

SEEK

Toward Health - What We Can Control

AVOID

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Save Lives

PHARMACEUTICALS

Kill >100k/year

FLUIDS

Milk, Juice, Alcohol,
Carbonated Drinks

Rain
Distilled

Well Water

Water

Spring Water

City Water
Chlorine, Fluoride

Frequency Modulation

pH of BODY FLUIDS

Clean Air
Aroma Therapy

Oxygen Enriched

AIR

Oxygen Depleted

Pollution
Particulate, Solvents
Petrochemical, Auto
Pesticides, Herbicides

Liver, Colon Clense
Sauna, Fasting
Chelation, Oxidative Therapies
Sweating, Sauna, Ozone cab.

**DETOXICATION
Detoxification**

Excessive Colonics
Laxatives

UV, Ozone, Peroxide

**MICROBE EXPOSURE
INFECTION**

Direct Contact, touch, bite
Air, Water, Fluids, Foods
Injection

Natural Immunity
IV Therapy
Supplements

**IMMUNITY
TREATMENT OF INFECTION**

Excessive Antibiotics
Vaccines, any

Moderation

EXERCISE

Excess

Personal Relationship
With God

SPIRITUAL

Pseudo Science
Mystery Babylon

God gave us all meds.
Healing takes time.

MIND SET

Treating Symptoms
Quick Fix