



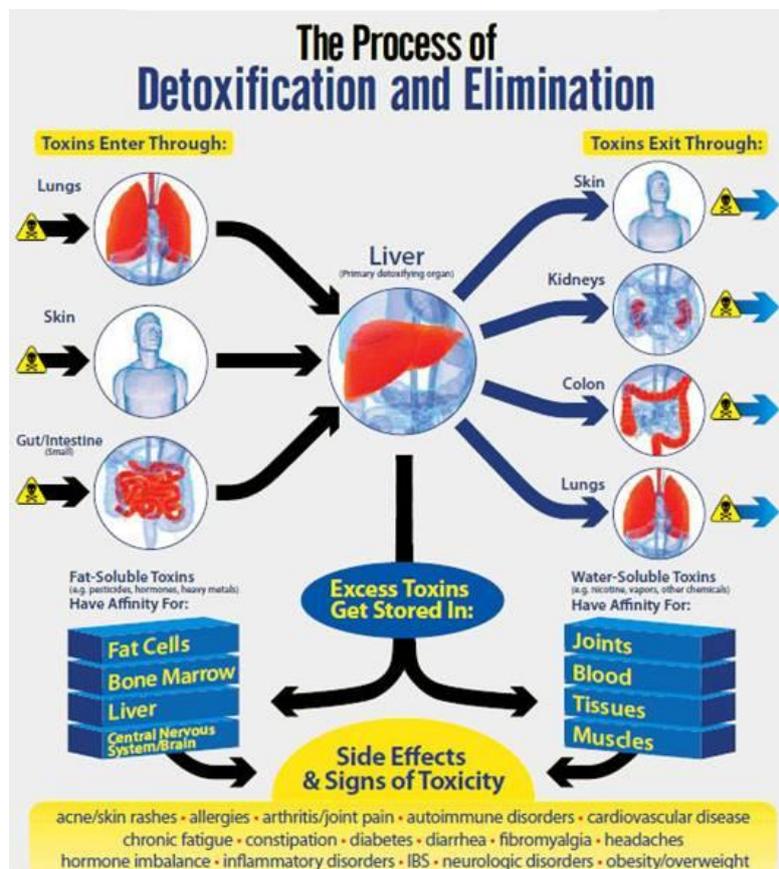
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Helping People Change the Way
They Live Their Lives

Greetings to all my friends,

Detoxing your body is essential in today's polluted world if you want to keep healthy, especially in your later years. I cover this extensively in my Three Step Healing Program <http://www.namesdoctor.com/healing.html>



I consider myself healthy and eat various foods that naturally flush the internal system from toxins, more will come in future newsletters, but I still do a mini detox two or three times a year.

This first one is an easy and inexpensive method is with a teaspoon or two of organic baking soda (Bob's Organic Red Mill is good) in a litre of purified and charged water as in my webpage article <http://www.namesdoctor.com/power-in-words.html> Add the juice from one or two whole lemons or better still whole lemons including the rind grated (excluding the pits) to drink during the morning. Not only will this detox you it also brings your PH levels to the optimum 7.5 alkaline. When your body is acidic all hell lets loose with your immune system. You can test your PH levels with simple inexpensive litmus paper. Testing your saliva first thing in the morning when you wake is the most accurate way. Spit in a spoon and add a piece of litmus paper.

Below is an example available on Amazon that covers PH range from 5.5 to 8. https://www.amazon.com/gp/product/B003ZZSQQ2/ref=s9_acsd_topr_hd_bw_b5RehM3_c_x_w?pf_rd_m=ATVPDKIKX0DER&pf_rd_s=merchandise-search-4&pf_rd_r=JPEPRXB6CQVNCBCJ675P&pf_rd_t=101&pf_rd_p=a66667f0-c420-51bb-a955-da1be338a632&pf_rd_i=4989325011

Or, <https://www.ebay.com/itm/SALE-Hydrion-Body-pH-TEST-Tape-Strips-Paper-Urine-Saliva-Dispenser-5-5-8-0-067/282070361887?ssPageName=STRK%3AMEBIDX%3AIT&trksid=p2057872.m2749.l2649>

Some find these strips easier to use: https://www.amazon.com/gp/product/B00PI6SNKA/ref=oh_aui_search_detailpage?ie=UTF8&psc=1

Do not rigorously detox more than three or four weeks at a time and not more than three or four times a year. Too much will disrupt your body's natural immune system.

The second is to alternate your next detox a couple months later with **Diatomaceous Earth**.

Diatomaceous Earth consists of a distinctive mixture of 33% silica, 19% calcium, 5% sodium, 3% magnesium and 2% iron and 15 other minerals like boron, manganese, titanium, copper and zirconium.

Due to its cleansing qualities, Diatomaceous Earth has silica we need to use in order to cleanse and detox our internal systems. The molecular structure in this compound traps the toxins and heavy metals in our bodies and carries them outside through the human body's elimination systems.

Similarly, it functions like a mild abrasive in the body, getting rid of intestinal intruders along with other dangerous microorganisms in the digestive system, stimulating digestion and absorption of nutrition by sweeping foreign physiques from the system.

This article by Dr Josh Axe explains how to do perfectly.

<https://draxe.com/diatomaceous-earth/>

Here is a good source for Diatomaceous Earth. <https://www.diatomaceousearth.com/>

When you have removed lots of the junk in your system, charge your body every day with Minerals and Nutrition as per my April Newsletter and shown on this page of my website.

<http://www.namesdoctor.com/healthy-options.html>

Stay tuned for more simple tips next month. If you missed previous newsletters, all can be found on my webpage <http://www.namesdoctor.com/newsletters.html>

You don't have to be signed up to Facebook to read the health and wellness articles I post. Take a look: <https://www.facebook.com/lyon.zonamyari>

With Love and Gratitude

Lyon

My occasional emails are to update you with information, events or discussions where I have been invited to participate as a guest speaker. If you no longer wish to receive these emails, please simply click reply and I will remove you from my list.