

## Healing by Design

### ALLERGIES

#### 10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. Body Ecology Diet to eliminate all allergenic foods, boost immune system and fight infections
2. To strengthen digestion from food allergies take enzymes such as ***Devigest by Arthur Andrew Medical*** or ***Dr.'s Best HCL with Bitters***. Bragg's Apple Cider Vinegar with meals (1 teaspoon) will also strengthen digestion.
3. ***Kidney Cleanse Tea*** or ***Gentle Liver Cleanse Tea*** from Spirit of Health and ***enemas (coffee, sea salt or baking soda)*** to remove toxins, cleanse kidneys/liver and increase blood flow. Get an enema kit to do enemas at home.
4. ***Hello Blossom by Herbally Grounded and Sinuorega by North American Herb and Spice***. These might be the only two products you need to take care of all symptoms related to seasonal allergies and sinus infections!
5. Living Green Calcium Bentonite Clay. This will detox the body and absorb allergens. 1 teaspoon (liquid clay) in hot water before bed. Can increase up to 2oz daily, empty stomach. Watch for constipation. Increase water and fiber, herbs if necessary to prevent constipation. ***Liquid Clay or Detox Powder by Living Clay***.
6. ***Aloe Life Detox Formula or Aloe Gold Tablets***. Aloe relieves inflammation and the detox herbs help remove toxins. Aloe vera is great for boosting the immune system and is a strong anti-microbial.
7. ***Blue Ocean Minerals (1 teaspoon daily in water)*** and ***Inner Vitality plant minerals by Morningstar***. 2-4 ounces daily.
8. ***Ultimate Superfoods MSM Powder***. 1 Tablespoon daily in water. Knocks out allergies by working to heal the liver and opens detoxification pathways in the body.
9. ***D-Hist by Orthomolecular*** is a great natural antihistamine. Aloe Vera and Nettles are also great.
10. ***Nepriinol enzymes by Arthur Andrew Medical***. These clean up allergens from the bloodstream, both airborne and food allergies (protein molecules such as gluten and dairy). It also clears blockages from the body, including blocked arteries.

## Healing by Design

### ASTHMA

#### 10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. Body Ecology Diet. Crucial to not feed deep infections in the body, almost always tied to Asthma. Eliminating dairy, sugars, starches and carbs are crucial for optimal breathing and clearing lungs. Warm, cooked foods and hot teas are best for relaxing the bronchials.
2. Oxygenate the body.
  - **Vollara Fresh Air!** Ozone machine to remove all contaminants and heal lungs
  - Lung detox. **Oxylife Detox MSM Liquid or Aerobic 7 Oxygen Drops**
  - Inhaler Substitute - **Oxylife Second Wind Oxygen**
  - EXERCISE! Best way to open breathing, increase oxygen and remove mucus
3. Hydration! Quality sea salt in water daily for hydration. Can stop an asthma attack using; **2nd wind spray by Oxy Life**, lobelia under tongue or sea salt with a big glass of water. 1 teaspoon sea salt per gallon of water. Look into the SOLE method using **Himalayan pink salt stones by NHI**.
4. To cleanse lungs and open lung capacity - **Ridgecrest, Clear Lungs Extra Strength, Wishgarden Serious Cough and Deep Lungs**. Use  **Bentonite clay by Living Clay** to bind allergens and keep lungs clear of extra contaminants.
5. Enemas to remove toxins and open up lungs (coffee, baking soda or sea salt, talk to an expert!)
6. Research Samuel Thomson and his use of Cayenne and Lobelia for asthma. He had an incredibly high success rate for permanently healing people of asthma.
7. **Adrenal Fatigue Fighter by Ridgecrest** and **Adren-all by OrthoMolecular** to boost adrenals and produce natural steroids. This will also help heal from damage of steroids. Add sea salt to water.
8. **Inner Vitality plant minerals by Morningstar**. 2-4 ounces daily.
9. **Oreganol, Oregabiotic by North American Herb and Spice, Candida Quick Cleanse by Harmonic Innerprizes and Candi-gone by Renew Life** for bad yeast/fungal infections. Oreganol works on mainly bacteria and fungus. For parasites use **Dr. Hulda Clark 3-part and 7-part cleanses**.
10. SUNSHINE. Get outside, breathe fresh air. Sunshine builds the immune system and eliminates infections. Don't use sunscreen, but don't get burned. Don't wear sunglasses.