solvent, which means that its unique molecular structure enables water to break down and to bond with anything it passes through or over. Rain water falling over Antarctica, for example, will come down through relatively clean air and arrive on the earth pure.

Rain water falling through the air over industrialized and polluted air, however, picks up the free molecules of dust, dirt, and pollution and brings it to the ground. Similarly, river water and lake water easily pick up all sorts of undesirable particles such as parasites, bacteria and inorganic minerals.

Many people rely on traditional watersheds like underground springs, wells, rivers or lakes for drinking water. Before drinking from them, remember that **over 50% of all lakes and rivers worldwide are no longer clean enough** to support "basic" uses such as swimming and fishing.

As any competent wilderness guide or world traveler will tell you, you've got to boil water from lakes, streams and wells for 10 minutes just to remove harmful bacteria.

Other unsuspecting people trust that the **water** which runs **from their taps** is safe to drink. This is a potentially deadly belief.

A 1999 study of tap water in major **found rocket fuel, arsenic, lead, bacteria and viruses and pesticides** in all tap water tested!  
(Natural Resource Defense Council)

Much tap water also contains chlorine which is used very effectively to kill bacteria. The problem is that **chlorine is highly toxic to the liver.**

In addition, some tap water is still **purposefully contaminated with fluoride**. Fluoride is a byproduct of tin and aluminum manufacturing and is so dangerous that it is classified as a hazardous material and banned in many countries.

By the way, it's a lie created by unscrupulous businesses that fluoride is good for teeth - replace all products that contain fluoride (i.e. toothpastes) with a natural alternative.

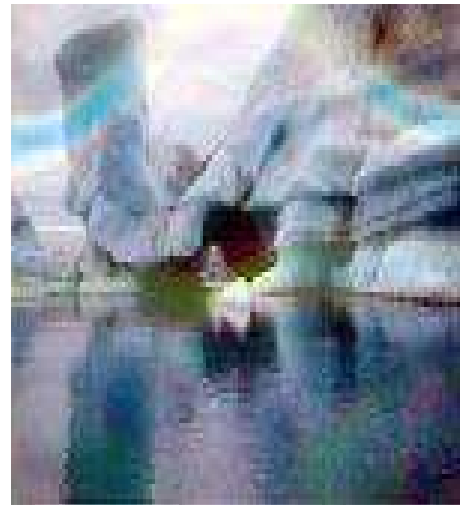
All this makes **tap water**, in the words of eminent water researcher Dr. C. Dennison, "a toxic chemical brew." **Avoid drinking it** whenever possible and if for some reason you can't, then at least allow the water to sit out uncovered for at least an hour before consumption. This will allow some of the chlorine to evaporate.

As an alternative to the chemical cocktail coming out of their faucets, some people turn to drinking bottled water, but bottled water is not necessarily any purer or safer than city tap water.

In fact, **some bottled water is actually just filtered tap water.** The NRDC has conducted tests on 100s of brands of bottled water in 1999 and found elevated levels of arsenic, bacteria, or other contaminants in many of them. Another concern is that **chemicals from the plastic bottle can easily leech into the water.** Also consider the environmental consequences of billions of discarded plastic water bottles.

A more sensible **alternative** is to carefully **filter tap water** in the home. There are 100s of water filters available and they vary greatly in quality and efficacy. The only one worth while in the long run is an expensive (\$1000-3000 US) **high quality reverse osmosis filter.** Other inexpensive water filters leave dissolved solids, fluoride and chlorine in "filtered" water.

The **purest natural water** on the earth is found **in glaciers and glacier fed springs.** This is pure, ancient rain and snow water which is 99% free of any kind of contamination. If you live in Iceland or Antarctica you can easily access this water.



If not, there is an alternative way to get 99.9% pure water in your home. It's actually the same way the water in glaciers was originally formed and filtered: distillation.

In **steam distillation**, water is evaporated through boiling; the steam rises, leaving behind bacteria, viruses, chemicals, minerals, and

pollutants from the water. The steam then goes into a condensing changer where it is cooled and condensed to form pure water. A good quality water distiller will provide safe, pure water inexpensively and effectively.

The **water distiller** is endorsed by the U.S. Department of Agriculture as, '**...the only proven way of correcting drinking water pollution in the home.**' And distilled water is praised by many of the world's most well known health advocates including Paul C. Bragg, Dr. Norman Walker, Peter Ragnar, Harvey and Marilyn Diamond, and Dr. Charles Mayo.

## **8 Positive Action Steps: Optimize your water**

- 1. Purify all drinking water with a distiller or a high quality reverse osmosis filter.** This is the baseline - always start with clean pure water.
- 2. Store drinking water in a glass jar** and place it in the sun to absorb solar radiation.
- 3. Avoid storing water in plastic containers** unless they are made from pharmaceutical grade plastic which doesn't leach chemicals into the water.
- 4. Get a shower filter** or whole house filter to eliminate chlorine and solids from your tap water - if you don't, you become the filter.

- 5. Energize water** with a pinch of **celtic sea salt**. 2 grams (1/2 teaspoon) per 5 liters (1 gallon). Salt is responsible for taking acid out of the brain cells. And celtic salt contains 84 different trace minerals.
  
- 6. Enhance your water** with three drops of therapeutic-grade **Lemon essential oil** per liter (quart). Lemon oil kills bacteria and energizes by uplifting the mood, increasing the white blood cells. It also dissolves plastic and can help chase it out of your system.
  
- 7. Charge your water** by placing it on magnets, tachyon disks or near crystals.
  
- 8. Bless your water** and expose it to words and music that carry the vibration you desire it to accept. Masuru Emoto, author of, "Messages from Water" has beautifully shown that water molecules respond to words and music by forming differently shaped crystals.

## Hydrate for life

Commit yourself to these **practices just for one month** and experience the fountain of radiant health for yourself. Always use pure, clean water.

- ⇒ Begin the day with 3/4 to 1 liter of pure room temperature water.
- ⇒ Drink water often throughout the day - when you feel low energy, drink water - lack of water is the #1 trigger of daytime fatigue.
- ⇒ When you find yourself going for an extra snack, drink water instead of eating - in 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger
- ⇒ Drink 4 liters per day - don't become a desert
- ⇒ Drink water to perform your best - Just 1% dehydration was found to cause 5% loss in performance in the Great Britain Olympic Team

\*Statistics as reported in "Health Science Magazine"

"You don't grow old. It's just that when you stop growing you become old. Growth involves cleansing. Cleansing requires water to move waste out of the body."

*Peter Ragnar, Health and Longevity Expert*

## Resources

### **1. Therapeutic-Grade essential oils, all natural toothpastes and household cleaners:**

Go to [www.youngliving.com](http://www.youngliving.com)

To order and set up your account you will need my distributor number, which is **754 023**

If you have any troubles e-mail me at [service@safecoloncleanse.com](mailto:service@safecoloncleanse.com) and I'll help you.

### **2. Water distiller (220v only):**

Go to [www.healingvibes.com/products](http://www.healingvibes.com/products)

### **3. Tachyon Disks for charging water**

Go to [www.healingvibes.com/products](http://www.healingvibes.com/products)