

# DE-STRESS FOR HEALTH MAINTENANCE & RECOVERY GUIDE



## LOTUS BE WELL OFFERS

### IN-HOUSE, ONLINE, AND CURBSIDE SUPPLEMENT PICK-UP

Call (262) 457-2222, text (262) 208-0699 or [Online](#).  
Open Monday, Wednesday, Friday 8am-5:30pm; Tuesday, Thursday 8am-7pm; Saturday 8am-3pm

Curbside pick-up in front of Lotus Be Well – 47 N. Main Street, Hartford, Wisconsin



Lotus Be Well 47 N. Main Street, Hartford | [LotusBeWell.com](#) | (262) 457-2222

Blooming Lotus  
Shoppe ...

# DE-STRESS FOR HEALTH MAINTENANCE & RECOVERY

This Guide is intended to provide a beacon of hope to those of you who suffer from stress. A key component to staying well is to combat the stress that acts like an accelerant, hamstringing the ability of the immune system to fight off viral invaders. For an excellent explanation of exactly how stress creates the Fight or Flight Response and impacts our physical wellbeing, Dr. Bruce Lipton created a video, which YouTube has taken down.

In this video, Dr. Lipton explains the physiological effect of stress hormones on the body as a whole and the immune system in particular. Many people perceive stress to lie strictly within the emotional realm. In fact, the stress reaction discussed is much broader than just the mental/emotional state we often label as “Stress.” There are also physical stressors and environmental stressors that tax our state of wellbeing. Each individual has a unique combination of stressors that work synergistically to create imbalance, disharmony and dis-ease in the body. No two individuals will have the exact same combination of stressors, which is why even people with the same diagnosis, or similar genetics &/or environment may present with varied symptomatology and differ in their response to specific remedies. On the following pages is a comprehensive breakdown of stressors—Physical, Mental/Emotional, and Environmental (Toxins, 5G/EMF, Pathogens).



# PHYSICAL STRESSORS

Physical Stressors take a toll on the health of the body and its ability to react to stress. If a body is not cared for on a cellular level dis-ease can set in.

## POOR NUTRITION:



### Organifi Protein

Enjoy a fully-balanced organic meal, your daily multivitamin, and 20 grams of protein all in one delicious, easy-to-mix shake. Contains pea protein, quinoa, pumpkin seed, coconut, vanilla bean or chocolate, monk fruit, whole-food vitamins, and digestive soothing enzymes. Available in chocolate and vanilla.



### OHS Complete Performance

Optimal Complete Performance is a balanced protein powder complete with vitamins and minerals. By making the most nutrient-dense forms of proteins, carbs, and fats bioavailable, we ensure you will have all the nutrients needed to restore energy and help create lean, calorie-burning muscle. This is a popular formula many professional athletes and teams use. Comes in vanilla and chocolate.

Vegetarian Protein - Core building blocks your body needs for muscle building and repair

Healthy Carbs - Energy for recovery

Essential Vitamins & Minerals - Nutrients your body needs for recovery and repair, and overall health



### OHS Fruit & Veggie Plus

Raw freeze-dried fruits & vegetables. Contains 14 fruits and vegetables, Organic Juice from 10 different fruits and veggies, Herbs & Extracts from 14 sources; all chosen for their high antioxidant capacity. Contains over 650,000 ORAC units.



### Daily Nutrition Essential (DNE) Pak

Restore your system with the ultimate combination of over 100 essential nutrients per packet. The research is solid on what the average American needs and what they're deficient in. This healthy blend of whole food vitamins, organic minerals, essential fatty acids, stabilized probiotics, digestive plant enzymes, and organ-fortifying herbs can help reverse years of poor nutrition.



# PHYSICAL STRESSORS

## DEHYDRATION:



Are you drinking half your body weight in ounces of water per day? MegaHydrate is the key that unlocks the potential of water as the medium for nutrient replenishment and waste removal at the cellular level. In a state of dehydration, body cells cannot assimilate nutrients, remove waste and relieve pain from conditions like arthritis or fibromyalgia. Dehydration also occurs as a side effect of caffeine. Caffeine effects include anxiety, dizziness, headaches, sleep disorders, and many common ailments.

## LACK OF SLEEP:

### REM Sleep



Get deep restorative sleep with whole food ingredients that are proven to gently and naturally support deep, restful sleep. REM sleep deprivation is becoming a national health crisis, with symptoms of insomnia on the rise. This formulation is beneficial for: Deep Restorative Sleep; High anxiety; Healthy Sleep Patterns; Metabolism

### Melatonin

Struggling to get a good night's sleep? Poor sleep can wreak havoc with your health, happiness, productivity, relationships and every area of life. Five mg of melatonin in every capsule. Vimergy Melatonin is here for you if you're looking for assistance with occasional sleeplessness. If that's you, melatonin may reduce the time it takes to fall asleep, increase sleep efficiency, and increase total sleep duration.



### Tachyon Eye Pillow

The Tachyonized Eye Pillow is a powerful antenna, balancing a variety of issues, reducing stress, pain and tension. Use the Tachyonized Eye Pillow over the eyes for meditation, rest, sleep, or specific eye issues. The Eye Pillow feels great under the neck for neck tension or on/under the head for headaches. You can use it on the small of the back, or over the abdomen at certain times of the female cycle, or any place you are experiencing discomfort or pain. If you feel sad and/or emotionally unbalanced, place the Tachyonized Eye Pillow against your heart and notice your return to center and balance. Also available are Tachyon ear plugs and sleeping mask.



### Frequency Bracelet

Slip on this bracelet to passively access specific frequencies (alpha, theta, delta, and deep delta) to relax the body and initiate healthy sleep. It is recommended to wear the bracelet three hours prior to bed and through the night. (Also available in "Universal Healing" and "Stress Reduction" frequency sets). Accelerate results with the BrainTap "Healthy Sleep Habits" guided meditations. [Free BrainTap 15-day trial available for download.](#)



# PHYSICAL STRESSORS

**LACK OF EXERCISE:** Dust off the exercise equipment, take a walk, pop in an exercise DVD or subscribe to one of the many online fitness programs readily available. The following will help give you the energy to get and stay moving.



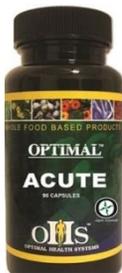
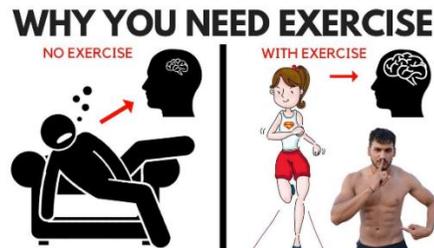
## Natural Vitality

Optimal Natural Vitality contains an organic nutrient blend shown to help you gain immediate energy. Research shows these ingredients are a great replacement for synthetic caffeine, and don't create mood swings or tax adrenal glands. The nutrients provide a big energy boost without the crash. Increased Energy; Mental Clarity; Mental Focus; Mood Enhancements



## Tru-Energy Pak

This contains all the nutrients proven to feed ATP synthesis without synthetic stimulation to the adrenal glands. It contains adrenal-supporting nutrients that help rebuild and fortify them from past caffeine, sugar, or toxin abuse. Energy Boost; Adrenal Support



## TRAUMATIC INJURY / REPETITIVE STRESS

### Acute

Optimal Acute's protease enzymes have been proven to be a safe, natural approach to inflammation reduction. Research and testing have also shown that the same enzymes are extremely efficient at digesting potentially harmful proteins. Provides your body with the right combination of ingredients proven to provide quick, lasting pain relief by reducing inflammation and promote healing. For Inflammation, Injury, Pain.



### Chronic

This formula spells relief from constant or recurring pain with proven ingredients, including chondroitin sulfate, glucosamine and MSM, along with patented chelated magnesium for tissue repair and pain relief. Osteo & Rheumatoid Arthritis; Joint Pain/Injury; Disc Degeneration; Back Pain/Injury; Excessive Exercise; Fibromyalgia.



### Joint Pak

Combined in a convenient daily packet, Optimal Joint Pak helps aid your body in reducing inflammation, along with repair tissue and disc degeneration. Provides nutrients proven to reduce inflammation and promote joint repair. Reduce Inflammation; Joint Health; Disc Repair.



# MENTAL / EMOTIONAL STRESSORS

Emotional Stressors are external pressures in people's lives such as divorce, marriage, children, work and money. Understanding stress relates to knowing how your body responds to these stressors.

- **Self-Awareness / Inner Critic**
- **Work and Financial Demands**
- **Family / Home Life**
- **Social Circle**
- **Spiritual Health**



## Lithium Orotate

Get an edge on life by taking the edge off life! Lithium Orotate provides nutritional support to promote a balanced mood, and a healthy response to stress. The combination of lithium bound to orotic acid is like brain food that supports a stable, balanced mental state, and overall neurological health. Encourages Normal Brain Health & Function; Supports a Calm, Balanced Mood; Reduces Irritability & Frustration.



## Optimal Cort-Adrena

If you are feeling sluggish and dependent on stimulants to maintain energy, loading your system up with key ingredients, like ashwagandha, panax ginseng, and more, may be all you need to lower cortisol levels, reset your adrenal glands, and maintain abundant energy throughout the day. Emotional, Physical Stress; Chronic Fatigue Syndrome; Adrenal Dysfunction; Hypothyroid.



## Stress / Anxiety Relief Pak

Stress can rob quality of life and health, shortening our lifespans and making us more prone to illness. OHS spent years researching over 100 nutrients proven to be best at nutritionally supporting the body with stress and anxiety. You can now find peace-of-mind with these nutrients.



## RSHO Gold Label CBD Oil

Excellent for stress, anxiety and sleep.

It doesn't get much easier to get your daily CBD than with our RSHO® hemp oil liquid. Made with full-spectrum hemp oil meaning the product contains more cannabinoids than just CBD and 0.3 THC. RSHO® Liquid features 1000 mg of CBD mixed with medium chain triglyceride (MCT) oil for a powerhouse combination of botanical ingredients, giving it a light coconut oil flavor with a hint of earthy hemp. CBD with NO THC available.



# MENTAL / EMOTIONAL STRESSORS



## Neurofuzion

Want to feel a little happier while tuning up your mental vitality? Look no further. NeuroFuzion is a comprehensive blend of natural herbs and minerals that support healthy brain function, happiness, focus, and mental clarity. It's an optimized formula for optimized mental performance. Clears Out the Brain Fog; Boosts Your Mood; Sharpens Attention.



## Restore: Adrenals

Restore Adrenals is a potent blend of herbs that support the endocrine glands whose health are key to feeling and functioning our best. When the body is burdened by undo stress, the adrenals glands require additional support to regain optimum function.



## BrainTap Headset

The BrainTap takes your brain down to a meditative state in 2 minutes with harmonizing tones synchronized with gentle light pulses that travel through the ear meridians and the retina. These pulses send direct signals to the brain and guide you into deep relaxation. This innovative form of brainwave training is called frequency following response, and it provides maximum results in the least amount of time. Purchase for home use.

## BioMat

BioMat delivers the synergistic benefits of far infrared light, amethyst crystal (mini mat has amethyst & tourmaline) and negative ions.

The BioMat's crystal infrared technology fine tunes your immune system to assist the body in achieving over health and wellbeing. The BioMat: relieves pain; increases blood circulation; soothes joint stiffness; relaxes muscles; reduces inflammation, increases tissue oxygenation; promotes restful sleep; reduces stress and fatigue; boosts immune system; eases joint pain; promotes relaxation and more! Purchase for home use.

## PSYCHOLOGICAL SYMPTOMS OF STRESS



HYSTERICIS

INSOMNIA

HEADACHE

DEPRESSION

ANGER



# ENVIRONMENTAL STRESSORS - TOXINS

Environmental Stressors are everywhere and include toxins, pathogens and Electromagnetic Fields (EMFs) that are all around us: our food, water, air, self-care and home-care products, even our technology, contribute to declining health. These offenders are absorbed through the skin, respiratory system, digestive tract and/or bioenergetic field to further challenge our overworked livers. The 5G & EMF technology revolution has worsened human, animal and plant life by disrupting DNA as well as impairing endocrine (hormone) function and depleting the immune system. Add in the fact that Pathogens run rampant across the earth, and you can see how protecting and detoxifying the body on a regular basis is a proactive game plan to stay healthy.

## TOXINS



### Cleaning Solvents / Chemical Detox

- Laundry detergent; Cleaning products; Carpet Cleaning; Air fresheners  
Cleanse CS is formulated with high potent herbs to detox the body from cleaning solvents and harmful chemicals. Take daily.

### Plastics Detox

- Water; Food; Air  
Cleanse PL is formulated with high potent herbs to detox the body from plastic. Plastic particles are in our water, food and float in the air. Take daily.



### Pesticides / Herbicides / Fungicides Detox

- Water; Food; Air  
Cleanse PHF is formulated with high potent herbs to detox the body from pesticides (sprayed on food and animals), herbicides (sprayed in the environment) and fungicides (sprayed on new clothes, furniture, cars, etc.). Take daily.

### Chlorine/Fluoride

- Water; Food; Air  
Cleanse CF is formulated with high potent herbs to detox the body from chlorine and fluoride. Chemicals added to food, water and spewed in the air from cars, trucks and airplanes. Take daily.



### Restore Adrenals

Restore Adrenals is formulated with high potent herbs to support the adrenal glands. The adrenals are important endocrine glands that are key to reducing stress within the body. When overloaded with environmental toxins the adrenals require additional support to regain optimum function. Take daily.

### Restore Thyroid

Restore Thyroid is formulated with high potent herbs to support the thyroid glands. The thyroid is an important endocrine gland that is key to balancing hormones within the body. When overloaded with environmental toxins the thyroid requires additional support to regain optimum function. Take daily.



# ENVIRONMENTAL STRESSORS – HEAVY METALS

## HEAVY METALS

Heavy Metals are so minuscule they're smaller than microscopic, and even smaller than nanoscopic. These culprits are infiltrating our bodies and causing incredible harm. Heavy metals are in everything we take in: food, drink and air. When heavy metals build up in our body's brain, liver, intestinal tract and reproductive system, neurological and physical problems occur. Heavy metals have a destructive charge, which damages cells throughout your body.

[More info about Heavy Metals & Heavy Metal Detox Smoothie Recipe](#)



**Celery Juice** – Available at The Plantonic Café or make your own. Celery juice is one part of the equation for helping to remove toxic heavy metals. Celery juice contains something called sodium cluster salts, that diffuse the charge from metals like copper, mercury, aluminum, nickel, cadmium, barium, arsenic and more. The cluster salts render these toxins inactive and make them less aggressive.

## Five Foods That Work Synergistically to Remove Heavy Metals

### Barley Grass Juice Powder

Barley grass juice powder prepares the mercury for complete absorption by the spirulina. This nutritious grass has the ability to draw heavy metals out of your spleen, intestinal tract, pancreas, thyroid, and reproductive system. Drink 1-2 teaspoons mixed into coconut water, juice or heavy metal detox smoothie.



### Wild Blueberries – Fresh or Powder

Wild blueberries draw heavy metals out of your brain tissue, healing and repairing any gaps created by oxidation when the heavy metals are removed. Wild blueberries possess unique phytonutrients with special detoxifying capabilities and help reverse any oxidative damage left behind by the heavy metal removal.



### Spirulina

Spirulina is an edible blue-green algae that draws out heavy metals from your brain, central nervous system, and liver, and soaks up heavy metals extracted by barley grass juice extract powder. Take 2 teaspoons mixed in water, coconut water, juice or heavy metal detox smoothie.



### Fresh Cilantro

Cilantro goes deep into hard-to-reach places, extracting metals from yesteryear (mercury inherited from past generations). Blend one cup in the heavy metal detox smoothie, juice, or add to salad or guacamole.

### Atlantic Dulse

Atlantic dulse removes mercury on its own and goes into deep, hidden places of the digestive tract, seeking out mercury, binding to it, and never releasing it until it leaves the body. Eat two tablespoons of flakes daily, or an equal amount of strips if it's in whole-leaf form.



# ENVIRONMENTAL STRESSORS – 5G & EMF RADIATION

## 5G and EMFs (Electromagnetic Fields) RADIATION

You can't see it or taste it, and you may or may not feel it, but you're surrounded by electronic pollution that keeps your body in a constant state of stress.

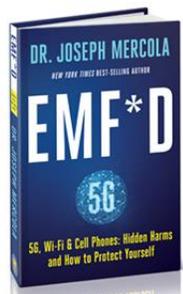
Electromagnetic fields EMF (radiation) has become a part in our modern-day lives because of our exposure to electronic devices like mobile phones, computers, smart meters, wi-fi routers and appliances like TVs and microwaves. Exposure to EMFs has long-term cumulative effects that go as far as changing our very DNA. We are being bombarded with frequencies every day, wherever we go. The technologies are getting better day by day but at the same time more deadly for humans.

The World Health Organization has classified radio frequency electromagnetic fields as possibly carcinogenic to humans. Most mobile networks worldwide use portions of the radio frequency spectrum, allocated to the mobile service, for the transmission and reception of their cellular signals. Cellular technology emits high levels of invisible electromagnetic (EMF) radiation frequencies that are doing biologic harm to your body and mind. There is increasing amounts of scientific evidence linking cellular technology use to:

- Cancer
- Insomnia
- Migraines
- Fatigue
- Thyroid issues
- Infertility
- Allergies
- Cardiac Arrhythmias
- Anxiety and Depression
- Mood Swings
- and more.

An improved version of cellular technology called 5G is now being implemented in key areas around the globe. 5G guarantees 20 times faster data transmission compared to the current 4G. This sounds like something that will solve our technology shortfalls; however, it comes with a whole new set of potential health hazards. 5G uses a frequency range that is unlike any current device.

According Dr. Mercola, *“The advent of 5G ultra-wideband technology will toss every living thing with DNA — not just humans but also animals, plants and even bacteria — into humankind’s most radical public health experiment ever.”*



Learn more about 5G and EMFs with Dr. Joseph Mercola's new book *EMF\*D*. Dr. Mercola, one of the world's foremost authorities on alternative health, has mined the scientific literature to offer a radical new understanding of how EM fields impact your body and mind.



# ENVIRONMENTAL STRESSORS – 5G & EMF RADIATION

Each of us needs to begin by changing our relationship with technology and protecting our body.



## Tachyon Products

### What is Tachyon Energy?

#### Layman's Terms:

Tachyon elevates the body's energetic field to offset the catastrophic depletion created by EMFs. A Tachyonized energy restructures the chaotic, destabilizing EMF radiation creating a harmonious, coherent field of life-enhancing energy.

#### Scientific Terms:

Quantum Physicists refer to the omni-present Energy source of the Universe as the Zero Point Field (ZPF). The Zero-Point Field is a quantum field that exists beyond the speed of light; it is the limitless source of all frequencies containing everything required to create perfect form. Tachyons are subatomic particles of the Zero-Point Field. Like the ZPF, they contain the potential of all frequencies, but unlike the ZPF, tachyons have form.



### Mini V Pendant

The Tachyon Mini-V Pendant is outstanding for direct EMF protection and increased energy flow needed to diminish 5G. Wearing a Mini-V invites and supports a subtle shift as your system slowly re-aligns and integrates with the natural vertical energy flow of the pendant. It is important that you give the Mini-V time to integrate with your system. As your system begins to harmonize, resonate and equalize, you may experience times of joy for no reason. Subtle, yes. After a while you may begin to notice a new or deeper sense of well-being. For many an attunement to who they are begins or deepens as they sense their power of being. Wear daily for EMF protection. Comes in a multitude of colors and designs.



### Orb Pendant

The Tachyon Ultra EMF Orb Pendant is full of tiny Tachyonized beads bouncing energy off each other and creating a Neo Field, which protects you from EMFs and cell phone radiation. It is also a perfect choice for those who want a stylish 5G power tool. Wear this Tachyon energy jewelry product to boost your energy and improve your health. Simply wear the pendant every day to stay protected and energized.



# ENVIRONMENTAL STRESSORS – 5G & EMF RADIATION



## Cell Phone Micro Disk

These disks are made for the smaller cellphones, 5G, will operate near the highest frequencies of the radio wave spectrum. These hazardous EMF's emanating from hand-held devices disrupt the Subtle Organizing Energy Fields (SOEFs) of the body and can cause major imbalances. Phone Micro-Disks transform these disruptive wave patterns of harmful EMFs into a coherent, positive, life-enhancing field protecting the user.

Note: Use the 35mm disk for larger cell phone.



## E-Smart Kit

Neutralize the harmful effects of Smart Meter EMFs.

Use this Tachyon energy product for the best, scientifically proven solution to shield and protect from harmful electromagnetic radiation (EMFs) from Smart Meters. **WARNING:** Smart Meters emit harmful EMF radiation.



## G-Smart Gas Meter Protection Kit

Neutralize the harmful effects of Smart Meter EMFs.

Use this Tachyon energy product for the best, scientifically proven solution to shield and protect from harmful electromagnetic radiation (EMFs) from Smart Meters. **WARNING:** Gas Smart Meters emit harmful EMF radiation.



## Bluetooth Cells

Small EMF Protection for Bluetooth Headsets, Headphones, I-Watch and fitness trackers. Convert EMFs into a coherent field protecting the user. The hazardous electromagnetic field that emanates from these devices Bluetooth headsets, headphones, I-watches, etc. disrupts the Subtle Organizing Energy Fields (SOEFs) within your body and can cause imbalances. There have been numerous studies that suggest long-term use of harmful EMF emitting devices can cause serious ailments and disease. You can use the Tachyon Mini Cells on any type of small electronics that are mobile or cordless.



## Silica Disk

Tachyonized Silica Disks are directional meaning the "Energy flows out this side" only. Silica is a great conductor and creates powerful cells with a coherent 15-foot field flowing from the energy side. Use them to protect yourself and others in your home or office from harmful EMFs-- electromagnetic radiation. Attach a 6-inch disk to circuit breakers, Smart meters, appliances, refrigerators, and televisions. Attach a 4-inch to computers or any electronic device. The field is very focused, like a flashlight.



# ENVIRONMENTAL STRESSORS – 5G & EMF RADIATION



## **Silica Gel – 5G Internal Protector**

Tachyonized Silica Gel is considered an important part of preventative 5G health practices.

Tachyonized Silica Gel is derived from quartz crystals (the purest form of silica). It is a liquid colloidal preparation in which microscopic Tachyonized particles of silica are so finely dispersed in Tachyonized water, that a gel is formed.

Tachyonized Silica Gel builds you internal structure of bones, ligaments, tendons, muscles, connective tissue, brain, heart, immune system, and nerves. In both the animal and plant kingdoms, silica is a structural building block. It is found throughout the whole body and is essential to health.

Tachyonized Silica Gel is so well absorbed, it is considered a vital supplement in the art of living in a 5G world. Tachyonized Silica Gel is also indicated for the prevention and reversal of osteoporosis and the prevention of Alzheimer's disease. Individuals with chronic pain have reported that after a few weeks of using Tachyonized Silica Gel, they experienced a decrease of stiffness and immobility. It is also great for family pets.

1 oz. (30ml) bottle contains about 350 drops. **DOSAGE:**  
Start with 1-2 drops once or twice per day, in liquid or on food. Dosage can be gradually increased to 8 to 10 drops per day or more which is the ideal amount to consider when proactively addressing 5G.



## **Green Matrix – 5G Internal Protector**

Tachyonized Green Matrix is considered, along with all its other uses, an essential part of preventative 5G health practices. Tachyonized Green Matrix is a unique blend of ingredients that support peak performance of the body, mind, and spirit. It helps establish and maintain a powerful energy flow within the body which is essential for thriving in a 5G world. Containing both Blue-Green Algae and Spirulina, this is an inclusive formula for the whole being. It has a positive effect on the mind-brain-nervous system in general and specifically enhances hypothalamus, pituitary, and pineal function. This superfood combination enhances the immune system and is easily assimilated and digested. It contains substantial B12 content.



# ENVIRONMENTAL STRESSORS – 5G & EMF RADIATION



## Cleanse RA

5G / EMF / Microwaves / Appliances

Some forms of radiation are unavoidable, for instance, when a nuclear power plant releases radiation into the air (Fukushima following the 2011 earthquake and tsunami in Japan); that radiation lingers forever, mildly irradiating food, water, and air around the world. Other sources are x-rays, mammograms and exposure to more seemingly benign technology like cellphones. Cleanse RA is formulated with high potent herbs as an antidote to detoxify and help clear the body of radiation. Take daily.



## Tachyonized DHA – 5G Internal Protection

Tachyonized DHA is an organic, algae derived organ-specific to the nervous system. It energizes the brain's Subtle Organizing Energy Fields (SOEFs) helping them move towards optimal balance. Brain balance is a key element in thriving in a 5G world. DHA is the major long-chain Omega-3 fatty acid found in the brain. It is the primary building block of the grey matter of the brain and the retina of the eye and is concentrated in parts of the brain that require a high degree of electrical activity. DHA benefits children significantly.

## Why Children Are Especially at Risk of Damage from EMFs

As dangerous as EMFs are to adults, animals, plants, bees and microbes, they pose an exceptional risk for children for several reasons:

- Pregnant moms with higher EMF exposure were 2.72 times more likely to miscarry.
- Children will be exposed to EMFs for a much longer time than adults.
- Children under 12 years of age have higher body water content than adults, which allows them to absorb considerably more radiation.
- A child's bone marrow absorbs 10 times more wireless radiation than an adult.
- Because a child's skull is thinner, more cell phone radiation can penetrate deeply into the brain.
- Children's still-developing brains (until their teens) are more susceptible to radiation absorption.
- A child's developing nervous system is potentially more susceptible to a damaging agent.



# ENVIRONMENTAL STRESSORS - PATHOGENS

## PATHOGENS

A pathogen's (viruses, bacteria, yeast, mold, fungi, and parasites) life is stressful. To survive and multiply within the human body, pathogens adapt to being under continuous and different forms of stress because of the body's immune system. The human immune system is limited when the body is under stress from health depleting EMFs and 5G. An unprotected body that is stressed by EMFs and 5G risks dis-ease, speeding up the aging process, and damage at a cellular level including DNA. This is a gateway for pathogens to attack the body and colonize. Once colonized, the body will be under stress internally possibly causing:

- Thyroid issues
- Adrenal issues
- Autoimmune disease
- Insomnia
- Cancer
- Allergies
- Cardiac arrhythmias
- Infertility
- Anxiety
- Depression
- Mood Swings
- Difficulty Concentrating
- Migraines
- Fatigue
- And more

## VIRUSES



### Patho-Purge EBV (also known as Patho-Purge V)

An organic herbal tincture that targets viruses. It is suggested that both Spirit's Rx Patho-Purge: EBV and Patho-Purge: Strep should be taken together. In most instances, when we succumb to a viral attack, bacterial co-factors contribute to additional decrease in the body's immune function.



### Vitamin C

Vitamin C is an antioxidant that feeds your immune system. On top of which, the viruses that are responsible for symptoms and conditions are highly allergic and sensitive to vitamin C. While protecting your own cells from oxidation, vitamin C has the ability to oxidize a pathogen, causing it to become injured, breakdown, and disperse. OHS Whole C (capsules) Tachyonized Pure C (superfood powder) are available.

### Zinc

The body doesn't make zinc. Zinc feeds the immune system, providing it with one of the most critical trace minerals for the immune system to function optimally. If we don't have enough zinc in the body, our immune system may overreact or underreact to an invader such as a virus. Viruses are allergic to zinc; the mineral repels and weakens them, even making pathogens docile, which allows the immune system to kill off and eliminate the pathogens more quickly.



# ENVIRONMENTAL STRESSORS - PATHOGENS



## B12

Nearly everyone is deficient in vitamin B12. The body relies on B12 for tens of thousands of daily functions and when we experience any kind of illness, the body utilizes the B12 rapidly. Vitamin B12 with the combination of adenosylcobalamin and methylcobalamin, can help protect your entire body from neurotoxin damage from viruses.



## Lemon Balm

Lemon balm is an incredible antiviral herb that fights off all kinds of viruses. In addition, lemon balm soothes the nerves and linings of the stomach and intestines, helps reduce fear, worry and stress while supporting the adrenals.



## BACTERIA

### Patho-Purge Strep (also known as Patho-Purge B)

An organic herbal tincture that targets bacteria. It is suggested that both Spirit's Rx Patho-Purge: EBV and Patho-Purge: Strep should be taken together. In most instances, when we succumb to a viral attack, bacterial co-factors contribute to additional decrease in the body's immune function.



## Nettle

Nettles are known to help relief bronchial ailments such as chronic coughing, chest congestion, COPD, and TB. Nettles are also powerful enough to help eliminate viral and bacterial infections and aid in removing excess fluids in the body by acting as a natural diuretic. Great addition for pain.



### Barley Grass Juice Powder (NOT Barley Grass Powder)

Barley Grass Juice powder is especially high in chlorophyll, which helps to inhibit the growth of disease bacteria, along with balancing the PH of the body to promote excellent health and immunity. Barley Grass Juice powder has been shown to strengthen the immune system, alkalize the body, increase energy, aid digestion, relieve constipation, and improve health of skin, hair and nails. Mix 1-2 tsp. in water, juice or a smoothie. Take 1-2 times per day.



### Elderberry Syrup & DIY Elderberry Syrup Kit

Elderberries are one of the most effective remedies for viral and bacterial infections such as colds and flu and can substantially shorten the duration of illness; they are also an immune booster. Elderberries contain special proteins and bioflavonoids that have the ability to destroy viruses on contact that infect cells in the body. Elderberries are also known to have the ability to significantly enhance immune function by boosting the production of cytokines in the body. In addition, they are very beneficial for bronchial and respiratory problems and can help loosen and expel congestion in the lungs.



# ENVIRONMENTAL STRESSORS – PATHOGENS

## YEAST/MOLD/FUNGI



### Mycozil

Natural Yeast & Fungal Cleanser

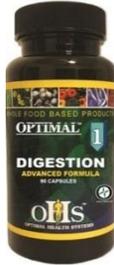
Mycozil is a unique, all-natural formula designed specifically to support the body's natural balance of yeast and fungal organisms. It's made with potent herbs and enzymes that work with your body's internal defenses to protect against the spread of harmful organisms.



### Oxy Pure

Oxy Pure is a nutritional, therapeutic formula that is bioavailable at the cellular level. It is the strongest oxygenating formula legal to be manufactured and sold for human consumption (35%) and is independently tested to be antimicrobial. Pathogenic (disease-causing) microbes cannot survive in an oxygen-rich environment, including: bacteria, virus, yeast, fungus, mold and parasites. Beneficial microbes, however, thrive in an O2-rich environment. Can be used internally, topically, and to purify water.

## PARASITES



### Optimal 1 Digestion

Optimal 1 Digestion is the number one formula that breaks down all foods, helping eliminate gas, bloat, acid reflux and more. Digestive enzymes will help restore your intestinal tract to its normal state, which makes it inhospitable to parasites.

## ALL PATHOGENS



### Optimal Natural Z Pak

This Pak works by tapping into how the body naturally fights off pathogens and other foreign invaders. When the front line of defense fails, it's up to your gut and white blood cells to come to the rescue. The Pak loads your bowels up with over 21 billion CFU of flora, including acid stabilizer probiotics. This guarantees bad bacteria that has made it past your stomach are seriously outnumbered. With the microbial battle in the good guys' favor, your army of friendly flora can wipe out what is making the body out of balance.

