

   **Garden of Eden Eating**   

Divinely Designed To Be Disease Free

**Are you ever too young or old
to learn something new??**

CCS Church Challenge, Health Platform Workshop Series ~ Module 2

Please carefully consider the Common Sense of what is presented here 🙏

[ChurchofCommonSense.Life/ChurchChallenge](https://www.ChurchofCommonSense.Life/ChurchChallenge)

Created by: Pastor Steve 'GodMed' ~ Messenger of Common Sense

**How many take steps to cleanse their body of chemicals,
heavy metals and toxins in general?**

What are some methods used to detox our bodies?

- **Fasting**
- **Exercise**
- **Ayurveda**
- **Autophagy**
- **Lymphatic system**
- **Grounding Methods**
- **Cleansing/Detoxification**
- **Deep Breathing Exercises**
- **Doctor 'Rife' Frequency Healing**
- **NIR ~ Near Infrared Saunas ~ deep penetration**
- **Solfeggio Frequencies (Decoded Gregorian Chants)**

10 Different Types of Fasts in the Bible

- 1. The Disciples' Fast (Matthew 17:21) – For Deliverance from sin, addiction, bondage. If we fast, we can break the power of sins and addictions that limit our freedom in Christ.**
- 2. The Ezra Fast (Ezra 8:21-23) – For God's help in solving problems and for protection from Satan. Ezra said that they prayed and fasted and God answered their request.**
- 3. The Samuel Fast (1 Samuel 7:6) – For Revival. The people were bound by idol worship and needed deliverance. Samuel called them to seek God and to bring the Ark back to Jerusalem. If we fast and pray for revival, God will pour Himself out on His people.**
- 4. The Elijah Fast (1 Kings 19:4-8) – Mental Freedom from emotional problems or habits. Through fasting, God will show us how to overcome emotional problems and destructive habits.**
- 5. The Widow's Fast (1 Kings 17:9-16) – Fasting to Provide for the Needy. The widow went without food to meet the physical needs of someone else. Because she sacrificed her food, God made sure that she had more than enough food.**
- 6. Paul Fast (Acts 9:9) – For Physical Healing and to get direction from God. If we fast and submit our will to God, He will reveal His will to us.**
- 7. The John the Baptist Fast (Luke 1:15) – To Enhance our Walk with God and Witness. If we fast for the influence of our testimonies to reach others for Christ, God will use us.**
- 8. The Esther Fast (Esther 4:16, 5:2) – For Protection from the evil one. If we fast for protection, God will deliver us from evil.**
- 9. The Jesus Fast (Matthew 4:1-2) – For Spiritual Power and Victory over temptation, the flesh and the devil.**
- 10. The Daniel Fast (Daniel 1: 5-21; 10:3) – Fasting for Health and to seek God's Favor, Purpose and Vision for Life.**

Ways to Fast

- **Normal Fast – No food, water only.**
- **Absolute Fast – Absolutely no food or water (Caution: Should not be undertaken over 3 days and only then if you have a clear directive from the Lord and are in good health).**
- **Partial Fast – This could mean fasting certain meals of the day or abstaining from certain kinds of foods (i.e.: No meat or sweets, soup only, fruit and vegetables only, etc. In Daniel 10:3, Daniel ate no pleasant bread).**
- **Juice Fast – Fruit and vegetable juices only.**
- **Corporate Fast – A church or group of people who feel God has called them to fast together for a certain period of time.**
- **Jewish Fasting Period – The Jewish fast began at 6:00 P.M. in the evening and ended the next day at 6:00 P.M. (Some people follow this time period to begin and end fasts.)**
- **Fasting Plus Prayer – Remember, fasting should be combined with prayer. God called us to fast and pray. If you are fasting a certain meal of the day, use the time you would normally be eating to pray. The combination of prayer and fasting is a powerful way to focus on seeking God for breakthroughs and answers to prayer.**
- **Fasting and Abstinence – Although the word “fast” is used as abstaining from food in the Bible and does not refer to giving up other things, during a fast one can practice abstinence from other pleasures as well, such as entertainment, TV, hobbies and sex, as spoken about in 1 Corinthians 7:1-5.**

FASTING BENEFITS OVER TIME



- ### COFFEE
- You can add:**
 - cinnamon
 - nutmeg
 - stevia
 - Avoid adding:**
 - milk/cream
 - artificial sweetener
 - coconut oil or butter

- ### TEA
- Green tea:**
 - appetite suppression
 - Black tea:**
 - lower blood sugar
 - Oolong tea:**
 - lower blood sugar



- Peppermint tea:**
 - alleviate gas/bloating
- Cinnamon chai tea:**
 - suppress sugar cravings

HELPFUL Tips for Common Fasting Concerns

HUNGER

- Sparkling mineral water
- Green tea
- Cinnamon
- Coffee

HEADACHES

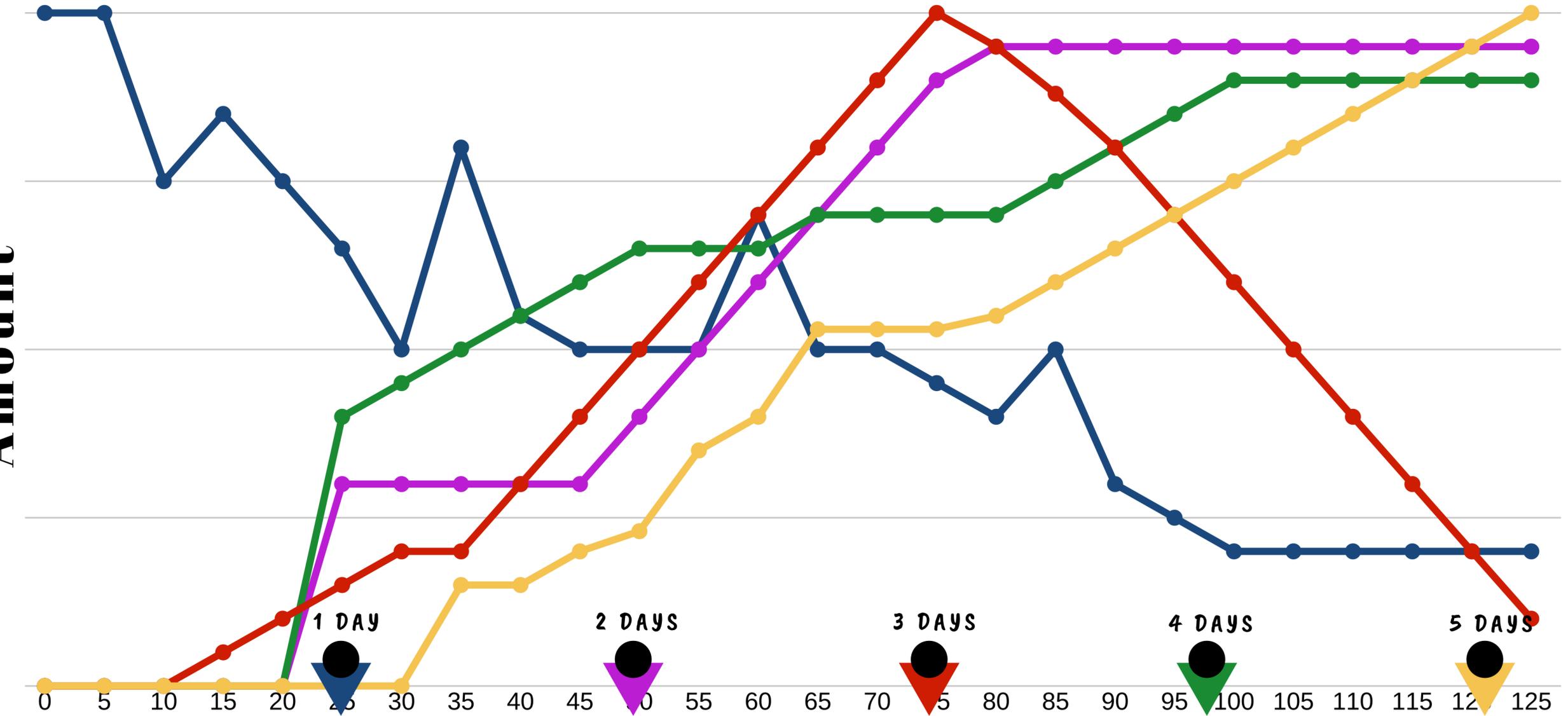
- Drink more water
- Mineral water helps salt withdrawal

How long to fast for which purpose?
 This chart is an **ESTIMATION** on average of when various benefits of fasting kick in. Every individual is different!
 This is not medical advice and does not replace the care of your personal physician. These results are approximate summations of the sources best available to us, including studies, clinical reporting, and anecdotal reporting

- BLOOD GLUCOSE/ INSULIN**
- AUTOPHAGY & HGH**
- WEIGHT LOSS & KETONES**
- INTESTINAL STEM CELLS**
- IMMUNE REBOOT & MUSCULOSKELETAL STEM CELLS**

Maximum

Amount



Minimum

Number of hours

1 DAY (24h), 2 DAYS (48h), 3 DAYS (72h), 4 DAYS (96h), 5 DAYS (120h)

Citations: Wilhelmi de Toledo F, Grundler F, Bergouignan A, Drinda S, Michalsen A (2019) Safety, health improvement and well-being during a 4 to 21-day fasting period in an observational study including 1422 subjects. PLoS ONE 14(1): e0209353.
 Antunes F, Erustes AG, Costa AJ, et al. Autophagy and intermittent fasting: the connection for cancer therapy?. Clinics (Sao Paulo). 2018;73(suppl 1):e814s. Published 2018 Dec 10. doi:10.6061/clinics/2018/e814s
 Fasting boosts stem cells' regenerative capacity A drug treatment that mimics fasting can also provide the same benefit study finds. Anne Trafton | MIT News Office, May 3, 2018

What is Autophagy?

Autophagy is the body's way of cleaning out damaged cells, in order to regenerate newer, healthier cells, according to Priya Khorana, PhD, in nutrition education from Columbia University.

“Auto” means self and “phagy” means eat. So the literal meaning of autophagy is “self-eating.”

It's also referred to as “self-devouring.” While that may sound like something you never want to happen to your body, it's actually beneficial to your overall health.

This is because autophagy is an evolutionary self-preservation mechanism through which the body can remove the dysfunctional cells and recycle parts of them toward cellular repair and cleaning, according to board-certified cardiologist, [Dr. Luiza Petre](#).

Petre explains that the purpose of autophagy is to remove debris and self-regulate back to optimal smooth function.

“It is recycling and cleaning at the same time, just like hitting a reset button to your body. Plus, it promotes survival and adaptation as a response to various stressors and toxins accumulated in our cells,” she adds.

So, What's The Basic Idea/Concept Behind OMAD ~ One Meal A Day?

OMAD is a form of intermittent fasting that can also be referred to as a 23:1. This means you are fasting for 23 hours and eating within one hour. You would not be consuming any caloric beverages or food outside of your one-hour eating time frame.

With the OMAD diet, you can choose to eat whatever meal you choose with no restrictions inside of your eating window. However, it will be better for your long-term overall health, to choose a healthy balanced plate containing the food groups.

WHAT SHOULD YOU EAT ON THE OMAD DIET?

There are no restrictions here. You are free to eat whatever you would like or what your cravings are. Of course, for long-term health reasons, try to make healthy choices with your one meal a day. Keep in mind that everyone is different and your body will react differently to different food choices you make. Account for this and plan accordingly. Try to make educated decisions as you plan your meal, whether you are on the OMAD diet or a combination of other diets at the same time.

[Why One Meal A Day Is Good For You](#) ~ 10 minute video

[Dr. Mindy Pelz](#) ~ Free videos with 234k subscribers

Dr. Mindy's Website: <https://drmindypelz.com>

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Exercise Benefits

1. Reduces body fat
2. Increases lifespan
3. Oxygenates body
4. Strengthens muscles
5. Manages chronic pain
6. Wards off viruses
7. Reduces diabetes risk
8. Strengthens heart
9. Clears arteries
10. Boosts mood
11. Maintains mobility
12. Improves memory
13. Improves coordination
14. Strengthens bones
15. Improves complexion
16. Detoxifies body
17. Decreases stress
18. Boosts immune system
19. Lowers blood pressure
20. Reduces cancer risk

Research has shown engaging in physical exercise is associated with less decline in cognitive function in elders.

Improves Mood

Physical activity simply stimulates chemicals that help elders to feel relaxed.

Minimizes Risk Of Diseases

Regular exercise boosts good cholesterol in your body. This helps in preventing threatening conditions like high blood pressure and diabetes.

Improves Your Memory Power

Exercise increases blood flow to the brain. Increased blood flow allows your mind to work faster.

Boosts Energy Level

Exercises improve the ability to deliver oxygen and nutrients throughout the body.

Controls Weight

Regular exercises helps elders to maintain and control their weight.



Regular exercise is highly beneficial for older people. They can improve their overall abilities and feel more happy.



If our ambition is to "Build the Future We Want," we must address the population over 60 which is expected to reach 1.4 billion by 2030. – UN



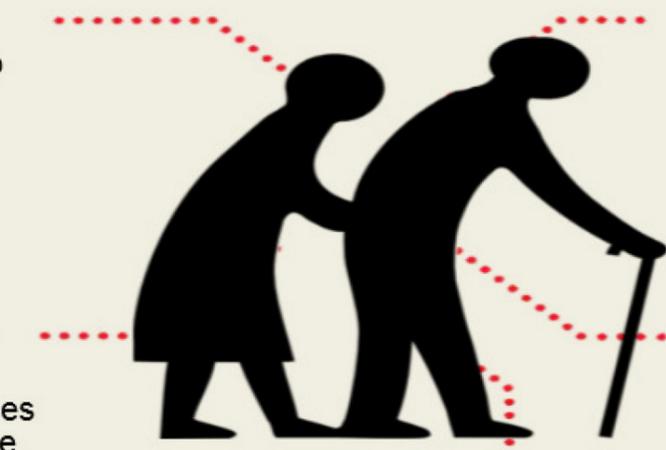
The older population (65+) numbered 43.1 million in 2012, an increase of 7.6 million or 21% since 2002.



About one in every seven, or 13.7%, of the population is an older American.



Almost half of older women (45%) age 75+ live alone.



Why Physical Exercise is Vital for a Healthy Brain and Body.

Physical fitness through exercise is one of the most common pieces of advice offered by medics across the planet. There are many benefits of exercising when done correctly. Some of the most common include improved blood flow, general body fitness, weight loss, and stress relief. This video seeks to focus on some of the direct benefits of physical exercise to the brain and the body.

1 Boost The Memory

Studies conducted on the hippocampus among children, adults and the elderly showed that the brain structure grew after aerobic exercise. The hippocampus is the part of the brain that holds the memory, and therefore crucial for learning abilities.

2 Improve Concentration

Exercise improves the ability to focus on one task, ignore distractions, and also hold and manipulate information. Aerobic exercises improve retention among students, and therefore crucial for children, adults and even the elderly. As well

3 Improve Mental Health

Physical exercise is a great mood enhancer. The feeling of elation experienced after exercise is real and should be used as an alternative stress reliever. A 2010 study conducted for eight weeks showed a significant decrease in the amygdala after yoga and meditation. The amygdala is the part of the brain that is implicated in processing stress, fear and anxiety.

4 Slowing Cognitive Decline

Physical exercise delays the onset of mental wear and tear, and dementia, especially among the elderly. It pays to exercise early in life to avoid mental illnesses that come with old age. A study published on Neurology suggested that women who were physically fit in their middle ages were 88% less likely to develop dementia than their peers who were only moderately fit.

5 Physical Fitness and Weight Loss

A study published in the Indian Journal of Endocrinology and Metabolism showed that an active exercise training program was ideal for reducing weight and improving physical fitness among obese children. The effects were possible even without a change in dietary composition.

6 Protection of the Body against Age-related Decline

According to a study published in the Journal of Aging Research suggests that physical activity maintained throughout life is accompanied with a lower risk of developing chronic conditions such as cancer, diabetes, cardiovascular and coronary heart diseases associated with chronological ageing.

7 Improved Heart and Lung Health

When done on a regular basis, physical activity, both moderate and intense, lowers the risk of developing coronary heart disease. Regular exercise strengthens the heart muscles and their ability to pump blood to the lungs and the rest of the body. The lungs automatically pick up the pace to keep up with the exercise and, therefore, become stronger.

8 Increases Lean Mass and Strength

High-frequency training and low-frequency training both contribute to improvements in lean mass and strength in men and women. Strength training also helps alterations in metabolism, increase in bone density, reduces the risk of injury, and even rebuilds lost muscle. The buildup of muscle is necessary for preventing a resting metabolic rate that causes obesity.

9 Improved Cholesterol Levels

Regular physical activity and exercise are effective in lowering cholesterol levels in the blood and thus prevent the onset of coronary heart disease, heart attacks and strokes. Clinicians can recommend aerobic training, or resistance training to ensure that healthy cholesterol levels are achieved.

10 Prevention and Management of Diabetes

Regular exercise can help delay or prevent the development of type 2 diabetes by 60%. Daily physical activity, aerobic exercise, or resistance training prevents sugar-build up in the blood. Insulin sensitivity increases and the body can take up glucose during and after activity. Any form of physical activity that helps the body burn calories, e.g. walking, cleaning, mowing the lawn is beneficial and should be included in daily routines.

10 HEALTH BENEFITS OF YOGA

#1 INCREASED FLEXIBILITY

One of the best physical benefits of yoga is that it improves your flexibility. This not only improves the quality of your day to day life but also reduces your risk of injury when you exercise.

#3 HEALTHIER BLOOD

Studies have shown that practicing yoga regularly relaxes your blood vessels and enhances circulation. This not only helps lower your blood pressure but it also ensures all your muscles and vital organs have a constant supply of oxygen.

#5 REDUCED RISK OF CHRONIC DISEASE

Yoga helps fight chronic diseases such as cancer, diabetes and heart disease in a number of ways. First, many chronic diseases are directly linked to stress and by practicing yoga regularly, you naturally lower your stress levels. Second, yoga improves your physical health and research has shown that high levels of physical health can be directly correlated with lower levels of chronic disease. Finally, the enhanced blood flow that comes as a result of practicing yoga improves your overall internal health.

#6 ENHANCED FAT LOSS

Yoga is not often credited for its fat burning properties. However, if you choose the right type of yoga, you can burn close to 600 calories per hour. Two of the most effective types of yoga for burning fat are Bikram/Hot Yoga (477 calories per hour and Vinyasa Yoga/Flow Yoga (594 calories per hour).

#8 BETTER BREATHING

A further benefit of yoga is that it promotes slower, more controlled breathing. This opens up your chest, soothes respiratory disorders (such as asthma and bronchitis), boosts digestion and much more.

#10 ENHANCED MUSCLE STRENGTH & TONE

One final benefit of yoga is that it strengthens and tones all the muscles in your body without adding size. The dynamic nature of yoga also helps your muscles to develop in balance with each other and ensures that certain muscle groups don't get neglected. In addition to this, the way that yoga exercises target your muscles helps to develop functional strength and endurance which makes performing day to day tasks such as grocery shopping and general lifting much easier.

#2 IMPROVED MENTAL FITNESS

Unlike many forms of exercise, yoga benefits your body and your mind equally. You'll find that when you practice yoga any stress that you're experiencing melts away and as a result you feel much calmer and more relaxed.

With regular practice, this state of calmness and relaxation will become natural and you'll find that you become a much happier person as a result.

#4 BETTER POSTURE

Another great thing about yoga is that it boosts your posture. The slow, controlled movements of yoga promote proper spinal alignment and help to permanently strengthen and straighten your back. This improved posture reduces back pain, improves your breathing and circulation, protects against injury and much more.

#7 IMPROVED BALANCE

Many yoga moves involve holding your body in positions which test your balance to the limit. As a result, your balance naturally improves with regular yoga. This improved balance enhances the co-ordination between your brain and your muscles, increases your core stability and helps you isolate individual muscles more effectively.

#9 REDUCED SORENESS

Yoga relaxes your entire body and helps to loosen up your joints, muscles and more. In addition to this, it promotes good posture and enhances circulation. This has a soothing effect on your entire body and helps to alleviate chronic pain and soreness.

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FreeFitnessTips.co.uk

22 BENEFITS OF STRENGTH TRAINING FOR WOMEN



read more and view sources at www.FitHealthyBest.com/strength-training-for-women

5 BENEFITS OF BODYWEIGHT TRAINING

Here are the key benefits of working with your own bodyweight.

HIGH OUTPUT, LOW INVESTMENT

The main benefit of bodyweight training is to build strength without investing hours of time a week. A short, full body routine that includes sets of exercises like lunges, squats, and crunches, with short breaks in between, can build muscle very effectively.

BETTER BALANCE AND FLEXIBILITY.

Relying on only your body to workout also improves balance and flexibility. A full body routine engages your core muscles and improves strength in your limbs.

CONTROL AND VARIETY.

Many strength training or cardio routines can get feel monotonous but with bodyweight training, you're completely in control of your routine.

ANYWHERE ANYTIME

Another plus is that bodyweight training requires no special equipment or training gear, which means that you can do it anywhere and it's accessible for anyone. If you can't make it to your health club, you can do it at home or outdoors.

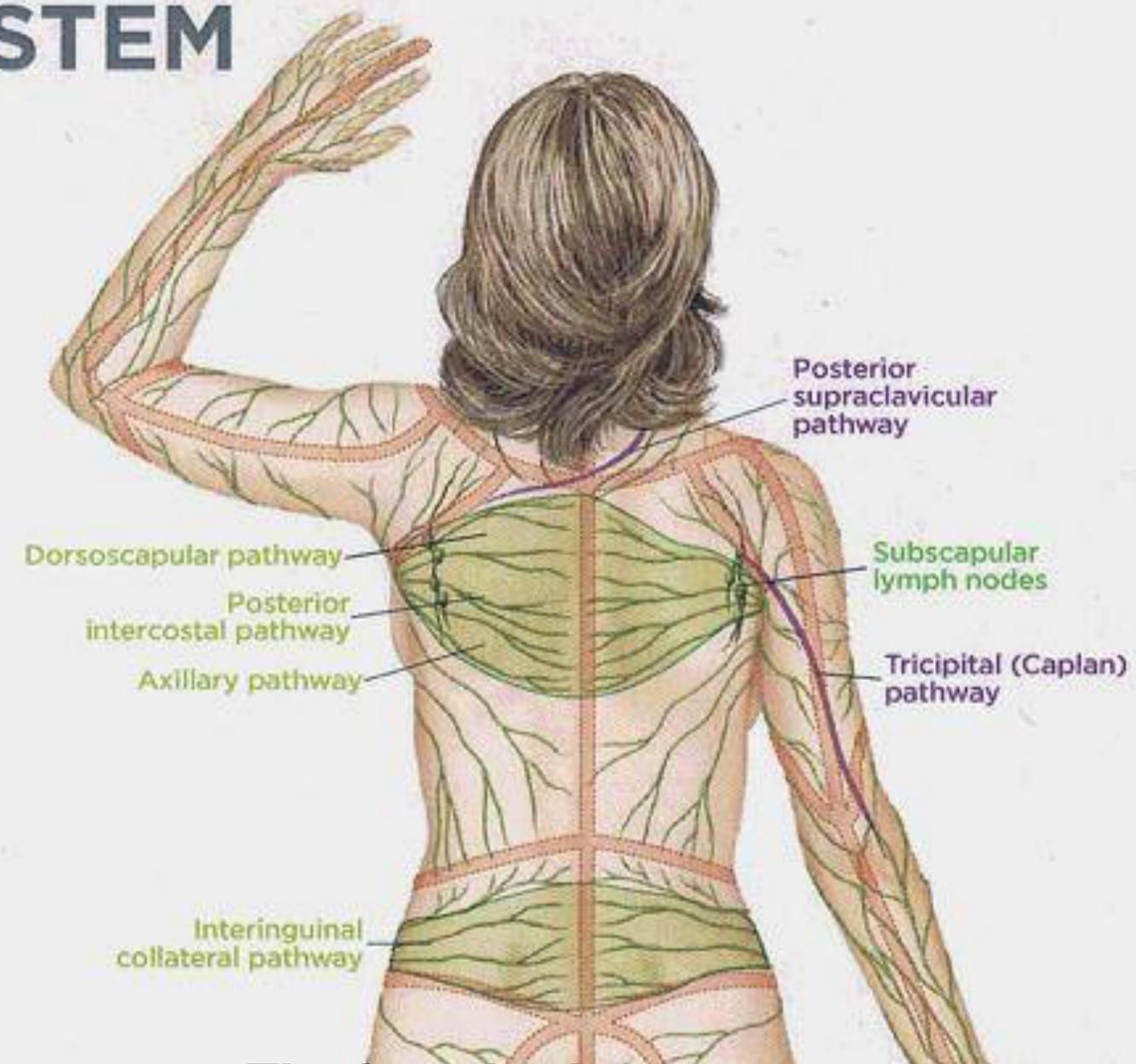
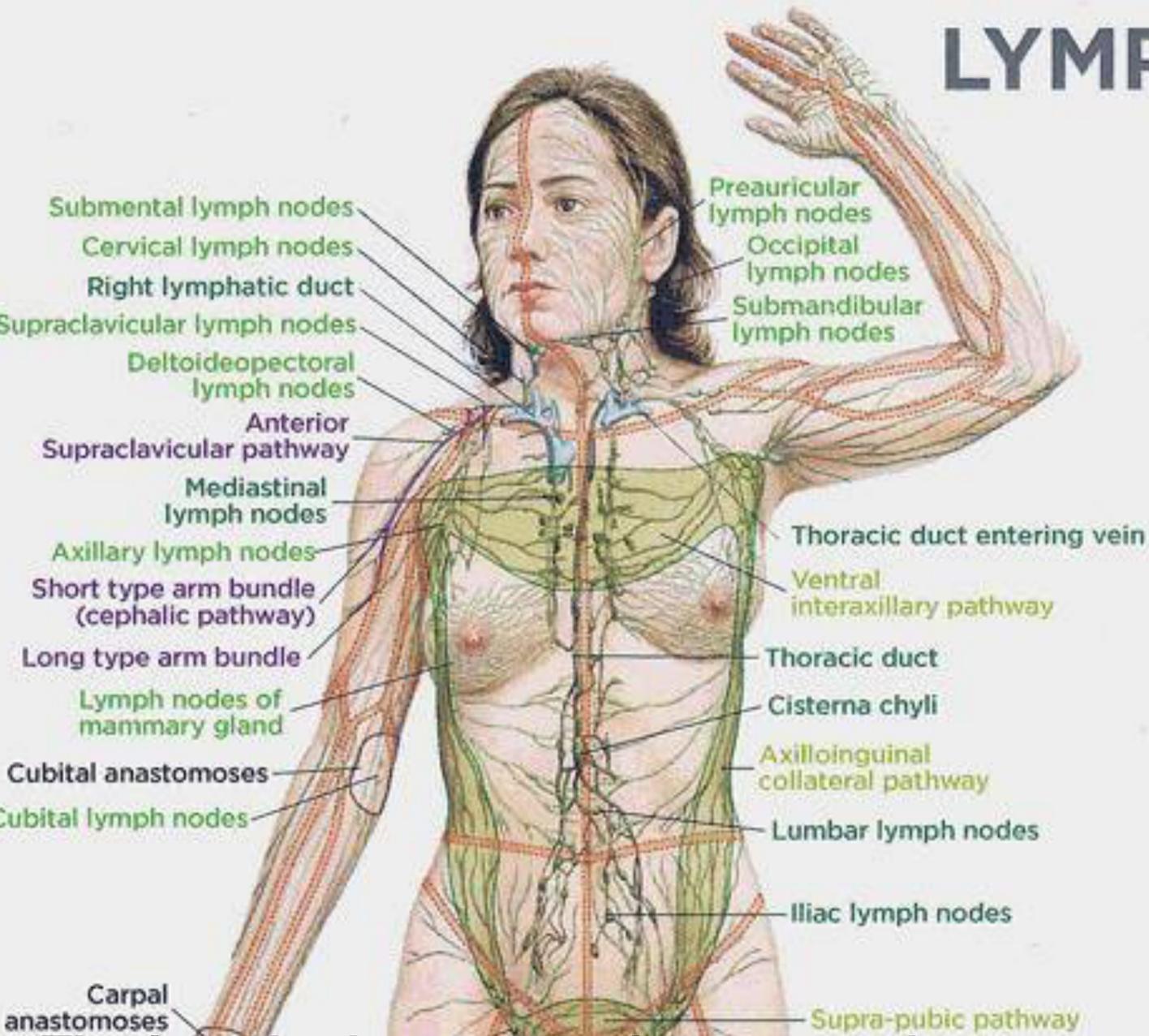
KEEPING IT LEAN.

The short bursts of exercise that make up a bodyweight routine have been proven to help with weight loss more effectively than long cardio sessions.

17 PROVEN AREAS WHERE WEIGHT AND STRENGTH TRAINING WILL BENEFIT YOU

- 1. MAKES YOU STRONG**
Using weights or your body to create resistance in specific strength training exercises will make you strong
- 2. MAKES YOU FIT**
Create a routine and before you know it you'll be reaching weight goals you never thought possible
- 3. IMPROVES CARDIOVASCULAR HEALTH**
Weight lifting and strength training are equally as beneficial when it comes to heart health
- 4. CREATES STRONG BONES**
The stronger our bones are the less likely we are to get hurt, our organs stay better protected, our muscles are securely anchored and we store calcium for other uses
- 5. STRENGTHENS MUSCLE MASS**
A person who lifts weights regularly and follows a specific diet regimen could build some massive muscle mass.
- 6. BETTER CONTROL OF BLOOD SUGAR LEVELS**
Those who strength train with diabetes can expect are a better response to insulin and an improvement in the way your body uses blood sugar..
- 7. LOWERS RISK OF CANCER**
Strength training alone was more likely to prevent premature death, particularly those that were cancer-related, than aerobic exercise.
- 8. LESS RISK OF INJURY**
Your tendons strengthen with weight training just as much as your muscles. Your ligaments become more flexible, which decreases the chances of them getting strained or torn..
- 9. BURNS CALORIES**
You can burn more calories strength training than with aerobic exercises.
- 10. ENABLE BETTER BODY MECHANICS**
When you stick to a weight training regimen your body will move better
- 11. BETTER FLEXIBILITY**
When you reroute your brain to adopt new habits, stick to the new thing until it becomes routine.
- 12. POSITIVE BODY IMAGE**
lifting weights won't only help you lose weight, you'll walk away with a better outlook on your look the second you lose that first pound
- 13. HELPS MANAGE CHRONIC DISEASES**
Weight training fights heart disease, diabetes, back pain, cancer, and many others..
- 14. BOOSTS ENERGY**
Weight lifting and strength training are high-intensity workouts and can help you get the rush of endorphins you need for that energy boost..
- 15. PREVENTS AND HELPS MANAGE OSTEOPOROSIS**
building muscle will prompt your body to create bone cells to accommodate the growth in muscle
- 16. IMPROVES MENTAL HEALTH AND COGNITION**
One study showed that regular resistance training had a compelling impact on every single one of these issues and mental challenges..
- 17. LENGTHENS YOUR LIFE**
particular, has been shown to increase the life expectancy of certain subjects

PRIMARY AND COLLATERAL LYMPHATIC SYSTEM



The lymphatic system plays a very important role in our immune system. The lymphatic system transports fluids throughout the body through thin-walled lymphatic vessels, lymph nodes, and collecting ducts. Lymph contains proteins, nutrients which provide nourishment to the tissues as well as damaged cells, cancer cells and foreign particles (bacteria and viruses) that may have entered our tissue fluids.

Exercise Daily, including aerobic (brisk walking, swimming, cycling, heavy cleaning and running) and anaerobic physical activity (sprints, weightlifting, Isometrics, interval training).

JUMPING EXERCISES ~ because your Lymphatic System has no pump

If you really want to kickstart your [Lymphatic System](#), all you really have to do is jump around a lot. Of course, you can simply jump up and down for fun, or use a skipping rope, or add a few to an exercise routine. Better options, though, are jumping jacks and rebounding.

Jumping Jacks are very simple to do and they work out your whole body at once. Simply jumping while your arms move up and down can really help to get your lymphatic system active. Start by just doing 10 jumping jacks twice or thrice a day, then slowly work your way up until you find yourself doing 100 of them! Jump Rope is another great way!!

Rebounding definitely takes the cake when it comes to the most [Positive](#) and Effective exercises that flush your Lymphatic System. This rebounding refers to the act of jumping on a trampoline. This helps Strengthen Muscles while getting your Circulatory and Lymphatic Systems moving. Jump on a trampoline for between 10 minutes and half an hour to your favorite music and be amazed at the results. If you have pain issues or are under a doctor's instructions regarding safe trampoline use, you can do very light, calm bouncing instead. Even this is enough to flush your lymph nodes!

Taking care of your Lymphatic System is crucial to Long-Term Health. Luckily, the way to do so is very easy: just exercise!!! With positive thinking and discipline, you can perform these exercise moves on a daily basis, and your body will thank you.

Ayurveda. Ancient Wisdom for Modern Times.

Are you ready to feel energized, vitalized, and healthier? Do you want to slow down, simplify your life and feel able to breathe again? Have you been struggling with health issues that you have not been able to improve? Would you like to feel joyful more often? Ayurveda is your answer. Ayurveda looks at you as a whole system. It finds and eliminates the root cause of disease and teaches you to make decisions that will make you as vibrant and healthy as possible.

Ayurveda is the oldest continually practiced health-care system!!

Ayurveda sees each thing, each person, as fundamentally connected. This holistic perspective allows the practitioner to find connections where science draws only blanks, as well as provide natural treatments that leverage the power of nature, food, and botanical medicine.

Ayurveda, or ayurvedic medicine, is a holistic tradition of medicine from South Asia, particularly India, that uses a systemic and highly complex model of health, disease, and health restoration. For thousands of years, since before written alphabets existed, the peoples and cultures of India have been among the world's most keen observers of nature, accumulating immeasurably vast quantities of knowledge of healing. Over countless generations, since before India's sacred scriptures, the Vedas were composed, the scholars and seers of that ancient country set about compiling the totality of these observations of the natural world and elaborating their practical applications.

The sum of the knowledge gained from their millenia-spanning study is known in Sanskrit as Ayurveda or in English, The Science of Life.

Ayurveda's most distinctive features are its reliance of primarily natural remedies to treat and natural means to avoid disease, it's extremely sophisticated system of diagnosis, and its categorization of patients into distinctive anatomic and metabolic types.

Because it delivers incredible results where other systems of medicine often fail, Ayurveda is seeing a great resurgence in our era...

<https://khabirsouthwick.com/ayurveda>

Grounding/Earthing

SCIENCE OF EARTHING ELECTRICAL ENTRAINMENT

The Science

The Earth produces a 7.83 Hz EM field (the Schumann Resonance) entraining all life harmonically in these fields. The EEG and EMG readings showed that grounding significantly influences the electrical activity of the brain and muscles, even within a mere half hour. In fact, dramatic changes were recorded almost instantly (within two seconds) of Earthing.

The Benefits

These subtle ULF EM fields restore the body, and the mind, to health increasing Psi Abilities, Intuition and Spiritual Receptivity.

Reduce Inflammation, Stress and Chronic Pain
Improves Sleep and Energy, Balances Body's Rhythms
Reduces Hormonal and Menstrual Stress
Counters bad EMF from Wifi and Cell Phones.

SITSSHOW.BLOGSPOT.COM

HEALING WITH EARTHING

Did you know... ancient healers believed Earth's energy could be easily absorbed through our skin and through the soles of our feet?

Studies proves **earthing** (also called grounding) can improve your blood pressure, reduce cortisol, and even help sleep problems. It's done by reconnecting your body with the free electrons that flow through the Earth's surface and it's as easy as walking barefoot outdoors.



Cleansing/Detoxification

Detoxifying and cleansing your body is important to let your body function at it's best.

These two natural elements come straight from Mother Earth and provide powerful cleansing & detoxifying effects on the body. Activated Charcoal and Bentonite Clay are not related, yet both have similar qualities and capabilities aside from cleansing when it comes to your health.

Activated Charcoal absorbs poisons from the body, including heavy metals. It reduces intestinal gas and bloating, lowers cholesterol levels and even heals hangovers. The reason for its effectiveness is because of its negatively charged, porous surface. Most toxic chemicals and gases have a positive charge to them. Because charcoal has a negative charge, positively charged chemicals are attracted to it to create a perfect bond. Activated charcoal uses *adsorption* when detoxing the body.

Bentonite Clay is actually made of volcanic ash which gives it a powerful vitamin and mineral content. It works slightly different from activated charcoal but just as well at removing toxins, if not better. When bentonite clay is hydrated, it acts as a porous sponge because it's a swelling clay. Like activated charcoal, it also has a strong negative charge attracting positively charged toxins pulling them through the body.

The difference between activated charcoal and bentonite clay is that when bentonite clay absorbs toxins, it releases its minerals for the body to use. These minerals include silica, calcium, magnesium, sodium, iron, and potassium to name a few.

Baking Soda (sodium bicarbonate) lives up to the image on the Arm & Hammer's box; it is the ultimate heavyweight workhorse medicine that every healthcare professional and parent should use to diminish toxic poisoning. So deep are the protective, buffering and neutralizing properties of bicarbonate that it is used even with radiation exposure to protect the kidneys and other tissues. The oral administration of sodium bicarbonate as a detox cleanse diminishes the severity of the changes produced by uranium in the kidneys. And it does this for all the heavy metals and other toxic chemicals including chemotherapy agents, which are highly lethal even in low dosages. What does bicarbonate really do? Baking Soda is like a strong janitor mopping up the messes and carrying the poisons away. This janitor protects tissues and leaves an alkaline film or trail behind to make sure everything stays safe. In medicine, sodium bicarbonate is like the cleaning and security man proven loyal through decades of faithful service and it can be brought in to provide some sort of protection in cases where people are suffering from radiation toxicity.

One major health claim for **Diatomaceous Earth** is that it can help you detox by **Cleansing** your digestive tract. This claim is based on its ability to remove heavy metals from water, which is the property that makes diatomaceous earth a popular industrial-grade filter (**11**).

Zeolite is King of detox which can bind and remove a wide range of toxins from the human body, drinking water, and waste materials. Its tiny cages and surface charge trap heavy metals, natural and chemical poisons, radioactive elements, microbes, metabolic products, and more [**7, 8, 9, 10**]. Thanks to these potent detox properties, zeolite can [**3, 11, 12, 13**]: Reverse oxidative damage, Maintain a healthy microbiome, Kill bacteria and viruses, Boost the levels of minerals and trace elements, Repair skin lesions and stop bleeding...

breathwork



relaxing intention stamina
anti-aging IMMUNE SYSTEM cleansing
circulation detoxify alkalising
HOMEOSTASIS natural VITALITY
therapeutic connect
posture BALANCE
energy oxygen
harmony let go
easy
uplifting mindfulness
peace
CALM STRESS RELEASE HEALING
absorption digestion

WHAT IS BREATHWORK?

Breathwork is a practice and/or therapeutic intervention that involves consciously exerting control over breathing patterns to address mental, physical and spiritual health concerns. Controlling one's breathing helps focus the mind, detach oneself from immediate reactions to thoughts, and make it easier to get in touch with one's inner sense of peace and calm. It also induces multiple physiological and chemical effects such as altering heart rate, blood pressure and cortisol (stress hormone) levels.

WHAT CONDITIONS DOES BREATHWORK TREAT?

Breathwork is used to help both physical and mental health conditions and address symptoms related to chronic health concerns. It has been used for:

- Anxiety
- Asthma
- Chronic pain
- Anger issues
- Depression
- Trauma and posttraumatic stress
- Grief and loss
- Emotional effects of physical illness • Insomnia
- Chronic obstructive pulmonary disease
- Labor pain
- High blood pressure
- Irritable bowel syndrome symptoms • Smoking cessation
- Attention deficit hyperactivity disorder
- Other conditions

Breathwork also has a positive impact on healthy individuals who are seeking to improve their physical and mental health.

Breathwork has been shown to alter:

- Immune system • Metabolic functioning • Emotional regulation
- Stress levels • Quality of life

- 1 Lie down on your back in a comfortable place free from any kind of distraction.
- 2 Put your hands on your abdomen (to feel your way through the exercise) & try to relax your muscles.



- 3 Inhale deeply through nose, expanding your abdomen & filling your lungs with air. Count slowly to 5 as you inhale.
- 4 Hold your breath & count to 3.



HOW TO DO DEEP BREATHING - THE CORRECT WAY



- 5 Exhale slowly through your mouth & empty your lungs completely. Again, count slowly to 5 as you exhale & try to release any tension from your muscles.
- 6 Continue to inhale & exhale deeply for 5 to 10 minutes.
- 7 Perform this exercise once in the morning & again before going to bed.

A seven-step process you can use to develop the practice of deep breathing on a daily basis.

TIME

Determine a time of day to practice deep breathing, preferably after a daily habit you perform consistently. Morning is always a good time to practice, as it sets the tone for your day.

STEP 01



STEP 02

SETTING

Select a setting for your breathing practice in a quiet space where you won't be distracted or interrupted. Turn off your phone, computer, and any other device that might disturb you.



STEP 03

10 MINUTES

Set a timer for 10 minutes.



STEP 04

POSITION

Sit on the floor with a pillow in a meditative position, like the lotus position, or in a chair with your spine straight and feet planted on the floor. Let your hands rest gently in your lap.



STEP 05

INHALE...

Inhale slowly through your nose until your lungs are filled to capacity, allowing your stomach to push out on the inhalation.



STEP 06

PAUSE...

At the end of the inhalation, pause for a count of two.

EXHALE...

Exhale slowly, smoothly, and completely, allowing your stomach to return to its natural position. Pause at the end of the exhalation as well.

STEP 07

If you establish a 5 - to 10-minute breathing habit, you can easily use this habit as a trigger and starting point for your meditation practice.

[The Infinity Breath Meditation](#)
 YouTube, ~ 'Personal Favorite'
 As Taught By ArchAngel Michael

Rife Frequencies

Imagine what your life would be like if you could eliminate ill health in as little as one day for something mild (like the common cold), or in several months to a year, maximum, for a more serious illness (like cancer). To do this, you would need three things: a protocol to strengthen your system so that it's no longer a breeding ground for pathogens, a frequency device, and a list of frequencies to go with the device. You would not need toxic drugs or invasive surgery, you would not incur unfairly high medical bills, and you would not have to depend on doctors for long periods of time. This protocol is called Rife Therapy, named after its inventor Royal Raymond Rife.

https://www.rifevideos.com/dr_rifes_true_original_frequencies.html

PLASMA-POWERED The PERL's revolutionary plasma tube is truly a one-of-a-kind feat of engineering. It incorporates ground-breaking frequency concepts pioneered by Dr. Royal Raymond Rife, Dr. James Bare, Dr. Anthony Holland and Dr. James Oschmann. The tube contains a noble gas, Argon, which is completely safe while offering the cleanest signal output for pristine frequency emission. The PERL M+ ships with two plasma tubes. The tubes are identical and are rated for thousands of hours of use each.

HIGHEST FREQUENCY OUTPUT Plasma is the most accurate emitter and outputs frequencies orders of magnitude higher than even the best magnetic coils. The PERL's plasma tube alone emits frequencies up to 300,000Hz at 100% modulation while most other plasma devices on the market are limited to 40,000Hz. The PERL's unrivaled access to such a high frequency output via the ProGen allows you to cover much more possible uses now and in the future. The PERL M+ uses a 27.125 MHz carrier wave to deliver frequencies safely to the entire body at the deepest cellular level. It is by far the best effective range in the industry. While other so-called "rife machines" on the market force you to be inches away from the tube, the PERL M+ is so well designed that it is not subject to the Inverse Square Law (ISL). *Everyone within 30 feet share its wellness benefits, plants included!* <https://www.resonantlight.com/perl-mplus>

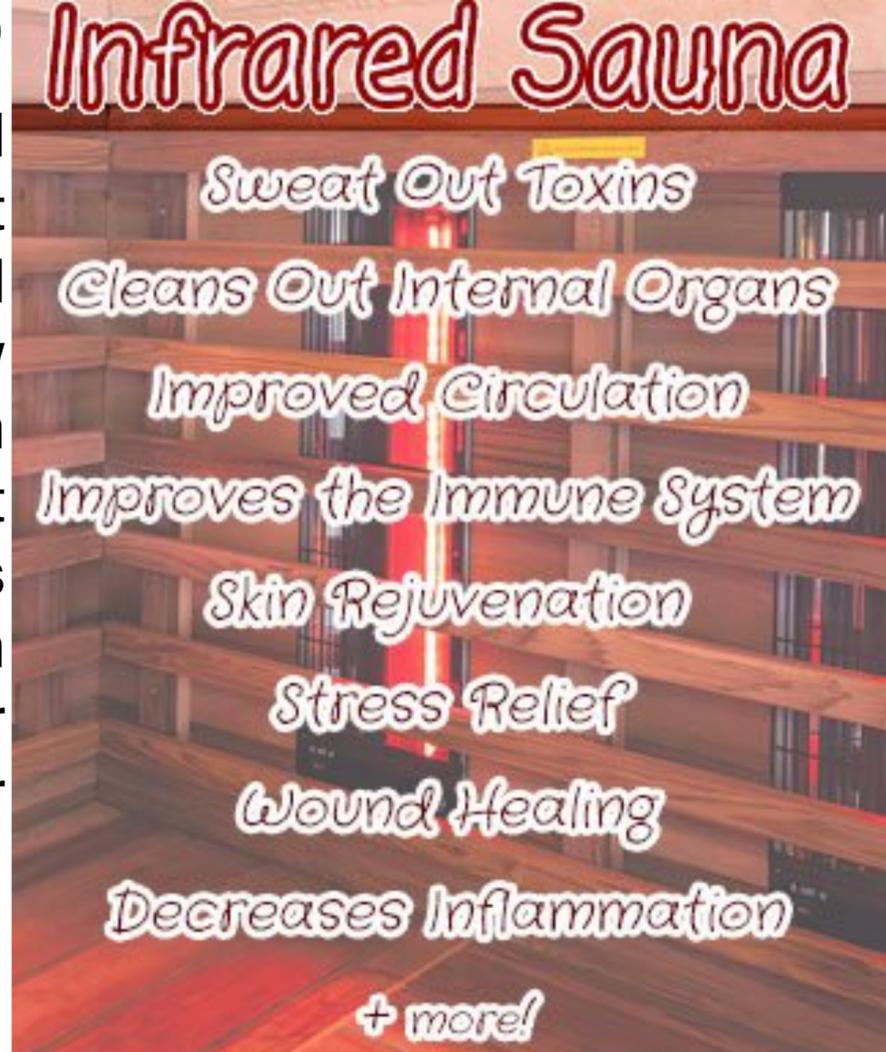
Near Infrared Sauna: Can It Detoxify Your Body?

The Mayans had their hot houses, Native Americans have their sweat lodges, and Russians have their bathhouses. Do not let this rich history mistake you into thinking that saunas are an antiquated therapy, in fact, **with the recent invention of near infrared technology, saunas can take the healing and therapeutic process into a whole new level.** Near infrared saunas are unique in that they do not actually require high temperatures to encourage profuse sweating. Near infrared saunas use incandescent reddish heat lamps that penetrate the skin and heat it from the inside, as well as the skin's surface. **As a result, the air temperature in a near infrared sauna can stay much cooler yet still sweat out all the toxins.** Those who have difficulty tolerating the heat or are ill find that they can stay in the sauna much longer, increasing the benefits. The near infrared sauna is also often called a lamp sauna because it is made with red lamps.

<https://healthyfocus.org/the-amazing-health-benefits-of-near-infrared-sauna/>

NEAR INFRARED VS. FAR INFRARED SAUNAS

- **Near infrared saunas are much safer than far infrared saunas when it comes to EMF emissions.** Some higher quality newer far-inferred models have reduced EMF levels but the simple Near infrared Lamp Sauna still has much lower EMF levels.
- **Near infrared Saunas can penetrate the surface of the skin more than a far infrared or traditional hot sauna.** The old hot sauna help with sweating but does not penetrate the surface at all. **Far infrared saunas can penetrate 1- 1.5 inches whereas near infrared saunas can penetrate up to 3 to 4 inches.** The greater the penetration the greater the overall detox may be.
- **Near infrared sauna's are also much cheaper than any other sauna.** A home built one can be made for **well under \$100.** Pre-made units cost a few hundred dollars. **Far infrared sauna's are more expensive (over \$1000 typically)** and also take up a dedicated space. Near infrared sauna can be setup in an existing shower/tub and moved when not in use. **If you are handy, you can make a 5 lamp sauna like this person did <https://www.youtube.com/watch?v=6EgK7y4KB7I>** An even cheaper and easier option is to by 2-3 clamp style lamps, and clip onto a shower caddy. You should be able to enjoy all the health benefits for under \$70. To see what it looks like check out this link
- <http://smallchangelife.org/hidden-pages/heathers-diy-infrared-sauna/>



Solfeggio Frequencies (Decoded Gregorian Chants)

<https://www.roundtheworldmagazine.com/solfeggio-frequencies-2/>

All Solfeggio Frequencies are said to have a positive outcome to your being and **healing energy** by eliminating negativity and cleansing your aura. They promote higher connections to the higher self and encourage the release of problematic and emotional blockages.

174 Hz – Relieves Pain and Stress

The 174Hz frequency is used to relieve pain and is said to provide a sense of security to the organs within the entire body.

285 Hz – Healing Tissue and Organs

The frequency is used to help treat minor wounds in the physical body such as burns and damaged tissue. The 285 Hz tone is also said to encourage the rejuvenation of cells to help fix damage to the organs

396 Hz – Eliminating Fear, Guilt and Grief

UT 396 Hz is said to penetrate into the deeper self and is said to reverse the feeling of guilt, fear, and grief.

417 Hz – Facilitating Change

Probably the most searched for and well known of the Solfeggio Frequencies is RE 417 Hz. This YouTube video has been viewed almost 7million times.

528 Hz – Transformation, Love and Miracles

The MI tone is used by healers to repair DNA with the aim of returning it to its perfect state.

639 Hz – Connecting and Balancing Relationship

The FA 639 Hz solfeggio frequency is used to promote connection.

741 Hz – Solving Problems and Awakening Intuition

SOL 741 Hz is the frequency that detoxes the body from all types of pollutants.

852 Hz – Reset Spiritual Order

Frequency tone LA is used to raise awareness and cell energy while resetting to a state of original spiritual order.

963 Hz – The Perfect State

The final and highest of the Solfeggio Frequencies, the 963 Hz tone reconnects with spirit in the highest form and promotes a deep connection with the spiritual world.

Experience a cleansing, rewarding, detoxifying meditation by listening to all 9 frequencies in this 1 hour 20-minute video.

https://youtu.be/goyZbut_KFY

PURE Solfeggio Tones 2:15 ~ <https://www.youtube.com/watch?v=3hivQxSlyGg>

Other Natural Healing Modalities

The Gerson Therapy

<https://gerson.org/the-gerson-therapy/>

Developed in the 1920's by Dr. Max Gerson, the Gerson Therapy™ is a natural treatment system that activates the body's extraordinary ability to heal itself by treating the underlying cause of degenerative disease - toxicity and nutritional deficiency — through a specific protocol consisting of an organic, plant — based diet, raw juices, detoxification and natural supplements.

The Burzynski Clinic

<https://www.burzynskiclinic.com>

Established in 1977, the Burzynski Clinic has grown to be a nationally and internationally recognized cancer center that provides cutting-edge cancer treatments. For over 40 years, Dr. Burzynski's cancer research and patient care has been inspired by the philosophy of the physician Hippocrates: 'First, do no harm'. Therefore, our approach to treatment is 'personalized' in an attempt to maximize effectiveness and minimize side effects for each cancer patient.

B-17 (Laetrile) Vitamin B17 known as amygdalin, most famously the pits of apricots, apple, pear, plum, and peach seeds.

The benzaldehyde molecule in B17 is theorized to work by targeting and killing cancer cells and building the immune system to fend off future outbreaks of cancer.

Apoptosis through Cannabis/Hemp Ingestion

<https://unitedpatientsgroup.com/blog/apoptosis-cancer-cannabinoids/>

Cannabis/Hemp is a catalyst for “programmed cell death.” This process is called *apoptosis* and it is the most effective way that cannabis and other natural substances can turn cancer around for good. <https://unitedpatientsgroup.com/blog/apoptosis-cancer-cannabinoids/> The process of apoptosis leads to cell regeneration, cellular morphogenesis, the maintenance of healthy tissue and the elimination of harmful cells.

Body Alkalinity Can Fight or Prevent Cancer Cells

<https://www.healthalkaline.com/body-alkalinity-can-fight-or-prevent-cancer-cells/>

Biochemist Otto Heinrich Warburg, discovered that the root cause of cancer is too much acidity in the body, meaning that the pH, potential hydrogen, in the body is below the normal level of 7.365, which constitutes an “acidic” state. Warburg investigated the metabolism of tumors and the respiration of cells and discovered that cancer cells maintain and thrive in a lower pH, as low as 6.0, due to lactic acid production and elevated CO₂. Higher pH, which is Alkaline, means higher concentration of oxygen molecules, while lower pH, which is acidic, means lower concentrations of oxygen...the same oxygen that is needed to maintain healthy cells.

A simple cure for 97% of diseases, and the shocking facts of its global suppression - <https://www.youtube.com/watch?v=FLMazKyly9w>

NASA proclaimed Chlorine Dioxide a universal antidote in 1987. Since then, thousands have recovered from illness using this substance, and now many doctors and scientists say it is highly effective for many uses.

The Best Alternative & Holistic Cancer Treatment Centers

<https://www.americanlifefund.com/alternative-cancer-treatment-centers/>

Alternative and holistic cancer treatment centers typically offer services including vitamin treatments, medical marijuana, special diets, cell therapies, and countless other treatments.

Foods, Supplements and Longevity Herbs I Consume on Daily and Weekly Basis. Everything is Organic, thus Avoiding 14 pounds or more of Annual Chemicals.

My Weekly Detox and Alkalinity Drink: 1 rounded Tablespoon of Organic Charcoal powder, Baking Soda (Soda Ash), Bentonite Clay, Diatomaceous Earth and 1/2 rounded tablespoon of Zeolite, mixed into a 1 quart container with filtered water.

Salad and more Sprout Seeds mix: Alfalfa, Lentil, Radish, Broccoli, Adzuki Beans, Garbanzo, Mung and Green Pea. Cooked Sprouts etc: Black Beans, Pinto Beans, Kidney Beans, Wild and Brown Rice, Red and Brown Lentils, Adzuki Beans, Small Bean??, Quinoa, Red, Sweet Potatoes and sometime pasta; my main warm meal daily portion.

Some Salad, Cereal etc. additives: Organic Shredded Coconut unsweetened, Nutritional Yeast Flakes, Flax Seed Meal Organic, Cacao Powder Fair-Trade, Cranberries dried, Raisins, SunFlower Seeds, Pumpkin Seeds, Chia Seeds, Himalayan and Mineral Salts, Fresh ground Pepper, Tons of Organic Spices, Fresh Ground Coffee.

Of Course tons of Fresh Veggies and Fruits; I add as many chopped veggies into everything. My warm meal will be accompanied with lots of Live Organic Foods. Fruits as snacks and treats. Our Goal is to Consume over 50% on our way to 75%+ Raw Live Organics, thus not adversely impacting Our Immune Systems ability to Heal Us...

Supplements: Maca Powder, MSM Powder, Marine Collagen Powder, Plant Protein Powder, L-Arginine Amino Acid, Fo-Ti Root (Ho-Shou-Wu) Organic Cured Powder, Haritaki Powder Organic , Church of Common Sense Organic Whole-Plant Cannabis/Hemp capsules.