

| ISSUES/ SICKNESSES | POTENTIAL PHYSICAL SOLUTIONS |
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| OVERALL HEALTH | Avoid processed sugar, exercise, walks, drink water, get good sleep and spend time outdoors in the sun with no sunglasses. |
| Geographic Tongue | Vitamin B taken every second day in the morning. |
| Sore Throat | Blend Ginger and Cloves in glass of water as needed. Take Zinc at night with no dairy. Gargle with salt. |
| Nose Bleed | Try stopping all caffeine and sleep 8hours, ideally start before 12pm. |
| Unstable Thyroid | Take nascent Iodine drops. |
| Lack of Energy | Overall Health Tips + Vitamin D & B. Check iron levels (nails and white of eyes) |
| Acid Burn/Heart Burn | 1 tbsp ACV (Apple cider vinegar) in water. Eat apples. |
| Eczema/ Acne | Half lemon squeezed in warm (not hot) water before bed. Cod Liver oil, Pre-Probiotics, Vit D, C & E. |
| Avoid Sunburn | Eat Tomatoes & Berries |
| Avoid Mosquitos | Vitamin B taken in the morning, starting 3 few days before or a good bee pollen. Bites: juice of Plaintain leaf directly applied. |
| Sore Muscles from work out | Cod liver oil, Olive oil, Magnesium and Protein |
| Memory | Greens, Olive oils, Cod liver oil and light exercise. Ginseng. Walnuts. |
| Constipation | High fiber - fruit, veggies, pre-probiotics, avoid medication. |
| Digestion, Diarrhea | Reduce/remove coffee, alcohol & wheat. Steamed vegetables, rice, fish & fruit. Essential fats rich in GLA (gamma linoleic acid) anti-inflammatory agents (evening primrose oil, blackcurrant oil, borage seed oil, hemp seed oil, oats, barley & spirulina). |
| Cavity prevention | Make Toothpaste: Coconut Oil + Baking Soda + Activated Charcoal + Turmeric. Take probiotics & Chew Cloves |
| Burns, Bruises, Cuts | Burns: direct instant application of Lavender EO or Aloe Vera Gel. Burn packs work well if you have on hand. Bruises: Arnica cream + internal. Cuts: Colloidal Silver gel |
| Lack of Muscle Growth | Protein (eggs, salmon, turkey) and good carbs (buckwheat, quinoa, root veggies (sweet potatoes). Good fats - avocados, Greek yoghurt, nuts, chia seeds, olives. |
| Cough & Chest | Grind Ginger in warm water, Olive oil, Zinc at night. Drink hot drinks (echinacea, elderberry, lemon grass, liquorice root etc.). Sliced Onion in honey - cough syrup. Take Vitamin C and Garlic. |
| Rash, Yeast infection | Eliminate Sugars & white flour products; fulvic/humic acid; reduce acidity; lemon juice in hot water before eating. |
| Painful Nerve endings | Raspberries & Kefir. ACV tbsp in water. |
| Burnt Tongue | Place Cane sugar on it until it dissolved. Manuka honey directly on tongue. |
| Mouth Ulcers | Increase vitamin B & C, zinc; drink water and increase greens intake; lemon juice in hot water before eating. Avoid coffee and chocolates. |
| Swollen gums/Bad breath | Scrape Tongue. Rinse mouth with Salt. Chew Clove. Ensure good digestion - pre-probiotics. Eat crunchy fruit and veggies for saliva production to flush odor producing bacteria. |
| Gout / Elevated Uric Acid | Greens, Alkaline body e.g. 1/4 tsp Activated charcoal once a week in water and drink lots of water. 1 tbsp ACV in cold water before bed. Eat apples and uncooked greens. Cut out sugars, pastas, red meat and dairy. Daily lemon juice + water. Eat foods rich in calcium, magnesium, zinc, Vit C, B6. |
| Bladder Infection (UTI) | Drink Cranberry juice (no sugar added). 1-2 tsp ACV in water; 1/2 tsp baking soda in water before meals (alkalize body); Cranberry Juice; Epsom Salt bath with Frankincense EO; Vitamin C ; lots of liquids; herbal teas. Eat foods rich in Calcium and Vitamin A. |
| Fever | Fever is the body's way of fighting. Bath in Epsom Salts, Peppermint EO, DO NOT give aspirin if possible, drink fluids, rub diluted On Guard and Oregonian EO on soles of feet. |
| Anything Else | 80%+ is spiritual, 20% is physical related. Pray, fast, be humble, self-reflect and repent. Speak life and not death (don't even joke impacts self - words have power). If someone is sick, don't blame others for catching it - it has just exposed your weaknesses. |
| | Legend - ACV - Apple Cider Vinegar, EO - Essential Oil |