

All About Your Health

nutrients.

It would make more sense, it would seem, to allow natural methods of healing to be used first, not last. Side effects are minimal.

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Since it is difficult to harm oneself with cleansing to rid the body of toxins and to increase absorption, this should be the first step in any thorough health program, given our toxic environment.

The next step would be to educate and improve the eating habits since our cells and organs depend on quality nutrition for healing.

The immune system must be strengthened through nutritional minerals, herbs, cell extracts and vitamins. These nutrients are not foreign to the body and are often all that is needed to regain health.

Three methods to assist diagnosis would be a blood test called live blood cell analysis (at one time available in hospitals) and also a spinal and structural examination by a chiropractor since structure governs function. Function is always impaired when nerve root irritation exists.

Lastly, a hair and nutritional analysis by computer is essential for predicting or establishing any existing toxic metal or nutritional deficiencies.

Regaining your health is not complicated. Get rid of fear, it is your greatest enemy; **GET BACK TO NATURE. STAY HEALTHY AND LIVE LONGER, WITHOUT PAIN.**



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