

New Life 2023

STRETCHING. 2 stretch exercise plans, needed by people with insufficient levels of activity, and those stuck at desk all day, that sit for long periods (we will claim; working).

Loosen Tight Hip Muscles (Suzanne Bowen, creator of BarreAmped)... posture, hip, foot, ankle, knees, back pain; major component in overall flexibility vs. aging

print: [how-to-loosen-tight-hip-muscles.pdf](#)

watch: [hip muscle atrophy \(youtube.com/watch?v=6vt-07Zd6M\)](https://www.youtube.com/watch?v=6vt-07Zd6M) - very hard muscle to get back once lost, when old; (why old people die of fall w/ broken hip)

Maintaining Flexibility (Theresa Larson, physical therapist and movement health expert) for aging, lifespan, upper back pain, tight chest, lower back, develops & maintains flexibility in neck, back, hips, calves, ankles

print: [flexibility-test.pdf](#)

print: [10-second-balance-test.pdf](#)

print: [tabata.pdf](#), actual exercise workout links, exercise myths

DIET. the 2 MOST MAJOR important diet-overhaul changes...

1st: REDUCE LINOLEIC ACIDS

print: [health-overview-linoleic-acid-THE-ARTICLE-mercola.pdf](#) and

watch: Dr. Mercola interviews Tucker Goodrich (02:04:53) [bitchute.com/video/bYy7vOKdc1DU](https://www.bitchute.com/video/bYy7vOKdc1DU)

takeaway: Omega-6=BAD-BAD-shit, mostly from seed oils, used in all processed foods, restaurant & fast food, take-out food, condiments ~ causing extreme health havoc; obesity, PCOS, infertility, inflammation, autoimmunities, impaired disease & illness fighting, premature aging, higher death rate in America, etc.

2nd: REDUCE OXALATES

print: [oxalates-can-wreck-your-health-mercola.pdf](#) and [Toxic Superfoods.odt](#)

watch: Dr. Mercola interviews Sally K. Norton (01:22:07) [bitchute.com/video/RGrVE03BkXsK](https://www.bitchute.com/video/RGrVE03BkXsK)

overview: Oxalic acid is a toxin, is very common in a normal diet, is hard to avoid, and it builds up in our body. The kidneys can only filter out about 25 mg oxalates/ day. Nothing cleans it out, except time. It must be radically reduced in our diet. In fact, if you're past the age of 10 and grew up on a standard diet, you've got some degree of deposits in your bone marrow, your joints and glands ... and the biggest issue is long-term toxicity, because we all grow up on high-oxalate foods.

symptoms: "The main symptom pattern is that no one can figure out what's wrong with you and you seem OK according to tests," Norton says. "That's a classic oxalate situation." It can cause itchy rashes, neurological issues (crappy mood, clumsiness, tremors, poor sleep), joint pain, calcium deposits, bumps in skin, dental plaque, kidney stones, fibromyalgia, ropey veins when blood drawn, inflammation, marked increased sensitivity to EMF toxicity, general ill health & chronic disease.

sources: High levels are found in ascorbic acid (keep amount vit. C intake below 250 mg a day unless using for therapy); also high levels of oxalates are in spinach, Swiss chard, beet greens, almonds, dark chocolate. Peanut butter is high, wheat bran is high, rice bran is high, potatoes are high, oat bran is variable.

antidotes: Citrates are best potential antidote: Take citrates every day: magnesium citrate, calcium citrate and potassium citrate with meals to impair absorption of oxalates in the food. "You definitely need to take calcium citrate and magnesium citrate with high oxalate meals," Norton says. "But the citrates in the minerals are especially important for this long tail of getting over the chronic illness of having an oxalate overload in your body. So, the biggest biohack is calcium [citrate] because calcium promotes the clearing of oxalate.

The book: [buckingv.com/books/Toxic Superfoods by Sally K. Norton-1.pdf](https://www.buckingv.com/books/Toxic-Superfoods-by-Sally-K-Norton-1.pdf), 490 pgs.

DIY Home Health Practices

[TRE Time-Restricted Eating for Metabolic Flexibility](#) [bitchute.com/video/PRkxBvi2ycDI](https://www.bitchute.com/video/PRkxBvi2ycDI)

PARASITE CONTROL

watch: [DR Lee Merritt & Karen Kingston: Its All Parasites: CANCER / VACCINES / REMEDIES](#)
([sgtreport.com/2022/11/dr-lee-merritt-karen-kingston-its-all-parasites-cancer-vaccines-remedies](#))
(35:44) Parasites are natural (but there are some synthetic). Why and how you have to cycle your anti-parasitic treatment program. When you kill off adult worms, their dieoff triggers hatching of encysted eggs. Understanding that, here's how to dose yourself according to your body's response...

Dr Merritt's Parasite Treatment Cycle Principle:

1. Start with a short cycle of parasite treatment of 3 days on, 5 days off. (If you go too long off the drug, you may have a large hatch out and then the next cycle of medicine will cause a Herxheimer reaction.)
2. Gradually lengthen your cycle of treatment, watching for reaction.
 - 3 days on, 7 days off
 - 3 days on, 10 days off, etc. Watch for Herx / flu symptoms.
 - 3 days on, 21 days off
 - 3 days on, work up to a month w/ no symptoms
3. For an adult, use a minimum of 2 months for your first short cycle.
4. When you can go to monthly cycles, you are on maintenance which, because of prevalence of parasites, you will stay on. Dr. Merritt has been cycling for 6 months on this, and is only up to 21 day cycles (she says she is riddled w/ parasites).

LIVER & GALL BLADDER CLEANSE

[print: liver-cleanse-Andreas-Mortiz.pdf](#)

[The Amazing Liver Cleanse](#) 212 page book by Andreas Moritz.pdf

([buckingv.com/books/The Amazing Liver Cleanse By Andreas Moritz.pdf](#))

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