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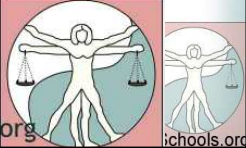
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If I would like to make healthier changes in my diet and my doctor was not willing to help me while I worked with a natural health practitioner, I suggest you find a doctor who values and respects his patient's wishes and rights and fire the doctor who would not!





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Welcome!!!
Just hang On :o)
Our meeting will start soon.





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Balance



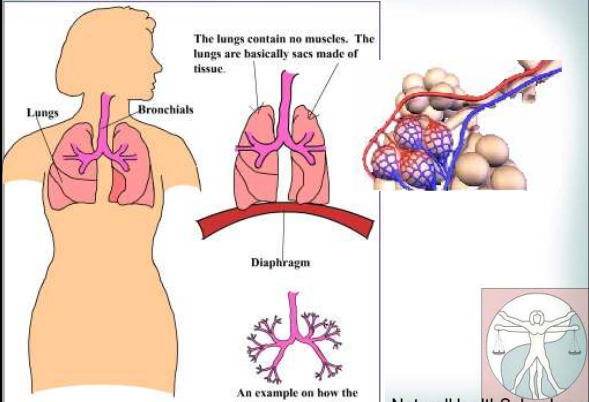
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Respiratory

- Sinus
- Brochus
- Broncholi
- Bronchials
- Alveoli



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The lungs contain no muscles. The lungs are basically sacs made of tissue.

Lungs Bronchials

Diaphragm

An example on how the bronchials branch off.

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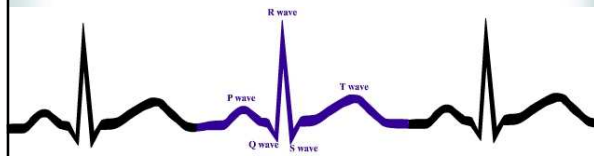
Circulatory (Transport System)

- Calcium/Magnesium/Potassium
- Triglycerides
- Cholesterol and Sodium compromises Arteries
- Heart Tone
- Healthy Blood

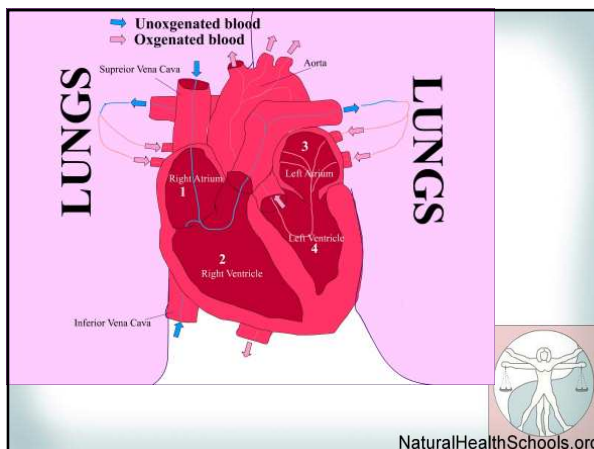


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EKG



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Stopping a Heart Attack Using Acupressure



Sometimes when a person is having a heart attack or chest pains, it is due to too much chi (energy) or stuck chi in the heart. Excess energy (Chi) can sometimes be drained from the heart by using this technique.

The Acupressurist stands (or preferably sits) next to the **sitting (or laying)** victim of the impending heart attack

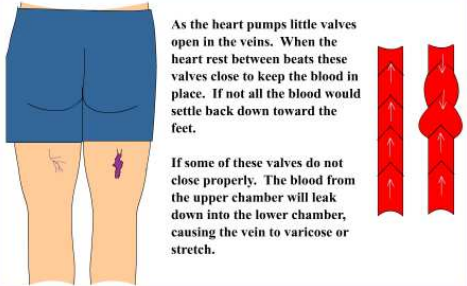
The acupressurist holds the heart attack victim's left pinkie with their left hand thumb away from the base of the finger.

The acupressurist then lays his hand over the 5th Thoracic vertebrae usually at the base of a shirt collar.

Continue to hold until pulsating becomes weaker.





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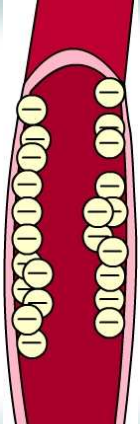

As the heart pumps little valves open in the veins. When the heart rest between beats these valves close to keep the blood in place. If not all the blood would settle back down toward the feet.

If some of these valves do not close properly. The blood from the upper chamber will leak down into the lower chamber, causing the vein to varicose or stretch.



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Chelation

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Immune – The Police System

- Tonsils
- Appendix
- Thymus Gland
- Spleen
- Lymph nodes
- Bacillus



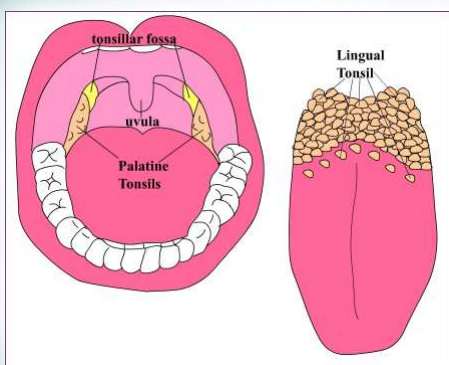
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The Battle

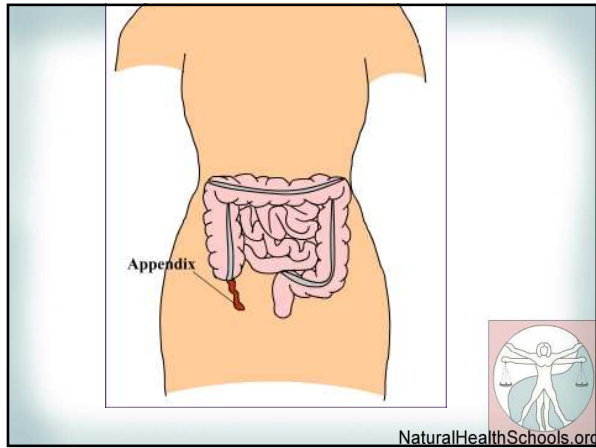
- | Invaders | Arsenal |
|---|---|
| <ul style="list-style-type: none">• Virus• Bacteria• Staff• Fungus/yeast• Allergens | <ul style="list-style-type: none">• Fats• Sulfur• Rest• Immune Nourishers• Immune Stimulators |

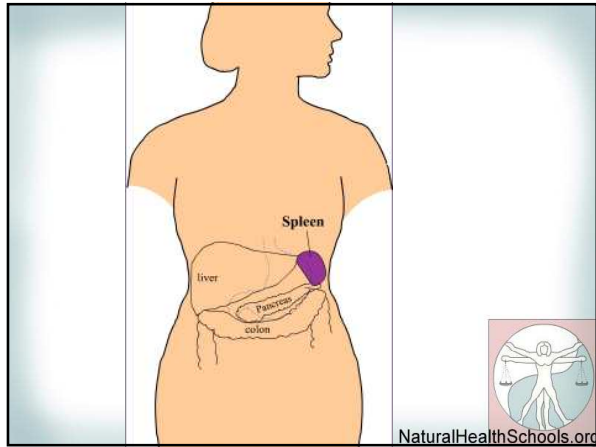


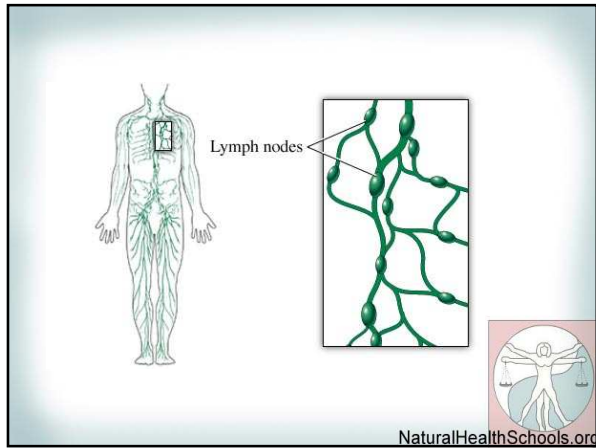
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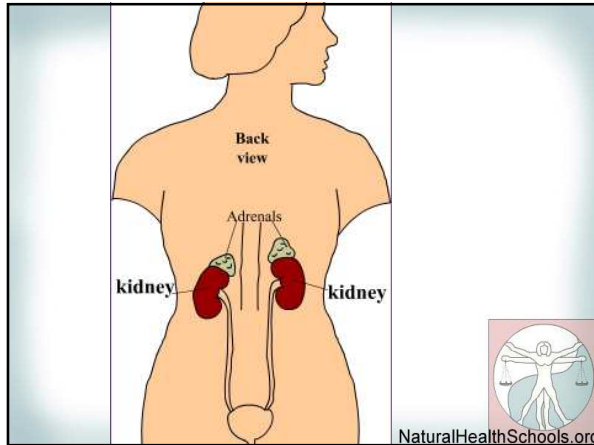


Urinary (Water Treatment Plant)

- Kidney
- Adrenals
- Ureters
- Bladder
- Urethra



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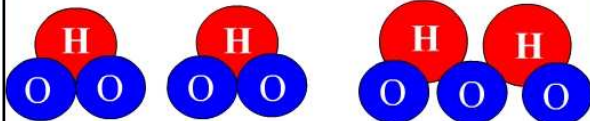


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RO Water vs Distilled Water

Instead of:

The molecules form:



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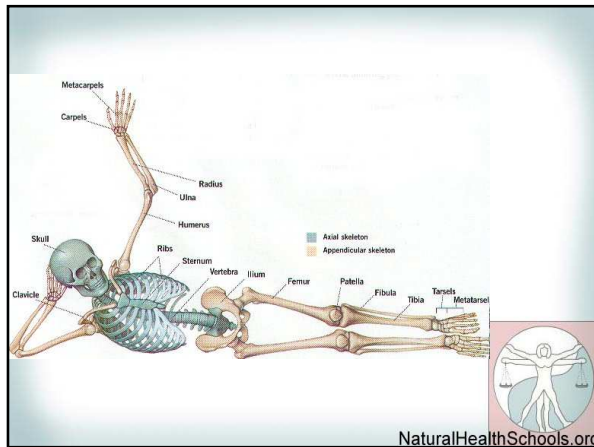
Skeletal Foundation

- 206 Bones
- 620 Muscles
- 30 Digestive Muscles

1.5 to 2% of our weight is calcium



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Care and Keeping of a Bone Cell

- Calcium/Magnesium
- Vitamin D
- Omega 3 oils
- Phosphorus
- Boron
- Weight/exercise



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Understanding misalignment of spine or wrists

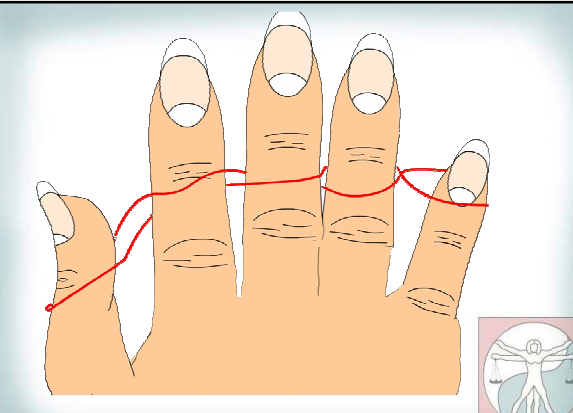


Think of a swinging door with 2 springs on each side. If the springs are even tension the door is straight.

If the springs are unevenly tense then the tight spring pulls the door out of its place.

So it is with muscles. If the muscles (for instance) in your wrist is more tense in the palm side than the back of the hand, the bones are shifted and it puts pressure on the nerve causing Carpal Tunnel.


Operations can temporarily alleviate this, but to exercise the back of the hand will strengthen those set of muscles and can re-establish equilibrium of the bones and fibers in the wrist. Taking the pressure off of the nerves.



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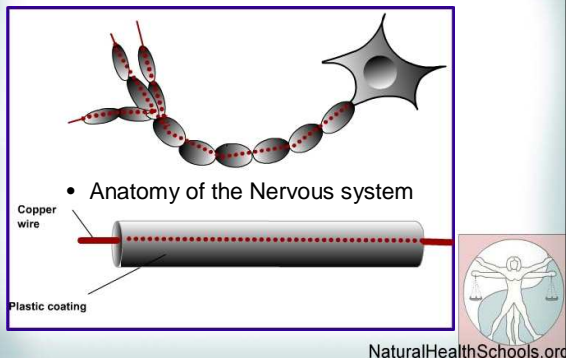
Nervous system Communication

- Brain
- Spinal Chord
- Nerves



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Stress and the Nervous System



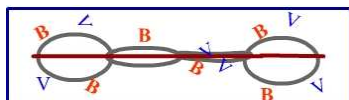
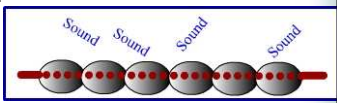
Anatomy of the Myelin Sheathing

- Made up of 70% Fats
- Covers the nerve fibers in the brain, spinal cord and the axons or nerve fibers throughout the whole body
- Stores (determines the potential) of the release of Neurotransmitters



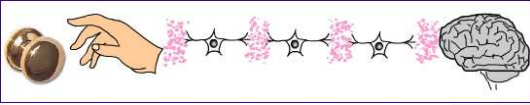
Physiology of the Myelin Sheathing

- Add Conductivity of the Electrical Impulses
- Myelin Protects the Nerve from Sound, Virus



Anatomy of the Nervous system

- Unlike a copper wire, the nervous system is made up of sectioned nerves
- Impulses go from and to the brain



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Things Which Weakens the Myelin

- Stress
- COFFEE, TEA, CAFFEINE
- Lack of Fatty Acids
- Liver Function
- Loud Noises
- Ultrasound
- Toxicity
- pH



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Things Which Nourishes the Myelin

- Fatty Acids: Evening Primrose Oil, Flaxseed oil, Super Omega 3 Oils
- Nervine Herbs: Chinese Stress Relief, Nerve Control, Stress-J
- Spirulina RNA (ribonucleic acid) Speeds up the healing



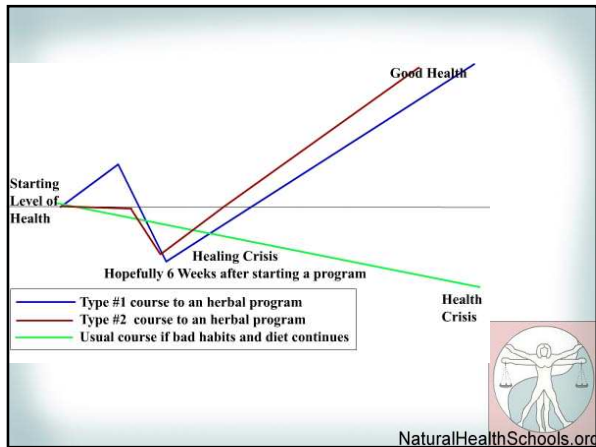
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DIET


<p>DO's</p> <ul style="list-style-type: none"> •Turkey •Salmon •Cod •Good healthy balanced diet including raw vegetables and fruits. •Bananas 	<p>DON'TS</p> <ul style="list-style-type: none"> •Coffee, tea (neither regular nor decafe) •Caffeine products •Processed foods
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QUESTIONS???



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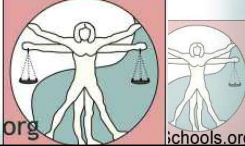
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