



Study topic assignment:

Good health

Welcome to the Wonderful World of Learn & Teach



When studying or teaching not only research the Internet, but a variety of others (Archives, Libraries).

Method of study is 'Learn & Teach'. Learn & Teach uses Study topics, Word find to facilitate learning and teaching. Study topics are based on the 'Law Giver Manifest', current Social Justice issues. Learning, teaching are continues and ongoing all life long.



Study advise

When studying or teaching you may find a well written piece. Plagiarize parts you need and expand on these (applies to Scholars, Educators). Not plagiarizing is bad education.



Good health

Essay (700 words): 7 events essential for good health?

Extended Essay (1400 words): A healthy daily routine?

Speech (3 minutes): Sleep?

Presentation (7 minutes): Clean air?

Group Discussion (7 minutes): Drink, eat?

Campaign: Reduce pollution! Good health!! Survive!!!

Poster: Design a digital Poster (graphics, video, sound) Good health!

Good health



1 GOD given privilege to free health care!

A Custodian guardian government provides free health care from conception to cremation. Free treatment when sick is a 1 GOD given right to good people. Free treatment is not available to Rehabilitators. People with self-inflicted health issues (Addictions, cannibalism, elective surgery, mutilations, suicide,..) don't get free treatment.

1 GOD is waiting to hear from you !

Good-health Prayer

Celebrate Good-health Day 12.1.7

Dear 1 GOD, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (1st name)
Apologize for my unhealthy lifestyle
I endeavor to make amends
Please support my efforts to make amends
I support 'Free treatment when sick'
For the Glory of 1 GOD and the Good of Humankind

This prayer is used on Good-health Day and when needed.



Custodian Guardian use free community Health (for good people) provided by the Provincial government. Free health and free education are a collusion of scholars, educators, medico's and parents.



SmeC 'Shire medical education Complex'.

PHeC 'Provincial Hospital education Complex'.

PDEc 'Provincial Defense Emergency center'.

CE 'Community Emergency service'

SmeC (Shire medical education Complex) provides non hospital medical services to unborn, children, adults, parents, seniors. 7 days a week from sunrise to sunset. SHE attends 'SmeC' 6 days a week until the youngest child leaves 'SmeC'.



PHec (Provincial Hospital education Complex) provides all hospital services.

PDEc (Provincial Defense Emergency center) provides ambulance and paramedics service, quarantine and bio-emergency services.

Does a Healthcare facility turn sick people away because they have no healthcare cover. Everybody (**not rehabilitators**) has a **1 GOD** given right to Free healthcare. Denying free healthcare is a crime, **MS R6** + loose professional accreditation. Shun and shame any parasitic pro- fiteering medical practioner.

Many Pharmaceuticals' are poisonous and don't cure. They ease (**maybe**) discomfort and need to be taken long term. They 'ALL' have side effects demanding more Pharmaceuticals' (**poison**) more side effects. A parasitic predatory profiteering marketing system. Create demand> repeat (**dependancy**)> introduce new (**side effects**) products (**many victims end up taking 14 pills with side effects a day**). Reward sales people (**Doctors**). This corrupt system is why healthcare is so expences and wasteful.



Use Pharmaceuticals'only as a last resort!

Provincial Government provides free mandatory yearly health checks : eyes, blood pressure, heart, lung capacity, agility, weight, pathology (**blood, urine, stool**)teeth. Provincial Government provides free mandatory immunisation for children, adults, seniors. Non compliance with these services, **MS R1**



For good health every home should have a pet. Pets are allowed to behave natural. Before getting a new pet owners need to educate themselves about how their pet behaves natural.

For good health have a violent free community! People help their neighbors when under attack. Workers help fellow workers. Educators, Scholars help each other. Every person has a duty to help people who have violence inflickted on them. Not doing so, **MS R2**



A workplace is to be healthy, safe, with protective gear and footwear worn as needed. Pushing people to do more work in less time is unsafe, unhealthy and decreases quality. There are breaks every 3 hours. Total hours worked (includes overtime, 10% loading) a day must not exceed 10 hours.



Custodian-Guardian support preventive health consisting of diet, exercise and immunization.

The **Survival Chain** has 7 links all essential for good health!

BREATHABLE AIR without it you have minutes to live.

DRINKABLE WATER nothing to drink you won't last a week!

EATABLE FOOD for energy & well being. No food you starve!

SLEEP for re vitalizing. No Sleep you die!

CLIMATE PROTECTION for survival.

HYGIENE to keep our body healthy.



SECURITY to protect from violence. No security no future!



To survive and good health the human body needs **Breathable Air**.

Humans burning things is the main threat to 'Breathable air.

Stop burning: cigarettes, coal, dung, garbage, gas, oil, uranium, wood, ...





It starts with the individual who use their windpipe as a chimney their lung as sieve for toxic fumes and air impurities. Using the human body as chimney is a severe health risk, an insult to **1 GOD's** design.

Smoking the addiction! A human tragedy! A community burden!

Smokers are a health risk to themselves. They burn their lips, teeth, gums, mouth, throat, windpipe and lungs, becoming sick, a burden to the community. Smokers are lazy taking many smoke breaks and self inflicted sickies. Hold them accountable!



Smokers are a health risk to others. Pregnant smokers are hurting their unborn. After birth these newborn are sentenced to a life of having health issues. They may have deformities, disabilities,.. Pregnant smokers are prosecuted, hurting unborn: **MS R3**.



Passive smoke (assault) hurts people. Smokers that create passive smoke get, **MS R3**. Entities (leisure, entertainment, work..) that allow smoking get, **MS R3** pay compensation. Government that allow smoking are replaced, + **MS R7**

Smokers are negligent. They start fires: homes, grass, forest. They are held accountable, **MS R4** and pay compensation. They injure people, animals, **MSR5** They kill people, animals, **MS R6**.



A most dangerous part of burning is, **Smoke**. In fires the greatest threat to health and mortality is smoke inhalation. On a greater scale smoke rising up into the atmosphere stops heat escaping into Space. Surface water warms, surface land warms, ice melts: **Climate change !!!**

Individuals reduce the availability of breathable air by burning of gas, dung, wood, coal, oil for cooking (includes barbecue), heating, power. It Ends Now! Use electricity that is produced without burning. Breach, results in confiscation, destruction of



equipment and **MS R2**



Power Stations that burn (coal, gas, uranium, oil, ..) to create energy are SHUT, dismantled. Polluting Owners, operators are prosecuted, **MS R7**. Coal and Uranium mines are closed and sealed. Mining Owners and operators get, **MS R7**. Energy is produced by non burning methods.

Burning to move domestic, non domestic transport Ends! Gas, Oil have non burning use. Domestic non domestic transport on Freeways are replaced with 'Freeway Trams'! Long distance overland transport is by Rail only. The use of diesel, petrol, LPG, ends!



Polluting Entertainment Ends!

In the Air: Air Shows, private owned air transport (drone, plane, jet, helicopter, space shuttle,...).

In, under the water: motorized boat racing, private owned sea transport (cabin cruiser, cruise ships, hovercraft, jet skis, speedboats, boats, yachts,...).



On the land: all 2, 3, 4... wheel motorized: cycles, bikes, buggies, SUV, sport cars, limousines, luxury cars. Car racing, car stunts. Tourist trains. Promoters of Polluting Entertainment and Providers of Vehicles for Polluting Entertainment are prosecuted, **MS R7**



Nail salon create toxic fumes. Employees have breathing protection. Dumb clients (**victims**) don't. Nail Salons in Shopping Centers are wide open. Their toxic fumes embrace passers by. Exposing them to health risks. Especially pregnant women, newborn, asthmatics, elderly. If you have been exposed to toxic fumes sue the salon and the Shopping Center for compensation.

Nail salon are a health risk an air polluter. They are visited by people who are too lazy to do their own nails and have too much money. Shut them down, ban them. Prosecute owners, executives, **MS R7**



Beauty salon are a health risk an air polluter. They are visited by people who are too lazy to do their make up, have too much money. Shut them down, ban them. Owners, executives, get, **MS R7**



Capitalist (**greedy predatory parasite**) Governments encourage homes with vanity gardens. Home owners use petrol motor garden tools (**blowers, shredders, brush cutters, chainsaws, mowers,..**) that pollute (**air, noise, soil**). Homeowners, Manufacturers, Retailers, get **MS R7**. Government that allow this pollution are replaced, get **MS R7**.

Inside Insecticides, attack the nervous system. They make unborn and newborn hyperactive. Insecticides irritate Human and pet respiratory systems. Do not use Insecticides inside.



Outside Insecticides are used on crops, orchards,.. Food crops, orchards that have been contaminated are unfit for human or animal consumption. Polluted crop, food is burned by the community (**Shire**). Commercial producer get's **MS R7**. Government that allow this pollution are replaced, get **MS R7**.

Fireworks are a major polluter. They become more common bigger more polluting. Depending on weather condition air pollution may linger for days. Particle pollution settles on water polluting it. Making



it unfit to drink. Fireworks End! Use Laser lights.

Military pollute air with transport, explosives, A,N
(Atomic, nuclear) B (biological) C (chemical) weapons
A threat to good health, human, animal, vegetation.
Scientists that create these weapons get, **MS R7**. Pro-
duction facilities of weapons are demolished by the
Shire. Their owners, directors, executives, supervisor
and Military that used or are using these weapons,
from NCO upwards get, **MS R7**. Government respon-
sible is replaced, **MS R7**.



Non-breathable Air You have 4 minutes to live!

For good health the human body
needs **Drinkable Water**



60+% of our body consists of water. Every cell in our body needs it.
Water lubricates our joints, regulates our body temperature and
flushes our waste...

A person used to be able to drink rainwater, use it
for food preparation. Not anymore, rainwater is
polluted, unhealthy, acidic, toxic, bad tasting, bad
smelling. Laundry should not be left out in the rain
to become polluted. Not only does it look dirty, is
bad smelling but it may irritate the skin.



A person cannot rely on tap water on the community doing it right.
No treatment, partial treatment, wrong treatment, cost cutting, cor-
ruption, criminal behavior,.. Home treatment of water is becoming
mandatory.

Home treatment of water requires filtration. It is to
reduce: arsenic, asbestos, chlorine, chloroform,
carbonate hardness, copper, dirt, herbicides, heavy
metals, lead, pesticides, rust... Also in warmer
climates filtered water needs to be boiled to protect
against deadly disease (micro organism).



Supplement fresh water: Desalination has a high boron content making for inferior water quality. This water used in farming, ranching and food production results in a high boron level diet. Prolonged consuming of high boron levels is unhealthy.

Recycled waste water, sewage passes through primary treatment to take out solids, nutrients are removed, filters remove most bacteria and viruses. Water is then forced through a membrane to remove molecules. Toilet to tap is an option of last resort. Tests don't reveal all health risks.



Bottled water (costly) is suitable for travel. Plastic water bottles release chemicals which become dangerous when warming up (sun, heater). Do not use plastic containers for food or drink. Do not purchase food or drink in plastic containers. Glass (no lead) bottles, containers are recommended. Do not use plastic straws or cutlery. Do not use plastic containers to cook or serve food.

Flavored drinking water

For variety drinking water may be flavored. Some flavoring is unhealthy it is to be avoided. Flavored water may be served cold or hot.

Suitable flavored drinks: Beef extract, Chicken extract, Cocoa, Tea, Coffee, Fruit, Herbs, Spices, Vegetable.



Unhealthy flavored drinks and add ons: Alcohol, Artificial color, Artificial flavoring, Artificial and natural sweetener, Carbonated, Cola, Cordial, Energy drink, Lemonade, Decaffeinated coffee, Fruit-juice, Preservatives, Sodium..



Drinking water is best



Daily-routine: Get up, have a 0.2l glass of lightly chilled, filtered water. Before every meal (**Breakfast, Early Day snack, Lunch, Late Day snack, Dinner**) have a 0.2l glass of lightly chilled, filtered water.

Have Drinking glass (**no plastic**) filled with 0.2l of filtered water on each bedside table. Drink during night every time after you visited a toilet and when having a dry throat, drink rest when getting up in the morning.

No-liquid intake. You have 4 days to live!

Any Person, Organization, Government that denies drinkable water or is cause and effect of polluted water. Are accountable, **MS R7** Demand drinkable water it is a **1 GOD** given right!

How to make a cup of coffee ?

How to get the most from your favorite cup of coffee.

- 1) Great tasting coffee starts with great tasting water. If filtered water isn't available, use cold water from the tap. Let it run for a few seconds to aerate before adding it to the kettle.
- 2) Let water come off the boil (**80°C**) before pouring it on to coffee (**instant or drip-filter**) granules. Boiling water scorches granules and impact's on the taste.
- 3) When using milk (**not recommended**), add it to the cup after the water. If milk is added 1st, the coffee may not blend as well. The hot water can scald the milk, changing the flavor.

Note! Sweeteners (**sugar or artificial**) ruin coffee !
Decaffeinated is not coffee but a health-risk.
Use only non Dairy whiteners.

Decaffeinated Coffee a Health-risk!

Decaffeination uses Solvent. Solvent residue often upset a stomach.

Logic! Coffee without Caffeine defeats purpose of drinking Coffee.

Don't use Coffee Pods a Environmental risk!

Coffee Pods all 1 Billion are a environmental disaster. They are not biodegradable. They are not being recycled. **STOP! Production!** Prosecute, **MS R7. STOP!** Using them! Shun and Shame!



Note! All 1 off disposable products are a cause of too much Garbage. Their production 'Ends! Breach, **MS R7. Shun, Shame** people that use 1 off disposable products!

Preparations:

Brewing, Instant, Drip-Filter Coffee; Espresso (machine)



How to drink a cup of coffee ?

To get the best flavor, taste let it cool a bit than take big slurps rather than sipping. Big slurps of coffee release more aroma. **Smell and taste it, heavenly.**

Cocoa a heavenly stimulating drink



Preparing Hot Cocoa:

1 tablespoon cocoa powder,
1 cup: soy liquid, goats milk or other non dairy milk.
1 teaspoon vanilla extract,
Dash of cinnamon,
Dash of nutmeg.

Combine ingredients in a medium pot and warm on medium low heat, whisking until frothy and hot.

Tea a heavenly stimulating drink



Camellia an evergreen plant. It's leaves picked and processed give us Tea. Basic Teas are black or green. They may be flavored or sented.



Custodian Guardian tea preparation: place loose processed tea leaves into a tea infuser. Put infuser into glass cup. Boil water, stop the boil, when bubbling stops (80°C) pour into glass cup. Enjoy!

(a) Just as the bubbling stops pour over black tea. After 1 minute stir infuser 3 times. After another minute remove. Drink, or add any citrus juice for flavor, or let it cool, chill, drink. Warning don't pollute with sweeteners, whiteners (artificial, natural).



(b) 10 seconds after the bubbling stops pour over green tea. Stir infuser 3 times. After 1 minute remove. Drink, or add any stonefruit juice for flavor, or let it cool, chill, drink. Warning do not pollute with sweeteners, whiteners (artificial, natural).



Herbal seed tea preparation, place loose pressed seeds into a infuser. Put infuser into glass cup. Boil water, stop the boil. Just as the bubbling stops pour over seeds. After 1 minute stir infuser 3 times. After another 7 minutes remove. Drink or let it cool, chill, drink. Warning do not pollute with sweeteners, whiteners (artificial, natural).

Herbal leaves tea preparation. The same as green-tea.



Herbal root tea preparation, chop roots. Prepare the same as black tea.

Using a microwave when brewing a tea bag brings out the flavors. Remove tag from teabag make sure metal staple is removed. Most paper tags use cheap ink, discoloring water, interfere with flavor.

Put hot water in a tea cup > add your choice of Tea bag > heat in microwave for 30 seconds on half power (400-500 watts) > Let it brew in microwave for a minute > take it out > enjoy!

Drinking water is best (may be flavored)



Filtered Water for good Health !!!

For good health the human body needs **Eatable Food**

Part of a daily routine is eating. How healthy we are and how long we live. Has a lot to do with our eating habit. No food you starve!

Feed 5 times a day:

'Breakfast, include Water, Herbs, Spices, Honey, Coffee,...

Early Day-snack, include Water, Fruit, Herbs, Tea,...

Lunch, include Water, salad, egg, Coffee,...

Late Day-snack, include Water, Nuts, Berries, Spices, Cocoa,...

Dinner'. include Water, Dinner theme, Tea or coffee.. Vegetables.

7 Foods that should be eaten daily:

Fungi (mushroom), Grains (oats, barley, lentil, maize, millet, quinoa, rice, rye, sorghum, wheat), Hot Chilies, Onions (brown, green, red, spring, chives, garlic, leek), Pars- ley, Sweet Capsicum, Vegetables (asparagus, beans, broccoli, sprouts, cauliflower, carrots, peas,..)



Every week-day needs to have a Dinner theme:

e.g. Day 1: **Vegetables** Day 2: **Poultry** Day 3: **Mammal** Midweek: **Reptile** Day 5: **Seafood** Weekend: **Nuts and Seeds** Funday: **Insects**

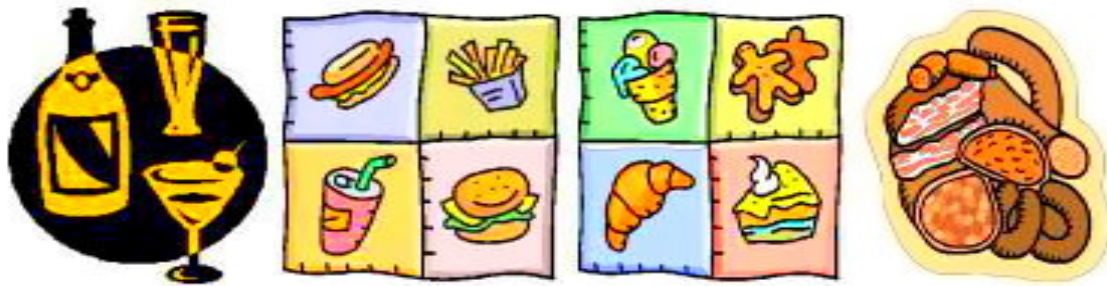
Diet No No's: Artificial sweetners, Manufactured-food, Genetic modified food, added Fructose.



Fructose the main cause of Diabetes, Obesity (Blubber People). It is bad whether it comes in Sugar or Fruit. Adding Fructose during processing of drink or food is a health-hazard. Processing, distributing, selling of this type of drink or food is criminal behavior it gets: **MS R6**. Exception: Unprocessed, Berries, Fruit, Honey, Vegetables.

Say No to:

Anything containing: Fructose, Glucose, Sugar; Biscuits, Lollies, Jam, Cakes, Breakfast Cereal, Chocolates, Fruit juice, Ice cream, Ketchup, Lemonades (Cola, Energy..) Marmalade, Muesli bars, Sauces, Wine...



Manufactured food is too salty has too many preservatives, often is too greasy and has sugar added making it unfit for consumption by humans, pets and livestock. **Manufactured food is a cause of high blood pressure, clogging of arteries and Obesity (Blubber People).** Processing, distributing, selling of Manufactured food are criminal behavior needing prosecuting. **MS R6**

Say **No** to: Dairy milk, Dairy cheese, Fast food, ham, hamburgers, salami...

Manufactured: Bread, Meat; Pizza, Sausages,
Processed: Fruit, Soups, Vegetables...



GM Food is what people actually consume. It all starts as genetic modified (engineered) seed (GM Crop). GM Crop because of the

flowon effect alters the whole Food chain. Creating mutations which create new Diseases, Life threatening Global Plagues in all members of the Food chain! **Including Humans!** People will become more sick, die younger, more deformities, more sick babies, more miscarriages... Will change human DNA.

GM Food Survival Threat: Alfalfa, baby food, bacon, bread, corn, breakfast cereal, canola, eggs, ham, margarine, meat, potato, papaya, peas, poultry, rice, sausages, soybean, tomatoes, wheat, zucchini,...

Demand from the community unadulterated food. **NO:** Alcohol, Genetic modification, Herbicides, Insecticides, Manufactured food, added Salt, added Sweeteners (artificial or natural),...

Any Person, Organization, Government that denies eatable food or is cause and effect of polluted food (GM). Are accountable, **MS R7**
Demand eatable food it is a **1 GOD** given right!



10.2.7. Blubber day
C-G Kalender Fun Day Themes

12.1.7. Good health day
C-G Kalender Fun Day Themes

Not enough food you get sick!

No food you starve!

For good health the human body needs **Sleep**

1/3 of everyday is spent lying down, part of this entails sleeping.



Sleep is needed for survival of a human body. 7 hours should do. Lack of sleep leads to death but only after a very painful transit through depression and outbursts of insanity.

To get restful revitalizing sleep the bed room must be as dark as possible. An absence of internal and external noise is a must. Shire implement Night-curfew. **Note!** It is normal to have 2 sleeps with a



break in-between. 1st sleep is about 3.5 hours with an up to 1.5 hour break followed by a 3.5 hour sleep.

During a 1.5 hour sleep break. People get up, go toilet... Before lying down do the night-time exercises and have a glass of water. Those that do not get up, pray, read, write, couples chat, mate (during the sleep break people are more relaxed better at conceiving),...

NIGHT – TIME exercises

It is normal to have 2 sleeps with a break in-between. Should you get up (e.g. to go to the toilet), on returning sit on the bed's edge, drink some water. Do the following exercises (All exercises are done while sitting on the bed's edge knees shoulder wide apart). Every time you get up do a different exercise.

1st Exercise: Place the palms* of your hands against the outside of your knees. Press hands inward and knees outward, hold 7 seconds (you feel tension in arms, legs, shoulder). Relax, take a breath, no repeats, sip water, lie down, sleep well. *variation use fists.

2nd Exercise: Make fists* place them against the inside of your knees. Press fists outward & knees inward, hold 7 seconds (You feel tension in arms, legs & stomach). Relax, take a breath, no repeats, sip water, lie down, sleep well. *variation use flat palms.

3rd Exercise: Bend arms (90%) at chest level turn left hand upwards bending fingers, turn right hand downward bending fingers. Interlock fingers tight. Now pull hands in opposite direction, hold 7 seconds (You feel tension in fingers, arms, chest). Relax, take a breath, no repeats, sip water, lie down, sleep well.

3rd Exercise: Bend arms (90%) at chest level turn left hand upwards bending fingers, turn right hand downward bending fingers. Interlock fingers tight. Now pull hands in opposite direction, hold 7 seconds (You feel tension in fingers, arms, chest). Relax, take a breath, no repeats, sip water, lie down, sleep well.

4th Exercise: Bend arms (90%) at chest level turn left hand upwards, turn right hand into fist. Place fist into hand and press down at the same time press open hand upwards, hold 7 seconds. Reverse, hold 7 seconds (You feel tension in hands, arms, neck, chest). Relax,

take a breath and sip of water, lie down, sleep well. **No repeats.**

People with tense back add this exercise to each exercise: Place hands on knees. Tilt head back bend back then rock forward without losing contact with knees (**You feel tension in arms, back, stomach**). Relax, take a breath, 7 repeats, sip water, lie down, sleep well.

Note! People who sit a lot during day-time. Are to do 1 of the night-time exercises in rotation every 2 hours.

It's your body! Keep it Fit!

There are prerequisites before lying down to sleep.

It should be dark, it should be night. To get restful revitalizing sleep the bedroom must be as dark as possible. An absence of internal and external noise is a must 'Shire' must implement 'Night-curfew'.

1 hour should have passed since the last feed. Brush teeth and wash whole body before going to bed. Worship 'Sleep-Prayer'.

1 GOD is waiting to hear from you !

Sleep Prayer

Dear **1 GOD**, Creator of the most beautiful Universe
Protect me when I'm most vulnerable
Protect me from unsettling and Evil thoughts
Let me have restful, healing and revitalizing sleep
Don't let worry disrupt my dreams and sleep
Let me only remember the sweet dreams
For the Glory of **1 GOD** and the Good of Humankind



This prayer is used before going to Sleep !



Have Drinking-glass (**no plastic**) filled with 0.2l of filtered water (**nothing added**) on each bedside table. Every night before going to bed put glass on bedside table. **Note!** Drink during night every time after you visited a toilet and when having a dry throat, drink rest when getting up in the morning.

Have 1 Goldtone glass bowl (1 only for doubles) containing herbal concoction (aroma therapie) on window side bedside table!

In the morning after 7 hours of sleep:

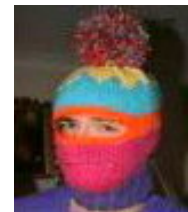
Get up, have a glass of filtered water, go toilet, do 'Daily-Fit (Exercises)', worship 'Daily-Prayer', wash face, hands, have breakfast, get dressed. Check your 'Planner'. Now your ready for Life-experiences. When going outdoors wear, protective clothing and head, eye's and feet protection.

CLIMATE PROTECTION for good health.

Climate protection is needed to protect the human body, animals, pets, food poduction. Climate protection for good health: protective affordable clothing and hygienic affordable secure shelter!

Protective clothing is needed to protect the human body from climate, disease and pollution. Protective clothing needs to be comfortable, useful (protect against extreme weather) and affordable. Protective clothing consists of head cover, clothing, socks, footwear!

Head protection consists of balaclava, beanie, K-scarf, Eye protection, helmet. Balaclava (Beanie), K-scarf is knitted out of wool or a cotton, wool (no synthetic fiber) mix. Can be any color or pattern.



Eye-protection and helmet give UV protection. The visor is curved sideways and straight up and down, unbreakable, highly scratch resistant, blocks UV rays, not fogging up, glare adjusting (darker/lighter, lighter/darker). The helmet has a leather back as neck protector. Eye and head protection is always worn outside.

Protective clothing is needed to protect the human body from climate, disease and pollution. The main body parts protected by protective clothing are skin and feet. Protective clothing is always worn outside.

Protective clothing: Coverall (with hood) or 2-piece made out of Flax, Cotton, Wool, or a mix of cotton/wool (no synthetic fibers) any color/pattern. Either should have a t-shirt neck, puffed* arms and legs closed at wrists and ankles (draft proof). *Puffed arms and legs allow

elbow/knee joints to move freely also the air inside creates climate control for skin and body.

Clothing is made out of natural fibers: animal hides, plant fiber, silk, cotton or wool. Artificial fibers are not used for clothing touching human skin. Production of artificial fibers for clothing ends.



Protective clothing is comfortable, long lasting, practically, affordable Fashionable (designer label) protective clothing is overpriced, short term, impractically.. Not acceptable!

Feet need protection from Climate and knocks. Skin, Toes and Ankles are at risk. Foot protection consists of Socks and Boots. Always wear foot protection when venturing outside.

Socks are made out of Cotton, Wool, a mix of cotton and wool (no synthetics) any color any pattern. Socks should cover Feet up to 7cm above Ankles.

Boots have upper protective leather, inner soft leather (no synthetics) soles leather or rubber. Boots protect Feet up to 7cm above Ankles. Synthetic footwear heats up feet boiling them. You cannot walk.



Hand protection (gloves) are worn as needed! Gloves are made out of leather, cotton, wool, a mix of cotton and wool (no synthetics) any color any pattern.

S H U N :

Shun synthetic clothing, footwear. End production of synthetic clothing, footwear. Illegal synthetics producer get, MS R6.



Protect your body use protective clothing outside!

Humans have a **1 GOD** given right to **hygienic affordable secure shelter (h.a.s.s.)!** Government has a duty to supply its population with hygienic affordable secure shelter! Shelter is supplied by **'Shire' (Local Government)**. Part of Shire-planning. **HOME !!**

Note! Tenants with mental, physical, sexual disability, live in special shelters provided by Provincial Government.

GOOD HYGIENE for good health.

Good hygiene starts with being clean and tidy. Clean and tidy starts with personal appearance, applies to home, study and work. Clean and tidy also applies to thinking and reasoning.

A 'Daily routine' includes cleanliness. Wash hands after every toilet visit and before every feed. Wash face before every feed. Brush teeth and wash whole body before going to bed. HE shaves at least twice every week. Wash hair once a week. Custodian Guardian attend Gatherings clean (brushed teeth, combed hair, whole body washed), shaved facial hair (HE), HE and SHE wearing clean, neat gear (head to toe).



After getting up in the morning every family member physically capable make their bed. Parents teach children how to. Completing morning hygiene. Now get dressed, putting on the laid out prepared (evening before) gear the person planned to wear. Every breakfast storage container is cleaned before refilling and labeled (content, filling date). After breakfast clean eating area. Return containers to storage. Dirty containers, utensils are put in the sink. A person is now ready to start their daily chores (home, school, work, volunteering).

All containers have a content label. Food containers also have a filling date. Store containers neatly and secure. Dangerous (poison, toxin) containers are stored securely (child and incompetent proof).



Don't leave unused items (utensils, tools, toys) clutter up furniture, floor, work area. After usage pick up items put them in neat storage (labeled). Store items always in the same place. They are then easy to find.

Before going to bed. Prepare and layout the gear you plan to wear next day. Pack any bags with items that are planned to be taken along when leaving in the morning.

Keeping your surroundings clean and tidy. Reduces: **Dust** (good for your respiratory system), **Micro organism** (bacteria, germs, viruses) less infections, deaths, **Insects** (bites, larvae, stings) less infections, rashes, **Vermin** (rats, mice, cockroaches), less droppings, spread of micro organism, less plague outbreaks.

Using a bleach or strong disinfectant increases your chance of getting chronic obstructive pulmonary disease. Use a natural surface cleaner: **Mix**, 1 cup bicarbonate of soda, 1/2 a cup white vinegar, add a few drops of essential oil. Need it stronger add a tablespoon of salt.

Need to sneeze! Sneeze into your armpit. Don't spread disease.

Don't kiss on lips. Kissing transmits infections fastes. Rub noses instead.

Don't shake hands! Unless you wear gloves.

Hygiene applies to thinking. Immoral, selfish, hateful, violent, thoughts are bad thoughts to be avoided. Implementing bad thoughts leads to accountability!

Climate change has decreased air quality. More, bigger fires (bush, forest, wildfires)! Human domestic (coal, dung, gas, oil, wood), utilities (coal, garbage, gas, oil, uranium), transport (coal, gas, oil) burning! A community has to consider using breathing protection!

Outdoors respiratory protective equipment (r.p.e.) is recommended!

R.p.e. are rated by how well they protect against particles. P2 masks are used. To protect, masks are fitted tightly (beards are shaved off)!

Indoors use air purifiers! This gadget uses a HEPA filter. Keep all doors and windows closed.

Immunization is mandatory! People who are not immunized are a threat to the community! They are immunized and caged, **MS R4**

Humans produce too much garbage, waste! This creates a severe

health risk. It creates pollution that enters the communities food chain. People are to reduce shopping of non essential goods, down-size homes, reduce leisuretime activities (big crowd events, sport, music,..)!

FEELING SECURE a good health need a human right.

People have a right to feel save in their home. They have a right to feel save at study and work. That is why the 'Custodian Guardian Shun Violence' concept is made available (see Ch7, 1Church) for implemen- tation in every Shire.

Shire provide Sentinel services. Sentinel handle low to middle risk guard and patrol duties. On, or off duty a Sentinel will report anti-social behavior (crimes, pollution, vandalism) and report any community health and safety issues. Sentinel will arrest for perceived broken breaches and committed crimes. Then call his station for a patrol to pick up the arrested.

Shire provide a mandatory 7 hour night curfew from 14-21 hours (C.G. Klock). For good health, reduction in energy consumption, less pollution and protection of wildlife. Reduction in crime, cost to government, encouraging multiplication.



People help their neighbors when under attack.
Workers help fellow workers.
Educators and scholars help each other.
Every Shire's aim is to be violent free.

Emergency service workers are assisting Law-enforcement. By being vigilant of breaches of Rules, Regulations on or off work. They may have to make civilian arrest's. CE reservist may be called to help.

Having a violent free community is a Right and Duty. Every person has a right to feel save. Every person has a duty to help people who have violence inflicted on them. Not doing so, **MS R2** !



People who allow violence, watch violence, **MS R2** ! People who encourage (cheer on, help), incite, violence, protect violent people from arrest, **MS R3** ! This also applies to combat, contact sport !

1 GOD is waiting to hear from you !

Victims of crime Prayer

Memorial-day 2.4.7.

Dear **1 GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian guardian (**1st name**)
Asks to ease the anguish and pain of victims of crime
Help victims of crime get justice and compensation
I promise to help punish crime unending
Ask that Evil is punished in Life and Afterlife
For the Glory of **1 GOD** and the Good of Humankind



This prayer is used on Victims of Crime Day (C-G Kalender)!



Violence starts with the unborn. Violent surroundings instill the propensity to violence for the rest of the life. The propensity to violence needs a trigger to turn violent. **Triggers:** Alcohol, anger, fear, peer-pressure, contact-sport, fight-sport, ignorance, humiliation, mind altering substance, lack of empathy, provocation, violent video, violent video-games,...



An unborn exposed to mum and dad verbally abusing each other. Learn that it is okay to verbally abuse and will do so later in life. An unborn exposed to mum being physically hurt by dad. **SHE** newborn will later in life endure physical abuse by **HE**. **HE** newborn will think it's alright to hurt **SHE**.

Aggressively abusing, intimidating, dominating others is bullying. Bullying starts with intimidation it can evolve into assault. **Bully's** usually surround themselves with hapless cowardly individuals.

Violence is the threat

Stop Violence start at home

External threat (**other Province, Space**) is handled by military. Military does not own or use **A,N (atomic, nuclear) B (biological) C (chemical)** weapons. Military uses stun weapons takes prisoners (**not tortu-**

re, killing)! Uses and applies C.G. Space law.

The community does not feel save (addiction, side effects) using Pharmaceuticals! The are a primitive expensive treatment. Pharmaceuticals' are a last resort treatment. Shun health care practioners that only prescribe Pharmaceuticals'. They are incompetent corrupt "Quacks". Demand they be disqualified.

Note! Adhering to custodian guardian diet advice and following exercises, reduces ailments by 80 %+.

Many people in the community feel threatened by a person with a disability. There are 3 forms of disability: Mental disability, physical disability, sexual disability.

Mental disability

Scholars, adults that show signs of, 'Mental disability'. Are evaluated by a committee (educators, medics, parents). If found afflicted are trans-ferred to, 'MDQC'(Mental Disability Quarantine Compound). For their own protection and protect the other children.

Physical disability

Scholars, adults that show signs of, 'Physical disability'. Are evaluated by a committee (educators, medics, parents). If found afflicted are trans-ferred to, 'PDQC'(Physical Disability Quarantine Compound). For their own protection and protect the other children.

Sexual disability

Scholars, adults that show signs of, 'Sexual disability' (Child molesting, same gender, confused gender). Are evaluated by a committee (educators, medics, parents). If found afflicted are transferred to, 'SDQC'(Sexual Disability Quarantine Compound). For their own protection and protect the other children.

Life support

A Person unable to make a sandwich and eat it now or in the foreseeable future. May want to invoke the 1 GOD decision making process (live or die). Every person has the right to deny treatment, food, drink. Denying a person this right is torture, a crime, MS R7.

1 GOD's design is that everything in the Physical Universe has a beginning and end, including the human-body. Human compassion demands putting an end to suffering. Not 'artificially prolong' life. Artificially prolonging life is interfering with **1 GOD's** design.

Buried alive

To avoid being buried alive, cremation is a must. Cremation is not only needed to free the Soul but also for health reasons. The cremation fire cleanses destroying dangerous bacteria, viruses, insect larvae and fungi that may inhabit the body. **Note!** Graveyards are a health risk, a waste of land. Councils are running out of land for graveyards.

Self inflicted killing

Self inflicted killing (**euthanasia, suicide**) is a sign of a weak mind, a weak spirit. It is a Life-experience for the Soul. Other humans are not to interfere unless there is a danger to others. **1 GOD** will handle this on Judgment day. Helping a person to a self inflicted killing is acceptable as long as the relevant court accepts that there is a death wish. Severe suffering is torture. End it!

Note! Humans put suffering animals out of their suffering. However they lack compassion for their own kind.

Ending life with dignity is a human right.

You only have 1 body! Keep it healthy! Use C.G. daily routine!

Demand from your community: **Breathable air, Drinkable water, Eatable food, Night curfew, Climate protection, Secure environment, Harmony, Die with dignity, Cremation!!**

