

## WellnessAlchemy

### Resource Guide to Wellness Products

"You the spirit are the true creator

of your body, and you the spirit ultimately hold the key to your own self healing.

WellnessAlchemy works with you to find that key."

#### Creating your own Healing Program

Our personal beliefs about our body's wellness has a tremendous influence both in how our body uses the fuel we give it, as well as the body's immune system and it's ability to stay healthy. When you have foreign negative energies in your space invalidating your communication with your body sometimes all the good things you put into your body can't do the job. Issues from past lives, shame, self criticism, kowtowing to other's belief systems which do not support your wellness; all of these energies can stand in the way of your self healing. Creating a healing program which includes both your spirit and your body is a very powerful thing. This is the basis of the WellnessAlchemy Healing System.

#### Choosing Supplements

Healthy, whole, organic and sustainably grown veggies & fruits are Mother Nature's supplements. It's all about the diet, baby! If you expect to eat a energetically dead, refined, pesticide, toxic and hormone laden diet and feel good and get away with 'fixing' your body with supplements you may find out that it's like fixing a blown car engine with new oil; the oil may be first quality, but the engine cannot use it anymore.

But that is not the whole story. Energetically, we have tremendous power over how we set the wellness in our bodies - you don't have to be a perfect vegan/whole foods person, but turning your body's health over to the American food industry is indeed a deadly thing to do! And let's not even worry about how long you will live, don't you secretly want to take steps be one of those obnoxiously vital and enthusiastic individuals instead of dragging your ass around?

Using supplements to support your health can be tricky because too many supplements are made from bad things like sewage sludge (really!), or are contaminated by heavy metals or else they are not potent or have no actual active ingredients. Many supplement companies use formulas from reputable healer's research, and then make them with poor or unhealthy ingredients and never actually test the effectiveness of their products.

As far as I know, ALL imported herbs are gassed, a fact that seems to be ignored by many health professionals. Here are some recommended websites which can help you along your healing path.

#### Dr. Richard Schultz's Organic Herbal Products

Dr. Schultz has a wonderful line of products, pure and powerful and they have helped many many people create miraculous self healing. His herbs have never been gassed and he does not use imported herbs. His health information is also terrific, including his newsletters.

Pretty much EVERYONE can benefit from these cleanses:

Intestinal Cleanse, Liver/Gall Bladder Cleanse, Kidney/Bladder Cleanse

Available at: [www.herbdoc.com](http://www.herbdoc.com) or 1-800/437-2362

Clearwater Herbs - 1/727-449-0772. For supplements. They test all their products as pure. [www.imva.infoclearwaterherbs.com](http://www.imva.infoclearwaterherbs.com)

[www.globallight.net](http://www.globallight.net) for Miracle 11 soap and alkalinizing minerals. Miracle II soap is good for almost everything including your hair, your dishes, your pets.

Magnesium Oil's recommended brand is: Ancient Minerals, you can order it at: [www.puremagoil.com](http://www.puremagoil.com). Ancient Minerals has been tested pure. Magnesium Oil brand is also good, though they have not had the same testing done as far as I know, and are available from [www.globallight.net](http://www.globallight.net)

#### Water Filters

Nikken makes several good brands of filter systems. The best charcoal filters are made from coconut hulls and Nikken's filter systems are made with organic coconut hull charcoal.

Nascent Iodine: <http://www.magnascent.com/index.php> The formula for nascent iodine came from Edger Cayce and has been found to be an unsurpassed antibiotic, antifungal, antiviral and antiyeast substance.

Visit <http://publications.imva.info/> for Dr. Mark Sircus' books on transdermal magnesium therapy, iodine and baking soda: the trifecta of natural healing substances. Dr. Sircus's recent book release: 'Natural Allopathic Medicine' is an excellent handbook explaining the use of various healing substances to help keep you and your family healthy.

**pHour 4salts** for alkalinizing the body. You can find it online at a variety of sites, one is: [innerlightinc.com](http://innerlightinc.com)

DISCLAIMER: This list of healing resources and substances are common sense natural substances used to support the WellnessAlchemy Spiritual Healings. WellnessAlchemy is a form of Healing Prayer which works with you to create a spiritual healing bond between you the spirit, the God of Your Heart and your body, facilitating balance and wellness in your body. WellnessAlchemy uses intuitive methods to look for energetic and bioenergetic blockages. Please see a medical professional whenever necessary. In WellnessAlchemy there is no hands-on component.