

4 Foundational Truths to Better Health

Personal Health Challenges ?

Choices: Holistic Health vs. Western Medicine

target root cause

treat symptoms

Core Nutrition: Living vs. Non-Living

plants & animals

Core Nutrition: Suggestions

- Lifelong Vitality Pack
 - Multiple Vitamin
 - Essential Fatty Acid
 - Antioxidant
 - 80% of health challenges improve
- OnGuard and Frankincense
 - Cell protecting
- Weston Price

Detoxification: Toxins vs. Effects of Toxins

insecticides

Detoxification: Suggestions

- Need periodic cleansing
 - Restores gut health
 - Lemon Essential Oil
 - Digestzen Essential Oil
 - Zendocrine Essential Oil
 - Terrazyme
 - PB Assist (probiotic)
 - Replace toxic products-look at labels
 - Self care
 - Cleaning

Exercise: Benefits & Suggestions

Essential Oils
Deep Blue
Breathe
30 minutes, 5 times a week
7 min workout (google)

Rest & Stress: Effects of Poor Rest & Stress

Rest & Stress Management

sleep schedule

Essential Oils
Lavender
Serenity
Balance
Use in bath with Epsom salts
Topically on feet
Diffuse

Live a Wellness Lifestyle

Rate yourself in each area (1-10)

