

Seven Step Approach to Deal with Disease

Harmony & Health

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Quality Products for Health

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A guideline of basics to consider, with each step being important:

- #1 **Increase oxygen.** This may be as simple as breathing properly and making sure there is no hiatal hernia. Do deep breathing exercises at least twice a day. Add **Chlorophyll ES** to enhance oxygen transport.
- #2 **Balance pH.** Add alkalyzing nutrients, (ie. minerals, greens) such as **GreenZone** or **Nature's Harvest**.
- #3 **Improve digestive system.** To build health, you need to be able to assimilate your supplements as well as your food. Enzymes are essential! Take them: 1. with food, as every bit of nutrition available is crucial when illness is weakening the body and also 2. on an empty stomach to assist the immune system in the clean-up of debris (ie. bad cells, viruses, parasites, etc.) Consider these enzymes:
Proactazyme or **Food Enzymes**- 2 per each meal. (Add **PDA** with meals if over 50 or eating meat.)
Protease High Potency- 2 twice daily on empty stomach. **Probiotic 11** to build up the Microbiome.
- #4 **Detoxify.** It is essential to cleanse the liver and blood. Top choices are: **E-Tea, Cellular Detox, Enviro Detox, BP-X, Pau d'Arco, ParaCleanse, Detox Basics** or **Heavy Metal Detox**. The choice depends on the type of illness and the person's life history as well as their possible exposure to toxins.
- #5 **Add antioxidants.** The purpose and focus here is on building the healthy tissues.
ThaiGo is the #1 choice. Rotate others such as **CoQ10, Super Orac, Nature's Noni**, etc.
- #6 **Kill the Bad Guys.** Excellent research has been done on **Paw Paw Cell Reg's** effect on cancer cells by Dr. Jerry McLaughlin, Purdue University. **Silver Shield** would also fall into this category.
Immune Stimulator is a great mushroom product to support most programs.
- #7 **Increase Joy and Pleasure.** This is less tangible than adding supplements, but very critical. Not just 'pleasure' though, I would take it a step further and say **Find Purpose**---purpose that you truly enjoy, but also, "Why am I here?" "Why do I want to stay?" "Why do I want true health & vitality?"

Remember: Look at the whole system--not just the part suffering the symptom. A good diet is essential. Eliminate junk foods and all processed foods. Focus on wholesome vegetables, quality proteins, and good fats. Drink half your body weight in water, lemon water, or cleansing teas daily.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Help Your Body Stay Healthy with Natural Remedies.

