

Healing by Design

Heart - PVC (Premature Ventricular Contractions), A-Fib (Atrial Fibrillation), Tachycardia and Branch Bundle Block

10 STEPS (Products highlighted)

1. **Do your homework!** Learn about the dangers of pharmaceutical drugs and surgery. Learn the truth that through nutrition and proper supplements, they are not necessary. This can help you heal and strengthen your body instead of tearing it down and weakening it.
2. **The body is 75% water.** We need water and minerals to conduct electricity in our bodies properly. Drink CLEAN water, which means avoid tap water and get a good carbon-based filtration system to remove toxins from your water. Get hydrated with ***Re-hydrate by Energetix, ENDURE Minerals by Trace Minerals Research, Quintessential Bioterrain Restore*** or other electrolyte products.
3. **Focus on magnesium the most.** Magnesium is the #1 mineral deficiency for most people. ***Magnesium Chloride Oil foot soaks by Health and Wisdom*** is life changing. It helps with heart function, dilation of arteries, sleep, relaxation of muscles and nerves and more. Can also do the ***CALM by Natural Vitality***. If you sweat a lot for work or exercise, please replace all electrolytes, including sodium. ***NHI SOLE Salt Stones*** are a great way to replace lost sodium.
4. **This means to avoid liquids and foods that BLOCK electrical function of the body.** The worst offender is soda, sugar, candy, baked goods, white flour, etc. Think of pouring a soda on your computer and short-circuiting all your wires. The next dangerous offender is adrenaline overload from coffee, energy drinks, chronic stress and anxiety. This is the MAIN CAUSE of all of these heart issues!
5. **De-stress and build the adrenals.** We have all heard stress is a major health concern and often linked to heart conditions. Why? The adrenaline and the release of hormones! It is a real chemical action taking place that creates a rapid hear beat. ***Holy Basil by Cedar Bear*** is an amazing herb for stress and the adrenals. ***CBD Oil by Elixinol***, feeds, nourishes and heals the entire nervous system. For a great overall formula try ***Anxiety Free by Ridgecrest***. To build the adrenals, try ***Adren-All by Ortho Molecular*** and Chinese tonic herbs like the ***Great Adaptor or Shen Nong Ginseng by Jing Herbs***.
6. **Get daily sunshine. Connect to God through nature.** Get your bare feet on the earth, go camping, and just be outside. It is almost impossible to be stressed sitting on the beach or in the woods. Get an ***Earthing Sheet*** to connect to the ground in your home. Earthing keeps blood platelets from sticking together and sunshine lowers blood pressure and cleans the blood!

7. **Work on the kidneys!** Try our *Kidney Cleanse Tea* or better yet, the *Spirit of Health 21-day Kidney Cleanse*. The herbs and drinks in the kidney cleanse will help clean out the fluid systems of the body. The drink with Apple Cider Vinegar, baking soda and lemon is loaded with electrolytes.

8. **Switch to a LIGHT, almost vegetarian type of diet.** Eat fruits, veggies, greens, nuts, seeds and maybe a small amount of chicken, turkey, fish and eggs. Fruit DOES NOT REQUIRE INSULIN, so it is good energy source. Avoiding grains, sugar, dairy, and heavy meat consumption will take stress off digestion, your pancreas, your lymph and your blood. You must clean up the blood and take the stress of digestion for your bloodstream to heal itself. Start juicing, and focus on greens. Eat small meals, do not over-eat and don't eat right before bed. **GREENS!** like *Spirulina and Chlorella by Ultimate Superfoods*, *Aloe Life Daily Greens by Aloe Life*. Add these to smoothies or other drinks, eve salads. Greens cleanse the blood, build the blood and increase oxygen flow to the body. Also eat your leafy greens like spinach, kale, chard, lettuces, etc.

9. **Take care of your heart!** I just need to stress this. Don't take your heart for granted. Don't take God's creation and this amazing human body for granted. If the heart goes, we go. We have seen it too often in friends and family around us who have fallen to cardiovascular problems. Make simple changes to help your heart conduct electricity as God designed it. To strengthen the heart with herbs, use *Cardio Heart Daily by Cedar Bear* or *Healthy Heart by Dr Morse*.

10. **You are salt and light.** I have learned not to take the Bible as a book of symbolism. So many scriptures in the Bible are literal. There are implications related to body, soul and spirit. We are to have water, minerals, light, energy, conductivity and electricity. This is exciting! We are a creation of God in His image and we are a reflection of the world He created and designed just for us. Everything in nature reflects His glory.

"For the earth will be filled, with the knowledge of the glory of the LORD, As the waters cover the sea." Habbakuk 2:14

As goes the computer, so goes our heart and cardiovascular system!

So what dangers does soda pose to electronics?

- Most sodas contain a large variety of chemicals including water, sugars, acids, and numerous other chemicals often referred to as “natural flavors”. These chemicals can individually or collectively can create a conductive path for electricity, corrode metals, can cause moving parts to stick, and can act as thermal or electrical insulators.
- The most immediately dangerous aspect of soda is its ability to conduct electricity. Since soda can carry an electrical current, it can easily create a short between the very tightly packed circuit traces on electronics such as motherboards. This has the potential to instantly damage the contacted electrical components which can cause the component to fail.
- The conductivity of soda can also cause metal dendrites to grow between two neighboring circuit paths. This dendrite would act as a direct, low-resistance path for electricity to travel and could create a damaging short on the motherboard.
- In the presence of chemicals found in soda, all of the metals found on a motherboard have the ability to corrode. If any portion of metal corrodes enough, the entire motherboard can fail.
- Modern computers generate massive amounts of heat many motherboards now have one or more motorized fans on them to provide the cooling needed to keep the chipsets from overheating. These fans are easily stopped by a small amount of resistance. A small amount of soda in the housing of one of these fans can cause it to stop rotating and can lead to overheating.
- Not all of the chemicals in soda conduct electricity. Some sugars actually work as insulators which will not conduct electricity very well. If these sugars were to form around or between connectors on a board, they could stop the flow of electricity between the connected components. For example, imagine that some of the soda got inside the socket where the CPU is attached to the motherboard and dried. This soda could act as an electrical insulator that would prevent the CPU from making proper electrical contact with the socket.
- In addition to being an electrical insulator, dried soda can become a thermal insulator which prevents the motherboard and its components from being cooled efficiently. As the board heats up, not only would this dried soda cause rapid built up of heat on the covered component, but the soda could be heated enough to liquify. This thick, semi-liquid residue could then flow across other components potentially causing the above listed problems.