

# What Does A Human Need to Feel Vibrant?



*Simple things you can do today to feel vibrant and healthy.*

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## *Hello!*

My name is Melissa Olson. I am the founder of Vibrant Wellcare. I am also a Traditional Naturopath, trained at Trinity School of Natural Health and board certified by the American Naturopathic Medical Certification Board and a Bio-Energetic Practitioner. In addition to being a Traditional Naturopath, I am also a wife, mother, yoga teacher, reiki master, gardener, and organic food preservationist.

As a Traditional Naturopath I realized that each persons health is unique. Each person has different requirements for vibrancy and needs different support to reach their health goals. I strive to provide you with as much or as little support as you need on your health journey. In my practice I specialize in Detox and Weight Loss as well as Bio\_Energetic Scans.

The programs that I have developed are a compilation of the tools that were the most instrumental in my personal health journey and that of my family. We have lived this new vibrant lifestyle for almost 15 years now and I wouldn't trade one moment.



I am so glad you decided to take the first basic step to leading a healthier, more vibrant life. Together we can achieve you health and weight loss goals. Together we can walk this path to greater energy, happier outlook, and the peace of mind that vibrant health brings.

Let's do it together!

Each section of this booklet will identify one area in your life, why it is important and the simple changes you can make to change your health for the better. One thing at a time, one step at a time. You can do this!

# Outline

1. *Good Air*
2. *Good Water*
3. *Good Food*
4. *Good Rest*
5. *Digestion and Elimination*
6. *Supplements*
7. *pH*
8. *Hygiene*
9. *FSA*
10. *Sunshine*
11. *Emotional Balance*
12. *EMF Protection*
13. *Regular Cleanse or Detox*

## *Air*



Did you know that the oxygen content in our atmosphere has gone down from 40% to 22% in the last 100 years? Shocking! This makes it more important than ever to breath healthy air.

We all know that air is critical to our survival, but have you ever given the quality of your air or your breathing much

thought? Our body needs oxygen for most of our processes. Every cell in our body breathes and uses oxygen.

What do we mean by good air? Simply put, good air is free of smoke, chemical gasses, mold, mildew, smoke (second or third-hand), air fresheners, plug-ins, candles, perfumes or any synthetic fragrances. Often the air inside our homes is worse than the air outside our homes.

There are two strategies to make sure you are breathing the best air possible.

- 1) Get a high quality air purifier. Air purifiers will take care of the chemicals in your home that you cannot remove like formaldehyde in carpets and radon in granite counters.
- 2) Change your fragrances and cleaning products for natural and fragrance free versions. You can even make your own very easily using common household ingredients and essentials oils.

Do you breathe shallow, or through your mouth, or with your chest? Are your breaths long, deep, and slow? Breathing exercises are an integral part of every yoga class I teach because most of us do not breathe properly. Most of your lung capacity is at the bottom of your lungs, not up in the top. To use your lung capacity we need to breathe with our diaphragm not our chest. The exchange of oxygen and carbon dioxide happens near the bottom of your lungs.

If you can feel your belly move when you breathe and not your chest, then you are doing it right. Regardless of your natural breathing style, the exercise below will assist you in increasing your breath capacity and your body's oxygenation level. Try this exercise 2 times per day for at least 5 minutes each time.

Deep Breathing has numerous benefits, including but not limited to...

- Improved energy Level
- Slows your heart rate
- Cleans your lungs
- Cleans your blood
- Reduces Anxiety
- Oxygenate blood
- Improved nutrient transportation to cells

### **3D Breathing Technique**

Practice 3D breathing daily for 5 minutes. With your hands on your belly, breathe into your belly and feel it rise and fall with each breath. Do this for 10 breath cycles. Put your hands on the sides of your ribs, breathe into your belly and ribs. Feel them expand and retract with each breath. Do this for 10 breath cycles. Put one hand over your collar bones and one hand on your pubic bone, breathe and feel the hands slightly separate with each inhale and return with each exhale. Do this for 10 breath cycles.

Now that you have experienced 3D breathing, let your hands rest at your sides and see if you can perceive those three directional movements as you inhale and exhale for the remainder of the 5 minutes.

This form of breathing will increase your vitality, increase your oxygen level, and calm your mind and sooth your nervous system.

## *Water*

Drink  $\frac{1}{2}$  of your body weight in ounces per day, not to exceed 80oz. Drink at least 8 oz. of water every hour you're awake, sipping through the hour. Water should be the first thing to hit stomach in the morning. Distilled water is the best for cleaning out your body.

### **Types of Water**

Alkaline Water - Good if you know your body is too acidic - Not a permanent option

Tap Water - Always bad. - Only filters out biological contaminants - All chemical contaminants remain including fluoride, chlorides, pesticides, pharmaceuticals, heavy metals, etc

RO Water - Better - free of chemical and biological contaminants

Mineral Water - similar to alkaline water but with synthetic minerals added for taste

Spring Water - real vs bottled - Real is structured water with natural minerals and Bottled is tap water with a different name

Distilled Water - best for body cleaning inside and out - slightly acidic



## *Food*

Eat Right for Your Blood Type is a good starting point. Every body is different and has different requirements and sensitivities.

- Organic is important. It is not perfect, but in today's world it is your best bet for clean healthy food.
- picture your plate - 1/2 plate is veggies, 1/4 plate is grains or starches, 1/4 plate is protein
- pause and meditate before eating to reduce stress and increase nutrient absorption
- Do not eat fruit with meat or fat. They digest at different rates. Fruit will putrefy meat and make fats rancid.
- Always non-GMO
- get an energetic food sensitivity scan to further customize your dietary approach
- Because our diets are not perfect - nor can they be - multivitamins and mineral supplements are essential. Food does not contain the same nutritional values that it did 20 years ago.
- You are what you eat (or digest).
- Incorporate raw fruits or veggies in each day.

### **Building A plate:**

Macro nutrients include proteins, fats, and carbs. A good rule of thumb is 40% Carbs, 30% Protein, and 30% Fat. Can be adjusted for each individual.

#### 1. Protein

- Roles: Building blocks for the body, provide enzymes to break food down, hormones, antibodies for the immune system, red blood cells to deliver oxygen around the body.
- Sources: Organic beef, poultry, dairy products, eggs





## 2. Fats

- Roles: Whole body is made of cells, and EVERY CELL is made up of good fats, therefore having good fats makes for having good cells! They help keep our blood sugar in balance. They also taste GOOD!!

- Sources: Nuts and seeds, Quality oils (avocado, olive, coconut oil etc.), butter, red meats, fatty fish, avocados, egg yolks

## 3. Carbs

- Roles: Fuel for brain, quick source of energy for muscles, fiber, helps regulate protein and fat metabolism

- Sources: Unrefined, mostly complex carbs from NATURE (Veggies, fruits, tubers & squash, properly prepared grains).

## 4. Micro Nutrients

- Vitamins and minerals: only found in raw, fresh whole, foods. Properly grown foods.



## *Rest*

- All other needs could be met, but without sleep, the body suffers.
- If you cant fall asleep it could be a Calcium Magnesium Vit D, neurotransmitter issue, EMF exposure, hormone disruption, sluggish organ, gut imbalance, food sensitivity, or stress.
- If you cant stay asleep it is a liver detox or hormone issue
- Use essential oils before bed.
- Relaxation or visualization exercises
- Breathing exercises
- Watch the sun set and rise each day to reset your circadian cycle
- Yoga stretching before bed
- Diet and cortisol levels are important to address.
- Hormone balance and stress are important sleep factors
- Restless leg is about colon and liver balance
- Valarian liquid or Kava Kava tea and others can relax the mind and the body.

Please try to get 7-8 hours of sleep each night. This is the time your body goes through its cleaning and healing process. If you find that you wake at the same time each night, make note of that time as it is an indication of which organ may be struggling.



## *Digestion and Elimination*

**Digestion** – The liver is the organ responsible for turning your food into YOU. It changes the frequency of food, to your frequency. Digestive enzymes are a must with food.

**Transit time** - keeping it simple....12-18 hours from entry to exit. Too quickly and you are not getting your nutrients from food. Too slowly and it is fermenting or putrefying and causing toxic buildup.

**Elimination B.U.L.L.S** – five eliminatory avenues are a MUST

- Bowels – Anything less than 2 formed bowel movements per day is considered constipation. Three BMs per day is ideal. Diarrhea is just one form of constipation. Use a combination of herbal senna teas, magnesium, probiotics and vitamin C to promote healthy complete elimination. Colon Hydrotherapy!
- Urinary – only clean distilled water can push out toxins, urinate every hour and drink at least 80oz of water every hour. Remember 80oz per day of clean water.
- Lungs – Deep breathing and exercise opens the lungs. Breath only clean air.
- Lymph – exercise is a must to “dump” lymphatic waste – minimum 3x a week. Lymphatic shake – 1 minute of jumping/bounding in place 3x day.
- Skin – Everything you put on your skin is absorbed into the bloodstream and must be processed through your liver. Make sure what you put on your skin is chemical free and safe. Sweat glands push out toxins. Sweat 3-4 times per week



## *Supplements*

### **My top favorites for every person everyday all the time.**

Comprehensive Multivitamin/Mineral  
supplement

Digestive Enzymes

Essential Fatty Acids

Transbiotic

Liposomal Glutathione

(This product kit including my favorite brands  
is available at [vibrantwellcarestore.com](http://vibrantwellcarestore.com)  
password **vibrantwellcare**)



### **Multivitamin**

**Vitamin A** helps form and maintain healthy teeth, bones, soft tissue, mucus membranes, and skin.

**Vitamin B6** is also called pyridoxine. Vitamin B6 helps form red blood cells and maintain brain function. This vitamin also plays an important role in the proteins that are part of many chemical reactions in the body. The more protein you eat the more pyridoxine your body requires.

**Vitamin B12**, like the other B vitamins, is important for metabolism. It also helps form red blood cells and maintain the central nervous system.

**Vitamin C**, also called ascorbic acid, is an antioxidant that promotes healthy teeth and gums. It helps the body absorb iron and maintain healthy tissue. It also promotes wound healing.

**Vitamin D** is also known as the "sunshine vitamin," since it is made by the body after being in the sun. Ten to 15 minutes of sunshine 3 times a week is enough to produce the body's requirement of vitamin D for most people at most latitudes. People who do not live in sunny places may not make enough vitamin D. It is very hard to get enough vitamin D from food sources alone. Vitamin D helps the body absorb calcium. You need calcium for the normal development and maintenance

of healthy teeth and bones. It also helps maintain proper blood levels of calcium and phosphorus.

**Vitamin E** is an antioxidant also known as tocopherol. It helps the body form red blood cells and use vitamin K.

**Vitamin K** is not listed among the essential vitamins, but without it blood would not stick together (coagulate). Some studies suggest that it is important for bone health.

**Biotin** is essential for the metabolism of proteins and carbohydrates, and in the production of hormones and cholesterol.

**Niacin** is a B vitamin that helps maintain healthy skin and nerves. It also has cholesterol-lowering effects at higher doses.

**Folate** works with vitamin B12 to help form red blood cells. It is needed for the production of DNA, which controls tissue growth and cell function. Any woman who is pregnant should be sure to get enough folate. Low levels of folate are linked to birth defects such as spina bifida. Many foods are now fortified with folic acid. Pantothenic acid is essential for the metabolism of food. It also plays a role in the production of hormones and cholesterol.

**Riboflavin** (vitamin B2) works with the other B vitamins. It is important for body growth and the production of red blood cells.

**Thiamine** (vitamin B1) helps the body cells change carbohydrates into energy.

## **Minerals**

**Calcium**, Your body needs calcium to build strong bones and teeth. Calcium also plays a role in nerve transmissions, muscle function -- including that of the heart -- and hormone secretion. The Institute of Medicine recommends adults consume 1,000 to 1,200 milligrams of calcium per day. Good sources of calcium include vegetables like kale, broccoli and cabbage.

**Potassium** controls the electrical activity of your heart, making it vital to maintaining a normal heart rhythm. Your body also needs it to build proteins, break down and use carbohydrates, maintain the pH balance of the blood and support normal growth. Adults should consume 4,700 milligrams of potassium per

day, according to the Institute of Medicine. Many foods contain potassium, including beef, fish, chicken, cantaloupe, potatoes, tomatoes and lima beans.

**Sodium**, Although too much sodium can increase your risk for developing high blood pressure, your body needs sodium to stimulate nerve and muscle function, maintain the correct balance of fluid in the cells and support the absorption of other nutrients including chloride, amino acids and glucose. Your body only requires 180 to 500 milligrams of sodium per day, but the Institute of Medicine sets the adequate intake, the amount expected to meet or exceed normal circulating nutrient values, at 1,500 milligrams per day.

**Magnesium**, Your body needs magnesium to support more than 300 biochemical reactions. Magnesium supports muscle and nerve function, keeps your heart beating regularly, builds strong bones and boosts immunity. The Institute of Medicine recommends adult women consume 310 to 320 milligrams per day, while men need 400 to 420 milligrams per day. Beans, nuts, whole grains and green vegetables serve as good sources of magnesium.

**Phosphorus** plays an important role in building strong bones and teeth, producing proteins the body needs and repairing cells. Adult men and women should consume 700 milligrams of phosphorus a day, according to the Institute of Medicine. Dairy foods, meat and whole grains contribute phosphorus to your diet.

**Chloride**, usually consumed as a salt compound such as sodium chloride -- better known as table salt -- balances the fluids in your body and plays an essential role in the production of digestive juices in the stomach. With the high salt content of foods, most people meet the daily recommended intake of 1,800 to 2,300 milligrams per day.

**Trace minerals**, those minerals your body only needs in small amounts, also support important bodily functions. Your body uses iron to produce hemoglobin and myoglobin, proteins that carry oxygen in your body. The production of thyroid hormones that regulate nearly every cell in the body requires iodine. Manganese regulates blood sugar, enhances the absorption of calcium and plays a role in the production of connective tissues and bones. Chromium enhances the action of insulin making it important in regulating blood sugar. Your body needs copper, selenium, molybdenum and zinc to produce enzymes important in various reactions throughout the body.

## **Enzymes**

Digestive enzymes are enzymes that break down food into usable material. The major different types of digestive enzymes are:

- amylase – breaks down carbohydrates, starches, and sugars which are prevalent in potatoes, fruits, vegetables, and many snack foods
- lactase – breaks down lactose (milk sugars)
- maltase – digests disaccharides to monosaccharides (malt sugars)
- invertase – breaks down sucrose (table sugar)
- protease – breaks down proteins found in meats, nuts, eggs, and cheese
- bromelain – derived from pineapple, breaks down a broad spectrum of proteins, has anti-inflammatory properties, effective over very wide pH range
- papain – derived from raw papaya, broad range of substrates and pH, works well breaking down small and large proteins
- lipase – breaks down fats found in most dairy products, nuts, oils, and meat
- cellulase – breaks down cellulose, plant fiber; not found in humans

These same enzymes are necessary for cleaning the body and acting as catalysts to many chemical reactions.

## **Best Probiotic Strains for Your Gut**

1. *Streptococcus thermophilus* - promotes healthy tissue in the small intestine. It discourages nitrates, like those in cured meats from turning into harmful nitrites. And, it breaks down a protein in cheeses, casein, which is known to cause allergies.
2. *Bacillus laterosporus* - is a hearty strain that fights many types of harmful organisms, including candida.
3. *Pediococcus acidilactici* - Undigested food can rot in your gut; *Pediococcus acidilactici* helps put a stop to it. One study found that it also helps keep harmful organisms from damaging the gut environment.
4. *Bifidobacterium breve* - is essential for colon health, especially if you've taken antibiotics. Studies have found that many digestive problems coincide with low levels of *B. breve*.

5. *Bifidobacterium infantis* - supports the digestive system by releasing an acid that keeps harmful organisms from taking hold. It's especially helpful for people suffering from digestive ailments or occasional constipation.
6. *Bifidobacterium bifidum* - is a household name in probiotic strains (if there is such a thing). It keeps unwanted bacteria out, eases digestion, and boosts the immune system. It plays an important role in immune function and allergy response; and encourages normal, healthy looking skin.
7. *Bifidobacterium lactis* - neutralizes gliadin, the wheat protein responsible for gluten sensitivity. Gliadin also damages the intestinal lining and can cause leaky gut.
8. *Bifidobacterium longum* - helps keep acid levels balanced. It's especially helpful for anyone taking antibiotics.
9. *Lactobacillus acidophilus* - supports digestion, particularly lactose digestion, and boosts the immune system.
10. *Lactobacillus brevis* - Helping out on both ends, *Lactobacillus brevis* is soothing to both oral and colon tissue.
11. *Lactobacillus bulgaricus* - creates natural antibiotics in your gut that fight invading organisms. It also releases acids that neutralize toxins and promote balance.
12. *Lactobacillus casei* - supports digestion, the immune system, and soothes the bowels.
13. *Lactobacillus gasseri* - supports digestion, balanced blood sugar, and encourages a normal body weight.
14. *Lactococcus lactis* - helps digestion and encourages a normal gut environment, especially helping to defend against leaky gut.
15. *Lactobacillus plantarum* - produces L. lysine, an amino acid that supports calcium absorption, hormone production, and boosts the immune system. It's often used as a remedy for bowel disorders.
16. *Lactobacillus paracasei* - helps with fatigue, protects teeth from cavities, and many people also report it lessens the impact of environmental sensitivities.
17. *Lactobacillus rhamnosus* - Generally cited for promoting a happy and healthy gut environment, *Lactobacillus rhamnosus* also has a reputation for helping with UTIs by kick-starting antibodies and boosting the immune system.



18. *Lactobacillus salivarius* - fights unwanted microbes in the mouth and the small intestine. It's considered essential for oral health. This strain, as do many, thrives when provided with prebiotic foods like banana, barley, tomatoes, and garlic

### **Essential Fatty Acids**

Docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) , are polyunsaturated omega-3, 6, and 9 fatty acids found throughout the body. It is a major structural fat found in the brain and eye accounting for up to 97% of the total omega-3 fats in the brain and up to 93% of the omega-3 fats in a specific part of the eye, called the retina. It is also a key component of the heart. Numerous research studies confirm that everyone, from infants to adults to the elderly, can benefit from a regular intake of dietary DHA and EPA.

### **Liposomal Glutathione**

As the body's master antioxidant, glutathione protects cells from damage from free radicals, heavy metals and peroxides. Glutathione is a tri-peptide, or a compound made up of three amino acids. In normal supplementation, this tri-peptide is broken down by natural digestive activity, releasing the three inactive amino acids. Glutathione in a liposomal delivery system bypasses these natural digestive processes to deliver these amino acids to the body intact, a much better delivery system.

Glutathione is created by the liver and circulates the entire body. Because it protects all cells, glutathione supplementation has many applications, especially in those people experiencing chronic toxicity or chronic illness.

## *pH*

pH – 6.2-6.6 – If urine or saliva is out of range, body will not be able to assimilate nutrients properly.

The pH of your saliva indicates how quickly food will move through the upper portion of your digestive tract. The pH of your urine indicates how quickly food moves through the lower portion of your digestive tract. In an ideal body, they move at the same speed, slow enough to gain all the nutrients but fast enough not to ferment.

The pH of your blood will be maintained within tight parameters at all costs, including depleting your bones of calcium in order to keep it stable.

### ■ MINERAL ACCEPTANCE CHART

	5.3	5.4	5.5	5.6	5.7	5.8	5.9	6	6.1	6.2	6.3	6.4	6.5	6.6	6.7	6.8	6.9	7	7.1	7.2	7.3	7.4	7.5	7.6	7.7
1 Hydrogen		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
2 Carbon		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
3 Lithium		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
4 Beryllium		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
5 Boron		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
7 Nitrogen		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
8 Oxygen		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
9 Fluorine		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
11 Sodium					x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
12 Magnesium					x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
14 Silica					x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
15 Phosphorus					x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
16 Sulfur						x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
17 Chlorine						x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
19 Potassium						x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
20 Calcium						x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
22 Titanium						x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
23 Vanadium						x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
23 Vit A						x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
23 Vit B						x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
23 Vit E						x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
23 Vit F						x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
23 Vit K						x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
24 Chromium									x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
25 Manganese									x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
26 Iron									x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
27 Cobalt									x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
29 Copper									x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
30 Zinc									x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
32 Germanium										x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
34 Selenium										x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
42 Molybdenum											x	x	x	x	x	x	x	x	x	x	x	x	x	x	
47 Silver											x	x	x	x	x	x	x	x	x	x	x	x	x	x	
53 Iodine											x	x	x	x	x	x	x	x	x	x	x	x	x	x	

## *Hygiene*



It is not only whether you shower or not, but what products you use to do this. Water quality is also important because you open up the pores and let the skin absorb whatever is in the water.

Everything you put on your body must be processed through your liver. Would you eat your face

cream, hair gel, perfume, or your nail polish? Then you shouldn't put it on your body unless you know what it contains. [EWG.org](http://EWG.org) is a fantastic resource for finding out what is in the products you use on your body.

Did you know that the chemical used in traditional sunscreens is linked to cancer when it is heated on the skin? Triclosan has been banned in some countries as an antibacterial additive because of its dangerous effects on the body. The scents in all products mimic estrogen in our bodies and cause hormone imbalances. No wonder our bodies cannot function properly. All of the chemical products we put on our bodies just add to the chemical burden of our liver and colon.

Investigate your hygiene products!

## *FSA*

Does this mean hard core PiYo or HIT classes? Although I love a good PiYo class now and then...fun sweaty activity can mean a good walk or a hot steam. It could mean yoga or house cleaning or horseback riding. Whatever gets your blood pumping, your lungs breathing deep and your skin glistening counts!

You don't have to sweat buckets like an athlete. Just enough to build heat and feel the glow. What about a hot bath or sauna? How about gardening or raking? Just get up and move!

### **Benefits of sweating!**

Purges toxins from your skin and fat cells.  
Boosts endorphins and raises mood  
lowers your risk of kidney stones  
increases you immune system  
reduces acne and promotes healthier skin  
burns calories  
protects the heart  
increases muscle mass  
increases recovery speed from injury  
improved blood and lymphatic flow  
decreases risk or Alzheimer's  
boosts sex drive  
reduces menopause symptoms



## *Sunshine*

Sunshine is the great detoxifier. The sun will bring out of the body whatever is being hidden inside, especially if the other detox pathways are blocked. It does not cause skin cancer with reasonable exposure. But sunscreens do...

### **Benefits of sunshine**

- Lowers blood pressure
- improves brain function
- reduces heart disease
- alleviates depression and SAD
- Improves sleep quality
- Promotes weight loss
- Increases vitamin D
- improves immune function
- reduces inflammation
- protects against dementia and brain aging
- healthier skin
- lowers cholesterol
- helps clean the blood and increase oxygen content
- increases the growth and height of children



All of these benefits are negated with the usage of sunscreen

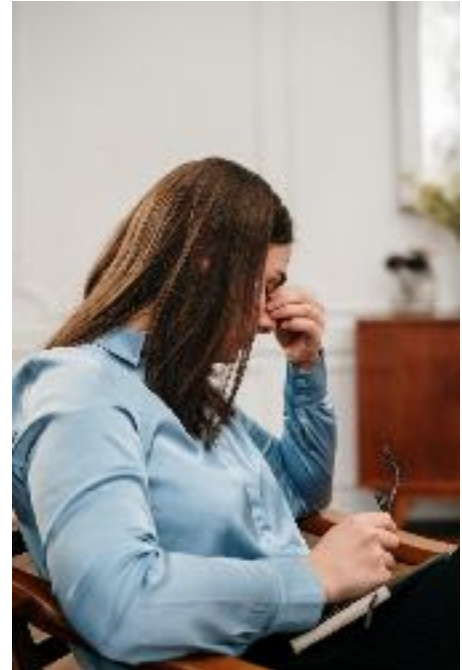
For those of us living in the north, we cannot get enough sunshine from September - March to supply our Vitamin D. So some type of supplementation or vitamin D light therapy may be necessary.



## *Emotional Balance*

Emotional Balance is very important because worry, stress and anxiety wreck havoc on the nervous system.

- talk to a friend or confidant
- spend time in nature
- Multi-Flower homeopathic remedy from Vibrant Wellcare balances your personality and emotions to a more normal state for you
- Meditation or hypnosis
- Physical activity
- EFT
- Emotion Code
- Apply Balance, Elevation, Cheer, Peace Essential Oils or any of the emotional aromatherapy oils daily.
- Support the body organ the emotion is stored -  
liver=anger   lungs=sadness   kidneys=fear



## *EMF Protection*

EMF Exposure is related to sleep disruption, Alzheimer's, depression, migraines, fatigue, low immunity, mitochondrial damage, chronic inflammation, and cancer. I also see EMF issues when people are doing the right things for their bodies and not seeing results.

Even 40 minutes per day on your cell phone can increase your risk of brain cancer by 40%. Don't take the chance.

### **Sources of EMF Exposure**

- Cell phones
- wifi
- microwave
- electrical lines
- smart meters
- outlets
- computers
- iPads
- anything with a battery or power source
- television



How to protect yourself from EMF's? I use several tactics all at the same time. Alturra Neutralizer stickers on the devices, Chlorophyll, epsom salt baths with clove oil, grounding in nature with bare feet, meditation, and clearing my personal field and keeping my aura strong.



## *Regular Organ Cleansing or Detox programs*

Vibrant people are aware that regular organ support and cleaning is important to their overall health. Organs accumulate “junk” and cellular debris and pathogen debris always. We are either detoxing or accumulating, there is no neutral. Because we are constantly being exposed to new and different types of toxins in our daily life, there is no way to completely avoid exposure. So let’s make sure our bodies can handle whatever life throws at us.

There are 4 types of pathogens, viral, bacterial, parasite, and fungal. There are 2 general categories of toxins, heavy metal and chemical. All of these categories have detrimental effects on the body and can cause any number of symptoms.

Individual virus or fungus may not be a big deal for our bodies, but they don’t usually come in individuals. Our viral load builds over time. Sometimes they are dormant, sometimes they are active, like the more than 60 herpes strains. When we are under stress they grow, and when we are taking good care of ourselves they go dormant. Some strains of virus are temporary like influenza A and B and some are considered permanent like Herpes Simplex 1 or HIV.

Now consider that bacteria and fungus can behave the same as virus. They come in groups and are sometimes dormant and sometimes active. Some are considered permanent like Lyme Disease. Lyme disease actually includes several different strains and some are bacterial and some are parasitic.

Fungus and other yeasts create a biofilm that acts like shrink wrap on our organs and receptors making sure nothing works as expected.

Heavy metals cause everything from seizures to muscle twitches. Chemicals build up in our kidneys and liver making them sluggish and ineffective.

Most people have a significant quantity of each type of pathogen or toxin all working against your greatest good. Does this mean we should be afraid of germs? NO! Do something every day to make your body stronger and more capable.

How do we keep our immune systems robust and capable of handling all this intrusion? By doing everything else discussed in this book and adding some specific detox protocols to kill these critters and eliminate the toxins. This is where a well trained Naturopath is very valuable.

All products discussed in this document are available in the exclusive online store **vibrantwellcarestore.com** enter the password **vibrantwellcare** to gain access.

**Better health can be achieved through these simple steps ~ BUT ~  
you must make the decision for yourself and commit to it!**

**vibrantwellcare.net**

**I am excited to work with you on your vibrant health journey!**

**If you are sick and tired of feeling sick and tired, I can help!**

**Book your appointment today at vibrantwellcare.net**