

# 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, not based in order of importance, each step being important:

**#1 Increase oxygen.** This may be as simple as breathing properly, making sure your air quality is good, and taking time to do deep breathing exercises. Do deep breathing exercises at least twice a day and making sure there is no hiatal hernia. Add **Chlorophyll ES** to enhance oxygen transport.

**#2 Balance pH.** Add alkalizing nutrients (ie. trace minerals and dark greens nutrients) to your daily regimen. Good options include: **Power Greens** and **Nature's Harvest**.

**#3 Improve digestive system.** To build health, we need to be able to assimilate our supplements as well as our food. Chew food slowly, don't drink much within 30 minutes of eating. If we don't digest, our food will rot & ferment in the stomach, creating bloating, mucous, & further intestinal distress, as well as lack of nutrient absorption. Enzymes are essential! Take with food, as every bit of nutrition available is crucial when illness is weakening the body and on an empty stomach to assist the immune system in the clean-up of debris (ie. bad cells, viruses, parasites, etc.)

Consider: **Proactzyme 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 to detox.

**Probiotic 11** to build up the Microbiome. **Eliminating sugar** is one of the best things we can do for our overall health, do NOT replace it with artificial sweeteners. Eat pure, whole, fresh foods in their own season- more storage/ shipping—less nutrition. Do not eat beyond your needs, most people overeat, nor near bedtime.

**#4 Detoxify.** It is essential to cleanse the liver, blood, & lymph, as well as the colon. Supplements depend on the type of illness and the person's health history, as well as their possible exposure to toxins.

Top choices are: **E-Tea, Cellular Detox, Enviro Detox, BP-X, Pau d'Arco, ParaCleanse, & Heavy Metal Detox.**

Drink Plenty Purified Water daily—not with meals (at least half body wt in oz. for most)

**#5 Add antioxidants.** The purpose and focus here is preventing oxidation & deterioration.. **ThaiGo** is a top choice. Others to consider: **CoQ10, Super Orac, Nature's Noni, Turmeric, Vit C & E**, etc.

**#6 Kill the Bad Guys.** Many wonderful antimicrobial herbs, such as Olive Leaf, Oregano, Berberine, & more. Silver Shield would also fall into this category. Excellent research has been done on Paw Paw Cell Reg's effect on cancer cells by Dr. Jerry McLaughlin, Purdue University.. **Immune Stimulator & MyImmune** are mushroom blends to support and strengthen the immune system..

**#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. Ask us questions to learn more what may help you specifically.*

**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.



## Building Better Health Naturally