

1GOD is waiting to hear from YOU ! 



THANK YOU - Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Thank you for supplying me with Daily drink & food
Living by your latest message
I endeavor to be deserving nourishment every day
May I be spared agonizing Thirst & numbing Hunger pains
Your most humble faithful custodian-guardian (**1st name**)
For the Glory of **1GOD** & the Good of Humankind



Use this prayer before every feed!



Wash hands after every toilet visit & before every feed.

Feed 5 times a day: 'Breakfast, Early Day-snack, Lunch, Late Day-snack, Dinner'. Have a glass of lightly chilled filtered water with each feed

Every week-day needs to have a food theme: e. g.

Day 1: Vegetables; Day2: Poultry; Day3: Mammal; Mid-week: Reptile;
Day5: Seafood; Week-end: Nuts & Seeds; Fun-Day: Insects.

When feeding avoid unhealthy Nourishment e.g. Alcohol, Artificial sweetener, Fructose (glucose, sugar), Genetic modified (GM) food: Canola, Corn, Manufactured-food,...



A person used to be able to drink rain-water, use it for food preparation. Not advisable, rainwater is polluted, toxic, acidic, bad tasting,... Soon the demand for fresh-water will exceed the availability of fresh-water.

Desalination has a high boron level making for inferior water quality. This water used in farming, ranching & food production has high boron levels. Prolonged consuming of high boron levels is unhealthy.

Recycled waste-water (sewage). Toilet to tap is an option of last resort.

Bottled water is costly. Plastic water bottles release particles which stay in the body. Glass (no lead) bottles are recommended.

Note!

Prayers need **1GOD's** approval to succeed. Trust **1GOD's** judgment !