



Let's Talk About The Healthy Normal

Healthy Changes for our Lives

People are talking about the "new normal" but I want to encourage you to begin thinking about The Healthy Normal instead. I think all of us find it impossible to imagine a world where we can't sit elbow to elbow at our favorite sporting event, concert, movie theater, bar, lecture or class. This is because we are by nature social creatures. I think we have come to realize that even more during this time. Despite having digital pathways of communication, we feel isolated, trapped, uncomfortable. So how can we come together again?

Personal Immunity

Personal immunity is the healthy normal we need to focus on. Each of us needs to understand our body's weaknesses and its signals of illness. By taking responsibility for our own immunity, we know when we need to rest, when we should stay away from others and when we are healthy and strong.

Only by strengthening our resistance can we weather any illness, any virus that circulates the globe. I have already said that Covid-19 will not be leaving us. Instead it will join the hundreds of other viruses that travel with us because illness is not confined to particular areas any longer. International travel, global work requirements, even students traveling abroad can be exposed to illness and unintentionally carry it home to loved ones.

Vaccinations can be life-saving, but they also do not address mutations or various strains of a disease, they can have unintended side-effects and there will always be a segment of the population that will still get the illness even if they have been vaccinated. So relying solely on a vaccination will not protect you. You need to create and strengthen your own immunity.

**Your personal immunity protects you no matter
what you are exposed to.**



The solution is immune support from the
ground up.

Start with the basics of healthy eating and exercise.

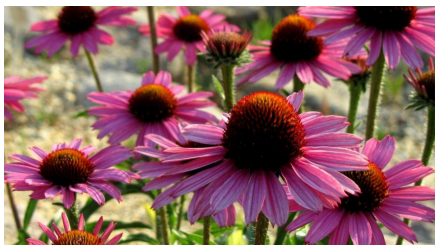
This means understanding which nutrients the immune system relies on. These should be the foundation of your diet and the

vitamins /minerals that you supplement every day.

- Calcium Lactate (ionized calcium)**
- Cataplex AC (vitamins A & C)**
- Zinc (chelated)**
- SP Green Food (organic raw greens)**
- Vitanox (plant antioxidants)**



Now have a daily remedy plan to prevent illness.



Echinacea Premium

This is the only echinacea extract in the world that has been specifically proven to prevent and modulate illness. It can be taken long-term every day as support and prevention. 1-2 per day.

[Send an email to order](#)



Immuplex or Epimune Complex

Both of these formulas provide comprehensive support for the key functions of immunity. Immuplex provides glandular support for spleen and thymus while Epimune Complex offers a vegetarian Chinese mushroom tonic shown to improve immune response. 1-2 per day.

Change your environment to prevent the spread of illness.



Kangen Water Machines

I have been saying for years that having a Kangen Water machine is the best investment in immunity you can make. With settings for water that remove all pesticides from foods, water that is antibacterial on contact for cleaning surfaces, water that is alkaline to drink, water that is free of pathogens and pollutants, water that doesn't come



Air Purification

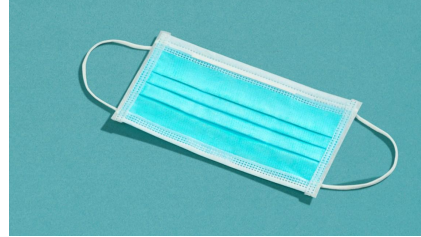
Air purification is essential in the home and the workplace. Hepa filtration can trap so many allergens, pathogens and pollutants to keep the air free of immune-challenging substances.

from a plastic bottle, water that replaces hand soap and laundry detergent.

This is the time to invest in your health, your immunity and your home environment.

And we now have interest-free payment plans to help you with your purchase!

[Learn more about Kangen Water Machines](#)



Face Masks

The purpose of face masks is to prevent someone who is ill from spreading saliva or body fluids that contain pathogens. So when someone is ill, they should wear a mask, whether with their family at home or out in the public sphere. It will always be a good idea for us to wear masks when in crowded public places, on planes or in medical environments where people are more likely to have an illness.

Eliminating Viral Hiding Places

I cannot say enough about how important your lymphatic fluid movement is to immunity. Your white blood cells, lymphocytes and immune factors use this fluid pathway to move throughout the body.

This system also drains waste material, toxins and acids from cells and tissues while bringing nutrition and oxygen from the blood to the cells as interstitial fluid. Illness relies on lymph congestion in order to remain undisturbed in pockets of tissue where it can reproduce silently.



[Learn more about Lymph Therapy](#)

Check in regularly to see how your body is doing.



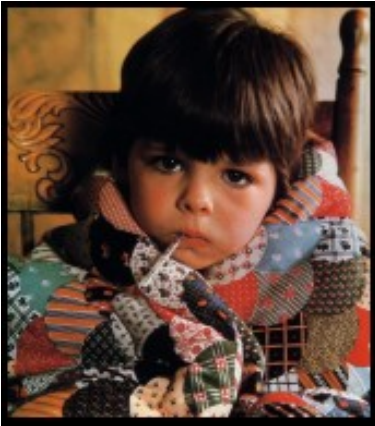
Thermography Testing

There is no better way to evaluate your body, your immunity and your health than with our Thermography testing. Regular scans once or twice a year will tell you not just if a virus is present, but evaluates the lymph system, the liver, kidneys, spleen, pancreas, lungs, heart, brain and glands. It points out digestive distress, toxicity levels, congestive areas where cysts and tumors can form. It provides a personalized 7 page report that details everything you need to know.

[Learn more about Thermography](#)

What to do when you begin to feel sick.

Being healthy does not mean that you will never get sick. But what is important is what happens when you do get sick. Your immune system will be strong enough to minimize your illness, support rapid and complete recovery while allowing the body to restore complete health without lingering symptoms.



Stay home and stay away from other family members. Wear a mask, rest, drink lots of fluids and bone broth with vegetables.



Start taking 6 each of Immuplex and Andrographis Complex per day. Get in touch with me immediately so that I can help you with specific remedies for your condition to support your immunity and minimize symptoms.



Avoid sugar, alcohol, processed food and caffeine. All of these things burden your digestive system and your body's immune system and now is not the time to give your body a hard time!

[Visit our website for more information](#)



I am here to help...

My more than 35 years of practice have allowed me to help people, educate people and watch people change with natural medicine. When you need help or advice, I'm here.

[Send me an email](#)