



Putting the Puzzle of Health Together

Diet/Food>	affects>	pH/Terrain>	helped by>	Eating right Minerals/trace minerals Vitamins
		Digestion		Probiotics Enzymes
		Free Radicals		Anti-oxidants These are some of the basic supporting supplements to use to help re-balance and/or keep a system in balance
Detoxify the body.		Drain the swamps i.e. the irrigation canals around the cells, otherwise known as the lymph system		Lymph drainage massage Steam/Ozone sauna Movement/exercise Deep Breathing Water
Detoxify the gut.		Kick out the bad bugs. Clean the pipes.		Probiotics Colonics
Keep your own body's energy system strong		Avoid EMFs		Use EMF protectors
Re-balance your Electrical nature		Get good nerve flow & structural integrity		Chiropractic
		Get good energy flow		Accupressure/puncture Massage/magnetics