

<u>Health Videos</u> YouTube.com & Gab.com postings:
Dr. John Bergman (Drjohnbergman—CA chiropractor)
Dr. Joseph Mercola (Mercola.com— <u>trusted</u> U.S. doctor!)
Barbara O'Neill (<u>Brilliant</u> Australian nurse under fire)
Dr. Doug Kaufman (Knowthecause.com—is it fungal?)
Dr. Don Colbert (drcolbert.com—'7 health principles')
Dr. Russell Blaylock (www.blaylockhealthchannel.com)
I do NOT watch <u>anything</u> by CNN, NBC, ABC, CBS or <u>any network news</u> about these so-called 'mis-information spreaders.' Hundreds off the FINEST health-minded, good doctors are listed as 'quacks' at quackwatch.org/11ind/

<u>Spiritual Growth Videos</u>
GiveHim15.org (pray with Dutch Sheets M-F)
Elijahstreams.com (prophet interviews)
Ifapray.org (vital intercession networking)
Bjm.org (solid Bible teachings-Bill Johnson)
GoVictory.com/shows (BEST news source M-F)
<i>There are hundreds of excellent Biblical teaching videos (awmi.org, robindbullock.org...) but these are some my favorites right now.</i>
Music Videos (for Exercising) YouTube has postings of:
Hebrew Worship (with Hebrew & English subtitles)
PraisetoourGod5 (with Hebrew & English subtitles)

Health Habits

downloadable at:
http://2-acres.com/Ginger



by Grandma Ginger

Disclaimer:
This was written to help folks get and stay well. I'm a healthy 70+ year old grandma with **NO medical credentials** and no intention of making financial profit from sharing this info (*which may, or may not, work for you*).

I'm still learning, so, if you find a mistake, or have helpful input, please let me know.
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<u>EATING HABITS:</u>
Main meal in afternoon
Homemade soup/salad for supper
Grass-fed meats only
Lots of 'certified humane' eggs
Real butter, no margarines
Raw honey, no sugars/substitutes
Coconut oil for cooking
Eat slowly (& play chess or Yahtzee)
Turkey bacon, no pork
Himalayan pink salt (exclusively)
Raw, unsalted seeds for snacks
Organic frozen grapes for snacks
Ezekiel & multi-grain breads
Organic apples with seeds
Baked sweet potato breakfast
Organic oranges with inner peel
Sprinkle parsley, chives on foods
Make soups with bones, cayenne
Avoid MSG, GMO, HFCS products

<u>DRINKING HABITS:</u>
Reverse Osmosis water
Add minerals (pinch of pink salt)
Hot water w/lemon, cayenne
Cold water w/cider vinegar/honey
Dandelion tea (liver cleanse)
Milk thistle tea (liver cleanse)
Pure muscadine grape juice
Homemade probiotic-rich wine
<u>FAVORITE SUPPLEMENTS:</u>
<i>Shaklee or Life Extension Brands</i>
Grapefruit Seed Extract (liquid)
Omega 3's (flax or fishoil) for hair
Boswellia (frankincense) for pains
Enzymes (for digestion)
Vitamin D (winter-50,000mg wk)
Trace minerals (from plants)
Iodine (for metabolism & nails)
Gummies (elderberry, Vit. C, ginger)

<u>LIFESTYLE HABITS:</u>
Baking soda toothpaste
Baking soda deodorant
Indoor plants for clean air
Rebounder for lymph circulation
Tri-Flex (vibration) for bones
Work in an organic garden daily
Get chiropractic adjustments
Citrus essential oils for perfume
Spray toothbrush with peroxide
Wet Brewers Yeast for sunscreen
Sleep between 9-10pm—5-6am
Watch Health & Bible videos →
Early morning time with God
Avoid chemicals (soaps, creams)
Avoid doctors who trust drugs
Avoid all network TV & media
Take in outdoor shopping carts
Keep soft melodic music playing
Sing, laugh, give, thank, pray