



Month One - Video #8

Resources

1. Total Health & Rehab store will be your greatest resource. Outside of diet change supplementation will be the key to reducing inflammation, healing the cells, restoring methylation and detoxifying at the cellular level. You will be instructed on the protocols as we go.
2. Certain of our fasts utilize organic bone broth. If you cannot locate bones to make your own broth (the recipe to make bone broth will be provided to you in printed form when indicated), www.aubonebroth.com is a great alternative. You can order the organic bone broth there and it will be delivered to your home.
3. www.organicbones.com is another resource for purchasing organic bones on line.
4. CytoDetox Drops. This is where you will order your CytoDetox Drops when you get to the body and brain phase of the process. This link will not be open for use until that time as it is imperative that we open up detox pathways first and address diet.
5. ASEA- ASEA is a redox signaling molecule that has been reported to have significant health benefits. This is optional for those who really want to push their health further. I will disclose that this is a multilevel marketing company and if you become a distributor I can assist you with the growing of the business. If you click through my link you will see videos that will educate you on the potential benefits of taking and distributing the product.
6. Non Toxic Chemicals – This is a printable list of sites containing non-toxic products for use at home from hand soap, to cosmetics, cleaning products etc... This relates to R1, removing the source which is critical to our program.

7. Kangen Water / Enagic – This is a high end water purification system as well as an ionizer. I will disclose I am a distributor for this company because I believe in it. I have one at home and prior to this site I have never promoted or sold a unit. There are by far much cheaper units out there. I am happy if as a client you just use a filtration system of some sort. Reverse osmosis would be great but do the best you can. Less expensive units are available in our store.