

Decode Life Vital Force



Synergy Elevation

We believe that we are willing to learn, inquire, explore, and take action, with optimistic expectations and truly trust in the intentional providence of our soul. True healing of the human physical is just a byproduct of purifying the avatar, mind, and spirit.

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Preface

Soul Calling

I aspire to share my discovery journey authentically, hoping that you will find inspiration and ask your higher self more empowering questions. As well as to pay close attention to signs, inner voice, dream message, and following through your soul's calling.

A few months ago, I received a profound message from my soul, it told me I needed to translate a doctor interview about vaccine Antidotes to save the Chinese community.

In the beginning, I was questioning my crazy hallucinations. I am not a doctor, I have no medical experience, I am not a health care practitioner, I have no background in any scientific or technical knowledge, nor do I have experience in translating pharmaceutical work. Yet, I chose to follow that gut feeling, I composed a request and then reached out to the organization that produced that insightful video and asked them for interview transcription. Because this is a matter of life and death situations, since I did not recognize any medical terminology, I wanted to use transcription to do an accurate translation.

Surprisingly, I did not receive any favorable response from that organization.

Ture to be told, my mind did not know how I could pull this off with my limiting English skills. How can I complete 150 minutes of translation without any professional knowledge? How can I accomplish this task without the technical proficiency to edit the video into Chinese translation?

On top of all these challenging circumstances, I was being attacked by some ailments. In this regard, I used my time to focus on researching and finding natural remedies to restore my avatar to a healthy state. Since I don't believe in Western medicine at all, nor do I trust in Western treatment. I clearly know the insanity of the Pharmaceutical industry uses synthetic products that are full of toxic elements and have side effects that contaminate our human avatar.

Thereby, I was hesitant to decide to pursue my soul's calling.

A week passed, and during one of my silent meditations, my best friend appeared in my telepathy and gave me an extraordinary message:

After taking two doses of the coronavirus vaccine, his health declined. Later, he followed the advice of his family doctor and got a flu shot. This shot was undoubtedly detrimental

to him. He immediately felt very uncomfortable and was rushed to the hospital emergency room, but that was his last breath on earth...

Since he was thrust into another world and being forced to separate from his family, he wanted me to help him uncover the real reason for his death. At the same time, I can be a guiding light for others and share truthful research on vaccines. It's about using common sense and substantial statistics to show people the actual motivations behind the COVID-19 vaccine agenda.

He also said: I see other people suffering from injections and diseases, and I think it is your unshirkable responsibility to save the Chinese community. Since mankind is kept in the dark and does not know the truth. Besides, many people have no idea what the global elite plan is and do not understand the actual ingredients of the vaccine. The evil government utilizes fearmongering to alter our brains and then force us to submit to their conspiratorial agenda.

He added: I hope you go out to spread the word to everyone. I don't want others to blindly obey the government's orders to repeat the same falsehoods of injecting toxins into their bodies or copy my naivety and let poison needles destroy their health. Because I was following other people's footsteps, I fell into the same trap and sacrificed my life, but it was too high a price for me to pay.

As I was receiving his profound message, this transmission and guidance touched my soul so deeply, that I burst into tears. With this intense energy and extraordinary message, I know with my heart, that I have an unwavering duty to fulfill his final wishes. Which is to speak the truth, to share my research and all those wellbeing tips. I desired to be a guiding light in helping humanity to see through this extremely challenging time and also supporting people to rebuild health and vitality.

I am so moved that my soul has revealed my soul contract and the true character to me during this difficult time. Yes, I was worried, I was scared, and I didn't dare to pursue the call of my heart. Sometimes I forget to pay attention to listen to my inner voice and walk my talk.

Remarkably, my higher self seeing I was not following the first inner guidance, so my soul orchestrated an outrageous sickness to push me to learn to heal my avatar. Because what else is better than firsthand experience, through this suffering, I obtained knowledge, insights, and wisdom. In addition, my soul used this circumstance of my best friend and deliberately drove me out of my comfort zone. Called me to turn pain into purpose.

I have to admit that I was playing small, worried, and frightened that I was not fully equipped to be a messenger on the world stage. It was my doubt and limiting belief holding

me hostage. Because I was terrified about what could I share to uplift other people's journey. What do I need to do to touch someone's heart? What contribution can I make to humanity?

Be the Best Version of me!

I have learned that I am prepared and receptive to my soul calling, I knew if I was not ready, the Universe would not come to knock on my door. I am also willing to use rock bottom as a stepping stone and authentically share my heart, learning experiences, and discovering journey. I truly believe that when I wholeheartedly serve the highest good and the greater welfare of humanity, my soul shall be delighted and blessed by my mission.

Certainly, I am steadfast in pursuing the calling of my soul!

Armed with these inspirations and insights, I unwaveringly began researching and investigating. I am willing to embark on a journey of being a change-maker and true to my soul. I inner stand that I must peel back the veils of the cabal's deception on mankind and expose the malevolent forces responsible for orchestrating one of humanity's most heinous crimes.

I realized it takes a lot of courage to seek the truth. It is so heartbreaking when governments, institutions, scientists, doctors, the pharmaceutical industry, professional organizations, and healthcare companies that we fully trust show their ugly faces and in an unimaginable betray humanity. However, now that we know what they are conspiring for, we have a responsibility to speak out and refuse to participate.

With this principle guideline, I began the Chinese translation of the vaccine's antidote, then I gathered my health experimentation and herbal remedies and detox treatment to share with the world. I believe I do know a thing or two about natural remedies and self-healing since I have not seen any doctor for the last 16 years about my well-being issues. Additionally, I've put my firsthand experience and the holistic health resources I've collected into the SynergyElevation website and this e-book. With aspiration that it offers you hope, genuine assistance, detoxification knowledge, valuable insights, and wisdom of whole-food consumption. Further, I choose to contribute uplifting energy to benefit and honor your self-discovery, self-awareness, self-realization, self-awakening, and self-elevation.

We believe that when we are willing to learn, inquire, explore, and take action, with optimistic expectations and truly trust in the intentional providence of our soul. True healing of the human body is just a byproduct of purifying the avatar, mind and spirit.

Winning in Health

Our Purpose and Commitment:

We intend to share nourishment with the people and the planet and to make a positive impact on the health industry.

We are dedicated to being a helpful guide, handing you the key to open a new door to uncover what is wholesome food, what creates your consumption habits, as well as what diet governs your total well-being.

We are committed to delivering critical analysis, truthful research, insightful knowledge, trustworthy professional recommendations, healing techniques, effective products, Divine messages, and valuable impact to the life force.

We cater our research and resources to assist people who seek life in a meaningful way and realize that our physical avatar is not just a vessel, it's a phenomenal instrument; so, it's our inescapable duty to take great care of our powerful operating system. Everything we input is the energy to sustain our extraordinary device.

With this in mind, we are focused on sharing a balanced diet and mindful living, creating practical recipes, and valuable tips for beneficial suggestions for people who aim to upgrade their body, mind, and spirit.

Also, we dedicate our work to decode misinformation, misrepresentation, mis-advertising, misleading, false investigation reports, and propaganda in the health industry and food mislabeling. We dissect the information and question the narrative. Because the cabal is bribing some authorities, scientists, professionals, doctors, and social media influencers, what they are presenting is not necessarily fact or truth, but possibly just a facet of the enigma or mystery to confuse us with falsehoods.

We believe our vital energy comes from living food, organic food, and energetic food, not from chemicals, sugar, gluten, dairy, artificial fructose, seed oil, genetically modified meats and vegetables, packaged food, and all those processed foods that do not provide healthy nutrition to support our avatar function or wellbeing.

In addition, we comprehend that everyone has some type of parasite living in their body, due to the food that we intake, and water, injection, and medication which all affect or co-create some kind of virus that occupies our systems. So, we need to clean, detox, and remove unwholesome elements that inhabit our magnificent avatar.

We recognize the critical junction in humanity's health right now. We learned that in life, as we pay attention to what we consume and take good care of our health, life echoes back to us as who we are in many abundant ways.

With those principle guidelines in mind, we are focused on decoding the Life-Force essential, as well as providing holistic nutrition, and wholesome food for consumption that benefits our well-being. Moreover, we aim to offer proper diet habits and suitable detoxification methods for people who desire to start a new way of living in this new Era.

We are chosen to team up with a Dietitian Specialist and Healthcare Practitioner, to share, to deliver the best solution we know how to purify and detoxify the body. So that our organs and systems can perform the ultimate function.

We are planning to publish knowledgeable articles and insightful videos to assist people in building wholesome living. We are committed to consistently decoding what is real food and fake nourishment, producing vital evidence and wisdom to impact human life. Because we are what we eat. For example, what we are focusing on:

1. Wholesome Foods for our Wellbeing 2. Vegetarian (plants-based diet and raw vegan diet) 3. Nourishment Fruits 4. Distilled Water 5. Fasting 6. Breathing 7. Minerals 8. Oil 9. Juice 10. Detox 11. Metabolism 12. Sunshine 13. Sleep 14. Herbs 15. Vitamins 16. Tea 17. Air 18. Meditation 19. Supplements 20. Gut 21. Immune System 22. Lymphatic system 23. Self-healing 24. Toothpaste 25. Exercise 26. Music 27. Environment 28. Habits 29. Nature 30. Creativity 31. Authenticity 32. Belief 33. Celtic sea salt

34. Brainpower 35. Reading 36. Visualization 37. Unconditional self-love 38. Emotions 39. Decalcified pineal gland 40. Clothing 41. Grounding 42. Resilience 43. Self-acceptance 44. Self-reflection 45. Invest in self 46. Friends 47. Technology 48. Color 49. Yoga 50. Language 51. Stop self-judgment 52. Stop self-sabotage 53. Gratitude 54. Weight loss 55. Quantum healing 56. Sauna 57. Aging 58. Frequency 59. Electricity 60. Skin care products 61. Household cleaning products 62. Mindfulness living 63. Crystals 64. Plants 65. Silence in social media 66. Ultimate Life Mastery

Subsequently, we are devoted to building a wholesome community, by providing alternative health choices and natural healing remedies for the welfare of the Chinese community and humanity as a whole.

Veganism word meant Saving Me

Let us unify, and share peace, justice, compassion, and love with all beings.

What you know about Hinduism, Christianity, Islam, Judaism, Taoism, and Buddhism's stance on its relationship with meat and animals may not be true...

Also, spirituality, philosophy, sociology, psychology, and the history of how we ended up where we are today may have been fabricated...

It's the biggest cover-up in 2,000 years, the research below will change the way you think about faith, ethics, narrative, and our relationship with animals forever.

With hope that after you read this truthful information, you are not turning a blind eye to animal exploitation — despite compassion being the one core principle in all world religions.

According to the Bible, God's original intention was for all animals, including people, raptors, and cats to be vegan. Genesis 1:29 Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.

Also, many biblical scholars believe that Jesus was a vegetarian. Jesus' principal message is love and compassion, and nothing is loving or compassionate about factory farms and slaughterhouses, where billions of animals live miserably and die violently of bloody abuse.

Furthermore, we were meant to live in harmony with God, man, and animals while simultaneously caring for our planet - A Vegan lifestyle, which is built on nonviolence and compassion, is an essential component of God's original design for mankind.

Given my deep research, I found many religions' holy books are fairy tales, also altered or lost the truthful message or missed the real meaning in translation. Besides, all those religions originated to manipulate and dictate humanity's direction and interfere with our natural way of connecting with God. Thus, if we believe God is love, God loves all beings, then when we are less compassionate toward other beings, how can we honor God?

From the spiritual perspective, consuming meat not only demonstrates a violent heart but also the energy that we intake is a hindrance to our spiritual connection with the Infinite Source and sabotages our spiritual development.

Research shows that dead meat doesn't have any nutrients or value to the human avatar.

The primary reason animals start rotting is the minute they are lifeless which produces microorganisms that cause meats to spoil and then rotten. Eating flesh is like intake of bacteria and parasites since the disease in animals is transmissible to humans.

Truth be told, the slaughterhouse workers use bleach to clean the blood of meat in a polluted environment and also use chemicals to preserve the freshness of meat, on top of magic spells, they use preservatives to maintain meat without deterioration. Besides, for the most part, meats are frozen, canned, dried, pickled, or retained in some fashion that can be to keep it last longtime, in some extreme cases, years since the creature was alive.

Wise souls, please think about it, Are you consuming these poison chemicals every day, will you get good health? Will you acquire sufficient nutrients for your well-being? Will your avatar obtain what it needs to function?

But the Establishments fabricate rumors, manufacture stories, deceive our people, make things up out of thin air, use every possible means, and unscrupulously make us eat dead animals. Consuming meat decreases our wholesome energy and reduces our vibration frequency because lifeless food cannot provide optimism energy for our well-being or raise our consciousness.

That's why you see many people have no conscience, soulless walk around, no idea who they are, just empty vessels and cannot think for themselves, also just blindly follow orders and obedience to the tyrant regime.

There is a divergent religion being propagated in the world which correlates with 11 different "-isms" that we have seen evolve in our society for the past century. These 11 "-isms" are all playing, conspiring, and working towards the antichrist and the false prophet of the end game. Likewise, the controller of power uses religious spokesmen to distort facts and spread the virtues of eating meat without violating moral values. Their deception causes naive people to comply and eat meat, only to pay a heavy price and be riddled with illnesses, and then ignorantly fall into their "sick care agenda".

Now, you see, the cabal establishes religions for they are own reason, it is to manipulate and dictate our human consumption concept and lower our consciousness so that they can force and trap us into a distorted timeline, then the evil mafia can be in absolute domination and control of mankind.

My awakened friends, please listen to your inner voice, and look at your avatar biology, we were born from love, and come into this world with a heart of compassion. The Creator did not make humans killers. Our bodies were not designed to digest meat nor meant to consume dead flesh without nutrients.

We can only intake live energy to produce life force for our holistic avatar

It is natural resources that bestow life: vegetables and fruits

Health Benefits: A vegan diet can reduce the risk of chronic diseases such as heart disease, diabetes, and cancer.

Animal Welfare: Veganism is a compassionate lifestyle that seeks to reduce animal suffering and exploitation.

Spiritual Practice: Veganism is a way of living in harmony with nature and the environment, which is central to many spiritual practices.

Animal rights: Jeremy Bentham, the founder of the reforming utilitarian school of moral philosophy, stated that when deciding on a being's rights, "The question is not 'Can they reason?' nor 'Can they talk?' but 'Can they suffer?'" In that passage, Bentham points to the capacity for suffering as the vital characteristic that gives a being the right to equal consideration. The capacity for suffering is not just another characteristic like the capacity for language or higher mathematics. All animals can suffer in the same way and to the same degree that humans do. They feel pain, pleasure, fear, frustration, loneliness, and parental love. Whenever we consider doing something that would interfere with their needs, we are morally obligated to take them into account.

Ample evidence demonstrates that being omnivorous, not only out of concern for the way animals' welfare and support cruelty slaughterhouses, but also, intake of meat daily causes many health problems like a higher risk for heart disease, cancer, cholesterol, diabetes, being overweight, and cardiovascular disease.

People who raised consciousness support veganism, since we believe in nonviolence towards all living beings, which encourages a plant-based diet to promote health and spiritual development.

A few interesting fun facts, when you feel hungry, this is not actual hunger, this is the avatar getting rid of toxins within the colon. This is why it is important that you fast because when you fast, you regenerate your cells after three days.

Our humans possess track rheumatic vision for real food, which means we are literally attracted to seek colors and indeed track down vibrant vegetables and fruits, or our brains are wired to distinguish electromagnetic and find multi-colored food. Not dead rotten flesh.

Human word: hue means an attribute of color, color is light, we are light beings manifested into physical form. we need to eat electrical food that will charge our avatar.

Our avatar is a biological battery, when we sleep, our body is charged.

When we comprehend the real ingredients and true terminology of those artificial products, then we would not eat them, because we live in an electromagnetic world, and people only need electromagnetic food.

We need to realize the power of language to shape our perception of reality by employing more neutral terms in our food it makes the food more palatable.

Not a coincidence but the word veganism rearranged is Saving Me

My soulful friends, may what you eat to nourish your avatar, may what your intake assist you in raising consciousness, may what you consume elevate your mind, and may what you feed your temple activate your soul, and guide you on this incredible transformational time.

I am absolutely shocked and overwhelmed to find out that the scale of humanity's meat consumption is enormous, it is more animals than ever before being slaughtered, and 92.2 billion are used and killed each year for food and human pleasure. My compassionate friends, will you continue to support this brutal activity?

We are destined to live in symbiosis with all living creatures

It is our duty to Disclosure the truth

Wholesome Food Pyramid

Vegetarian Health Pyramid ~ How to Have Balance Nutrition ♡

level one : Fruit and Vegetables

Fruit : pineapple、 grapes、 berries、 apple 、 pears、 oranges、 grapefruit 、 avocado、 watermelon 、 papaya 、 blueberry、 banana

Vegetables : cauliflower、 sweet potato、 mushrooms、 squash、 Brussels sprouts、 asparagus、 cucumbers、 carrots、 celery、 bell peppers

Leafy greens : spinach、 broccoli 、 kale、 lettuce 、 Chinese Bok choy、 choy sum

level two : Grains

brown rice、 red rice、 purple glutinous rice、 quinoa 、 barley

level three : Legumes

black beans、 chickpeas、 edamame、 lentils

level four : Nuts and Seeds

Pumpkin seeds 、 sunflower seeds、 almonds 、 cashews 、 chia seeds 、 flax seeds 、 pecans 、 walnuts、

level five : Oils, spices (in moderation)

Sesame seed oil 、 coconut oil 、 olive oil 、 hemp seed oil 、 almond oil 、 avocado oil

Seasoning : Ginger 、 turmeric 、 coriander 、 parsley 、 cilantro 、 basil 、 Oregano 、 Garlic、 clove 、 mint 、 rosemary、 thyme

Spices : Curcumin、 Black pepper 、 Cinnamon 、 Garlic 、 Coriander、 Turmeric、 Ginger 、 Cardamom、 Clove、 cayenne pepper

To keep your health, developing regular exercise, wholesome eating habits, and maintaining holistic nutrition are the only ways to do it.

With the research of different organizations or experts, there are indeed many doubts about the composition and proportion of the pyramid, including too many refined grains, the intake of healthy fats, and questioning the existence of milk. Therefore, the food pyramid has been updated several times. In the updated version in Canada in 2007, the heaviest proportion of grains was replaced by fruits and vegetables, and in 2019, milk was replaced by water. Even the United States also reformed in 2011, emphasizing the importance of fruits and vegetables.

The following vegetables are rich in nutritional value

Swiss Chard The type of iron found in plants is better absorbed when paired with vitamin C, and luckily Swiss chard has that built in. Iron is essential to form red blood cells, which transport oxygen throughout the avatar for energy production. And this veggie is also great for improving cardiovascular health.

Cucumbers are good for hydration & detoxification. Cucumber benefits your health as it contains antioxidant-rich, regulates blood pressure, is good for digestion, reduce blood sugar, is helpful in weight loss, has better skin, and reduces the risk of cancer.

Kale is often promoted as a nutritional powerhouse, and for good reason: It's high in vitamins A, C, and K.

Spinach is a nutrient-dense veggie that packs tons of vitamin C, iron, folate, potassium, and nitric acid, which has been shown to lower blood pressure and decrease the risk of heart disease.

Beets are a great source of folate, manganese, potassium, and immune-boosting vitamin C, but most notably, beets contain a high concentration of dietary nitrates. These help expand blood vessels and enhance blood flow.

Brussels sprouts are especially high in cancer-protective antioxidants, including sulforaphane. These mini cabbages provide a healthy dose of vitamin C and help improve immune system function and decrease inflammation.

Broccoli contains vitamins C and K, potassium, folate, calcium, and glucosinolates, which have strong antioxidant and anti-inflammatory properties.

Asparagus low in calories and high in fiber, asparagus is packed with vitamins A and C, iron, and potassium. But most notable is its vitamin K content.

Cauliflower belongs to the cruciferous family and is known as a healthy food. It is extremely low in calories and contains substances that help inhibit the growth of cancer

cells, such as sulforaphane, indoles and isothiocyanates, as well as allicin, which can help reduce stroke and heart disease. In addition, it is rich in protein, potassium, manganese, folic acid, vitamins C, K, B complex, and omega 3 fatty acids, and contains natural antioxidant carotenoids, which can help fight inflammation and help the avatar detoxify.

Sweet potatoes are packed with vitamins A, C, and B6, manganese, and twice the potassium of a banana! The root vegetable is also a rich source of beta-carotene.

Bell peppers are a great source of vitamins C, K, A, and E, as well as potassium and folate.

Peas are a great source of plant-based protein.

Microgreens are picked before they're fully mature and they often provide more vitamins, minerals, and phytochemicals than their mature counterparts.

Seaweed most are excellent source of iodine, which is needed to make thyroid hormones.

Garlic has been used as a medicine for centuries, and that's because it contains many beneficial compounds, including polyphenols, flavonoids, and allicin.

Because fruits and vegetables are similar, most of them are rich in potassium ions. When the human kidney processes and excretes potassium ions, it also excretes sodium ions from the avatar, which can lower blood pressure and thereby reduce the risk of cardiovascular disease. Doctors also added that fruits can help reduce the risk of colorectal cancer. It is very unreasonable to blindly advocate that fructose is harmful. Choosing to eat vegetables and fruits every day can promote metabolism and help the body lose weight.

Studies have shown that compared with people who do not eat fruit, eating fruit every day can reduce systolic blood pressure by 4mmHg and reduce the risk of cardiovascular mortality by 40%. It is recommended to choose berries that are rich in anthocyanins and have low sugar content, such as strawberries, cranberries, blueberries, and blackberries.

Blueberries contain anthocyanin antioxidants, which stimulate the immune system protect cells from chronic inflammation and reduce the chance of cell damage. The fiber in blueberries may also help protect the intestinal lining from colorectal cancer. A 2019 study found that eating 1 cup of blueberries a day could reduce the risk of heart disease by 15%.

Use healthy oils: Use cooking oils that are rich in unsaturated fatty acids, such as olive oil, sesame oil, etc. When cooking food, use low-oil cooking methods such as cold salad and half-oil stir-fry, and avoid high-oil deep-frying and pan-frying.

It is also recommended to consume more than 80% black chocolate, about 30 to 50 grams per day, because black chocolate contains catechins, which have many cardioprotective effects, including lowering blood pressure, atherosclerosis, platelet activation, and thrombosis formation. Therefore, eating in moderation is beneficial to health.

Beans increase satiety and protect intestinal health

Quinoa is rich in protein and various nutrients such as zinc, manganese, potassium, magnesium, flavonoids, plant-derived polyunsaturated fatty acids, etc. Zinc can promote the health of the reproductive system and speed up wound healing; manganese helps regulate blood sugar and promotes the breakdown of fat and cholesterol; potassium can maintain the balance of water in the avatar, stabilize blood pressure, and promote healthy heart function; magnesium can protect blood vessels from absorbing harmful substances, and flavonoids can help blood circulation. In addition, quinoa contains high-fiber carbohydrates, which can slow down the digestion process and reduce hunger. It is a favorite for people who want to lose weight. Finally, quinoa contains high amounts of flavonoids, including quercetin and kaempferol, which help the avatar fight viruses, toxins, and carcinogens.

The protein content of beans is extremely high, not inferior to the protein content of meat. 50 grams of fresh beans contain 7 grams of protein, which is approximately the same as the protein content of 30 grams of meat. Beans are now affirmed as the perfect food by Harvard Medical School. Low-fat beans can be used as a substitute for red meat, and beans are an excellent source of folate, potassium, magnesium, iron, protein, and fiber. Finally, beans are rich in prebiotics, which can help the growth of beneficial bacteria in the gastrointestinal tract and maintain intestinal health. Fiber can increase satiety and promote gastrointestinal motility, which is helpful for weight management.

For example, 100 grams of edamame and black beans per day can reduce the risk of coronary heart disease by 10%. Beans can provide dietary fiber, protein, and bioactive compounds, such as plant sterols. Studies have found that the intake is closely related to total cholesterol and triglycerides. Inversely related to low-density lipoprotein cholesterol.

1 serving (1 tablespoon) of nuts and seeds daily. Nuts contain unsaturated fatty acids, fiber, vitamin E, potassium, magnesium, and phytochemicals. Studies have found that proper intake of nuts can help reduce cardiovascular disease, high blood pressure, and total cholesterol levels.

Tea contains catechins and other flavonoids, which have a protective effect on cardiovascular systems.

The results of the latest research from Cornell University and Harvard University:

1. Fruits and vegetables are the basis of food, accounting for 40% of the diet. Try to buy pollution-free or organic fruits and vegetables. For those vegetables that can be eaten raw, eat them as raw as possible to avoid nutritional damage. At the same time, try to keep your diet as light as possible and avoid excessive intake of seasonings.
2. Whole-grain foods rich in carbohydrates, such as rice and whole-grain noodles, account for 30% of the diet. However, attention should be paid to reducing the proportion of refined white rice and flour. Intake of more whole grains such as brown rice, and as yams. sweet potatoes and potatoes are recommended as staple foods. Be careful to avoid fried carbohydrates.
3. Foods rich in protein, such as peas, broad beans, etc., should be eaten in moderation and should not exceed 20% of the total diet.
4. Fat-rich foods, such as seed oils, oily base nuts, various spices, salt, etc., need to be consumed strictly to avoid excessive intake. Up to 10% of the diet.
5. Do not consume the top ten junk foods announced by the World Health Organization, especially processed foods, and strictly limit the intake of various additives. Also, avoid chemicals such as MSG, chicken essence, mushroom essence, and refined white sugar.
6. Drink 8-10 glasses of water daily, approximately 1500-2000 ml.

Ten categories of junk food reported by the World Health Organization

Fried foods, pickled foods, processed foods, biscuits, soda and cola foods, instant noodles, canned foods, dried fruits, frozen desserts, barbecue foods

Foods that are not good for the human avatar

Red meat/beef, sheep, and ham, pork, offal are all red meat and contain high amounts of saturated fat, which can easily cause damage to the endothelial tissue of the arterial walls. In the long run, it can cause atherosclerosis and lead to high blood pressure.

It is best to eat less processed meat, such as sausages, ham, floss, hot dogs, etc. If you eat more than 70 grams per day, your risk of cancer will increase by 15%, and your risk of stroke and heart failure will increase by 25%. Eating more than 150 grams of red meat and offal foods per day will increase the risk of coronary heart disease, stroke, and heart failure by 10% to 20%.

There has been controversy over whether milk is beneficial to health or harmful to the human avatar. Earlier studies also pointed out that drinking more than 2.8 cups of whole milk per day will increase the risk of cardiovascular disease mortality and cancer. There are also studies showing that refined grains are fattening and not good for the avatar.

Avoid diseases by eating less of these foods

Processed meats include smoked, pickled, and other meats and seafood, such as sausages, bacon, etc., which usually contain more salt, saturated fatty acids, heterocyclic amines, and other harmful substances after grilling, which have been proven to increase the risk of cardiovascular disease.

Sugary drinks and sweets

Sugary drinks such as sports drinks and many sweets contain added sugars such as sucrose and corn syrup, which can easily lead to obesity and increase the risk of cardiovascular and diabetes.

High-sodium foods: Proper seasoning of food can make food more delicious, but too much salt can easily increase blood pressure and increase the risk of cardiovascular disease. It is recommended to use natural spices such as garlic, onions, and peppers instead of soy sauce and other seasonings.

Trans fat is often found in pastries, potato chips, and fried foods. It is recommended to eat less of these foods to reduce excessive fat intake, which can help reduce the risk of cardiovascular disease.

5 Healthy Reasons to Become a Vegetarian

Vegetarians are less likely to die from heart disease

Avoiding saturated fat and cholesterol in non-vegetarian products and consuming fiber-rich plant products to lower cholesterol is good for the heart and can reduce the chances of heart disease by 25%.

Vegetarians less likely to get cancer

Studies have found that vegetarians have a significantly lower risk of breast, colon, and prostate cancer.

Lower blood pressure

A vegetarian diet can lower a person's blood pressure within two weeks. Vegetables and fruits are rich in potassium, which helps lower blood pressure.

Reduce the risk of diabetes

A diet low in fat, high in fiber, and complex carbohydrates allows insulin to work more effectively. If you have diabetes, a vegetarian diet can often reduce the amount of insulin you need.

Reduce the chance of kidney stones and gallstones

Vegetarian diets are generally lower in cholesterol and saturated fat, which can reduce the chance of kidney and gallstones.

Decode Food Pyramid

This is not a conspiracy theory. Blindly following others without doing research and eating indiscriminately can only lead to health deterioration, heart disease, diabetes, hypertension, cardiovascular disease, stroke, musculoskeletal contraction, kidney failure, obesity, stomach disease, cancer, dysfunctional organs, or other serious illnesses.

The food pyramid is a big scam. Because the food pyramid does not completely represent a healthy way to eat.

Nutritionists put it this way: The Food Pyramid was released by the U.S. Department of Agriculture in 1992, but the dietary recommendations are different from the concepts proposed by nutrition experts who originally developed it. The original team of nutritionists recommended a maximum daily intake of 2-3 servings of cereals, and sugar should account for less than 10% of daily calories. The formation of the pyramid involves factors such as collusion between government officials and businessmen because the milk and grains in the pyramid are harmful to the human avatar. There are multiple versions of the food pyramid around the world, and they have been updated many times. It is said that the new food pyramid version has excluded the conglomerates' involvement. But will you believe their lies?

Facts speak louder than words. Please take a look at the diseases that have occurred in people's bodies in the past fifty years. Many people in the world are suffering from declining health and enduring many kinds of diseases. The story begins with the U.S. Department of Agriculture has received bribes from greedy businessmen. The Department of Agriculture provides these so-called dietary guidelines based on the money and interests of large companies. Then all the corrupt governments around the world followed suit.

Let's question the so-called health advice of the food pyramid. May I first share a true story

Let us follow the money, then we shall discover that the sources of many things that happened are all manipulated by someone behind the scenes.

Allow me to introduce Edward Bernays, the most famous and influential psychologist in modern history, also known as the father of modern propaganda. One of his major accomplishments and changed histories was that he described beer as purely a vaccine to

prevent alcohol addiction. Another break into records was from a feminist perspective, he made women at that time think smoking was a symbol of rights and status equality. It was not by chance that the profits of brewers and tobacco corporations increased significantly, and they generated tons of wealth. Because the father of modern propaganda was well-versed in psychology, he knew that the public had great power and that if the people decided on something collectively and organized, nothing could stop that flow. What's even more incredible is that this caused others to follow blindly.

He definitely consciously and skillfully manipulated the systematic thinking, habits, and concepts of the masses, and these sophisticated controls achieved this kind of influence over people's opinions and social economy. He and his alliance formed an invisible government dictatorship, also known as the deep state. What even heinous crime is that they have become the real ruling force of a country.

This powerful and super evil psychologist is such a visionary, strategic, and influential person who can effectively affect the hearts of the public with words and images and has shaped most Western government policies since the twentieth century.

Another history-making example as the founder of Kellogg's Cereal meets up with Edward Bernays, he asks him how to massively increase his company profits. An astonishing idea struck; Edward Bernays advised Kellogg Cereal to create a campaign, to conspire propaganda, and to buy Hollywood celebrities to promote and professionals to endorse the significance of the breakfast.

After months of massive advertisements, and many substantial expert's advocacy, Kellogg Cereal effectively persuades and entices people's appetites, and also successfully became a stimulating dish on our dining table. Without a doubt, that consumption war activated the breakfast market and took Kellogg's Cereal to the most dominant position in the food marketplace.

This unimaginable collaboration not only brings colossal wealth to Kellogg's Cereal pocket but also changes our human history of consuming habits. Surprisingly, no one raised an interrogative to this narrative of breakfast truly benefiting our bodies.

The most exaggerated thing is that in the past thousands of years, breakfast has not been given any special importance in the definition of meal, but now it is the essential meal that occupies our three meals. Their selling point of advertising is that the cereal is light, fast food, and easy to digest, so it is undoubtedly the best choice for breakfast.

According to the founder of Kellogg's Cereal at the time, his advertisements emphasized that breakfast was an indispensable meal during the day's work and that his cereal could provide the energy and nutrients needed by the working class's avatar.

People are under the fear of indigestion and the constraints of moral concepts combined with the urge to market. At that time, the average American child saw 10,000 advertisements on television each year that promoted food. These include artificial packaged candies, cornflakes, cereals, snack foods, and sweetened foods. These ruthless conglomerates tirelessly use television to brainwash people, and they use leaders, authorities professionals from many sources, and then they utilize endless commercials and promotions to win our trust.

The machinations of malevolent major corporations are so hidden from the public eye. Not only do they bombard our brains with exquisite, misinformation lies, but they also go out of their way to ensure that people see the advertising posters and that most grocery store shelves are flooded with artificial cereals and fueled by cornflakes. We're accidentally trapped by their best efforts, which easily convince us to believe that this is the new go-to, also this is the most convenient breakfast and healthy option.

We naively overlook that unhealthy cornflakes, cereals, and fast food have absolutely no nutritional value and are just synthetic products produced by artificial chemical plants. It cannot replenish the calories and energy needed for the human avatar. The Global Elite simply takes advantage of people's kindness and trust, while they manufacture so many sugar-coated bullets to corrode our sacred avatar that God has given us.

From this adaptation, human lifestyles have undergone major changes. Further, the cabal began an epic battle for people to intake more food. In their elite society, it's not just competing for breakfast rankings. More importantly, they are deliberately hijacking our eating habits, pushing people into a world of overeating, and making us a victim of disease. The deep state conspires to utilize unwholesome food to tamper with our genes, posing a serious threat to people's lives and trying to become the master of human destiny.

Through many alterations, the establishment eventually came up with a bigger scam to fully control our eating habits, then they fed us with unthinkable reasons to consume more food, which is how the Food Pyramid was born. They deliberately use this Food Pyramid to implant and indoctrinate humans to endlessly indulge in food.

I know you are intelligent; you can draw inferences from this story to see the real face and actual purpose of the global elites. Obviously, you understand who is behind this conspiracy, what words are true, what is valuable, what is propaganda, and what is fact or facet, and also how they use clever traps to poison our precious bodies, which makes us pay a heavy price for our well-being.

In the past, we did not realize that the cabal bribed most of the leaders, people in power, scientists, and professionals to alter the nutrition of natural foods. They then misled about the benefits of cornflakes, oatmeal, cereal, and fast food, and fabricated and deceived about the actual ingredients in the food, while the experts and followers simply spread the falsehoods they had heard, and the scientific authorities were convinced. People buy and eat artificial, processed foods.

Similarly, we now know that evil forces fund mainstream media, television, and movies to repeat propaganda, misrepresent and instill unhealthy eating habits in our minds, and then influence our bodies through false food pyramids, and persuade people to absorb synthetic foods, which are full of chemicals that have no nutritional value. All of these processed cornflakes, cereals, and fast foods damage our hormones and nervous system, then gradually destroy our avatar's structure, and change our genes.

We finally comprehended the deep state's purpose in creating an artificial food pyramid. They use unhealthy chemical foods to poison people's bodies, forcing us to be riddled with diseases, unclear-minded, and slow to react. Then this group of snake-hearted elites can take advantage of humans and dictate our consciousness.

However, they thought their plan was infallible, but it was full of mistakes. Under their persecution, many victims came forward to reveal the truth to awaken the rest of humanity.

Thereby, we must be awakened and aware, that it is our duty to maintain our health and protect the destiny of mankind. We must choose our food and our lives wisely. We must not trust or rely on the health solutions promoted by the cabal manipulation.

Remember, for our healthy bodies and our wholesome souls, we need to remove ourselves from living in artificial boxes, artificial food, artificial water, artificial nature, artificial medicine, artificial air, artificial temperature, artificial lighting, artificial clothes, artificial plastic, artificial televisions, and artificial programs of emotions.

Ultimately, you are your own scientists, you are your own doctor, you are your own healer, you are your own teacher, as well as you are the beneficiary of your own wholesomeness.

How Sugar Affects Our Wellbeing

According to a Harvard Health study: "Too much-added sugar intake can be one of the greatest threats to cardiovascular disease, higher blood pressure, inflammation, weight gain, diabetes, obesity, and fatty liver disease, also linked to an increased risk for heart attack and stroke. "

Reading food labels is one of the best ways to monitor your intake of added sugar. Look for the following names for added sugar and try to either avoid or cut back on the amount or frequency of the foods where they are found:

brown sugar 2. corn sweetener 3. corn syrup 4. fruit juice concentrates 5. high-fructose corn syrup 6. Honey 7. Invert sugar 8. malt sugar 9. molasses

syrup sugar molecules ending in "ose" (dextrose, fructose, glucose, lactose, maltose, sucrose). that is, sugar that food manufacturers add to products to increase flavor or extend shelf life.

In the American diet, the top sources are soft drinks, fruit drinks, flavored yogurts, cereals, cookies, cakes, candy, and most processed foods. But added sugar is also present in items that you may not think of as sweetened, like soups, bread, cured meats, and ketchup.

Important facts, excess sugar's impact on obesity and diabetes is well documented and also has a serious effect on the heart. Basically, the higher the intake of added sugar, the higher the risk for heart disease.

Other facts, high amounts of sugar overload the liver. our liver metabolizes sugar the same way as alcohol, and converts dietary carbohydrates to fat, over time, this can lead to a greater accumulation of fat, which may turn into fatty liver disease, a contributor to diabetes, which raises the risk for heart disease.

Consuming too much-added sugar can raise blood pressure and increase chronic inflammation, both of which are pathological pathways to heart disease. Excess consumption of sugar, especially in sugary beverages, also contributes to weight gain by tricking our avatar into turning off its appetite-control system because liquid calories are not as satisfying as calories from solid foods. This is why it is easier for people to add more calories to their regular diet when intake sugary beverages.

Let us use Breakfast as an example to show daily sugar consumption

The American Heart Association (AHA) recommends that the maximum daily intake of added sugars should be no more than 6 teaspoons (25 grams) for women and 9 teaspoons (38 grams) for men — and this crunchy cereal gets you close to that cap.

"I wouldn't recommend starting your day with a high-sugar cereal because it could lead to spikes in blood sugar, and by 10 AM, you might feel like lying down on your desk," quoted from *Read It Before You Eat It - Taking You from Label to Table*.

Research shows many different brand names of cereals highly contain added sugar and toxic chemicals, below is a list of what we found in all those so-called healthy cereal products. Nope, not one bit surprising to me.

Most cereal contains three sources of sugar, including regular sugar, glucose syrup, and honey for a total of 18 grams per cup. It is calorie-dense and concentrated.

For example, Kellogg's breakfast cereal is made with multi-grain flakes and oat clusters that are doused in sugar. Each serving contains nearly three-quarters of your maximum daily recommended sugar intake.

Malt-O-Meal is sky-high in the sweet stuff, with 18 grams of sugar per serving. For some people, starting the day with something sugary makes them crave more sugary foods during the day.

Fruity Pebbles were already super sweet and adding marshmallows to the mix just makes matters worse. But the 18 grams of sugar per serving isn't the only offender. Fruity Pebbles are riddled with artificial dyes, many of which are associated with ADHD in children. That's why the European Union requires food products that contain these dyes to carry a warning label that reads, "may harm activity and attention in children."

Harmful ingredient. it's sugar—and that just means this cereal is mostly made up of the sweet stuff. Most of the calories come from sugar, plus the serious lack of protein and fiber, which are considered no beneficial nutrients to our avatar.

Also, that spells bad news for your blood sugar levels. Fiber helps slow down how quickly sugar gets digested and absorbed into your bloodstream, facilitating avoiding blood glucose spikes.

One reason every company adds tons of sugar into cereal is because those artificial sugar chemicals sweeten, and synthetic colors make us highly addicted to junk food and entice us to return to those companies to buy more products.

You may ponder can eating Cheerios causes cancer. When you sit down with a bowl of Cheerios, and you think you're starting your day with a healthy breakfast, right? Well, it may not be that simple. Cheerios and many other cereals and grain-based products contain small amounts of an herbicide called glyphosate.

According to the analysis, Honey Nut Cheerios cereal contained 147 ppb of glyphosate. Almost two dozen cereal and snack products were found to contain glyphosate, the cancer-causing ingredient in the weed killer roundup.

In 2017, chlormequat was detected in 69% of study participants. The number increased to 74% between 2018 and 2022 and spiked to 90% in 2023. Since chlormequat typically leaves the body within 24 hours, the findings suggest Americans are regularly being exposed to the chemical, according to the report.

Now, you discover, that besides artificial sugar and synthetic chemicals, those man-made toxins did not add any nutritional value to corn or white flour whatsoever.

If you've been stuffing yourself in the morning under the belief that breakfast is the most important meal of the day, then we have some bad news for you. It's not. And what's more, it might even be enfettering you in the bargain.

It turns out that the idea that skipping breakfast is bad for your health and even leads to weight gain is, it appears, an invention of cereal companies.

One damning piece of evidence is that once you eliminate corporate studies from the research into health risks associated with skipping breakfast then it turns out there's no support for this claim at all.

Dietitians' insights ~ Cereal makers sold us a breakfast myth

Translation: Breakfast Is A Filthy Lie Invented By The Cereal Companies

Because the machinations of ferocious colossal corporations have hidden hands. Not only do they bombard our brains with beautiful, deceitful lies, but also, they also go out of their way to ensure that people see the advertising posters, most grocery store shelves are stocked with artificial cereals, synthetic cornflakes, and ultra-processed foods, adding on their best efforts with reward marketing. More specifically, heartless

corporations persistently and aggressively manipulate publicity to sell us misinformation and force us to have sugar addiction.

However, some experts, agencies, and dietitians tell lies with open eyes because they just want popularity and fame, yet they have not done any examines or experiments or any personal investigation. They blindly follow social trends and regurgitate mainstream media false information for their advancement. So, we have to question the authority narrative, we need to do in-depth research, and we need to think for our own health and have the courage to take full responsibility for our wellbeing.

Awakened friends, we cannot repeat the same mistakes, and keep listening to the so-call professional. Remember we are no longer being a conformity to the global elite manipulation and dictation.

Keep in mind, for our healthy bodies and our wholesome souls, we need to remove ourselves from living in artificial boxes, artificial food, artificial sugar, artificial water, artificial nature, artificial medicine, artificial air, artificial temperature, artificial lighting, artificial clothes, artificial plastic, artificial televisions and artificial programs of emotions.

Ultimately, you are your own scientists, you are your own doctor, you are your own healer, you are your own teacher, as well as you are the beneficiary of your own wholesomeness.

Change Your Relationship With Food

Let what your intake become Nourishment for your beautiful avatar:

For a long time, humanity has been conditioned and accustomed to taking large amounts of food as if we were eating our way to achieve happiness. This is the emotional consumption of food. Sometimes even our organs tell us that the avatar is overloaded, and even the body becomes sick to demonstrate protest. Yet we linger and are addicted to food and drink, remaining in overindulgence. We are willingly ignoring the real needs of our bodies. Because we naively believed in the cabal manipulation program, we also bought into their false advertising and propaganda mouthpieces. Then we think that only big meals represent pleasure, only lavish birthday parties signify richness, and only giant feasts for festivity indicate a celebration.

We are told to believe food symbolizes happiness, security, contentment, enjoyment, abundance, and satisfaction. We forgot that joy and peace come from within, no amount of consumption can cover up unhappy emotions. We also need to stop buying into food as the only way to represent bliss and celebration mentality, and also stop blindly following societal propaganda that decreases our longevity.

But we don't realize that the cabal bribing the majority of leaders, authorities, scientists, and professionals to malformed natural nutrition. Then they promote inorganic food benefits, and the follower specialists just regurgitate what they have been told. This deceives the real ingredients inside the nourishment, also they persuade us to intake unhealthy processed food.

Similarly, the evil forces funding mainstream media, television, and movies to advocate and mislead us about the eating routine, and influence us by falsehood food pyramid, also convinced us to ingest synthetic food. All those unwholesome diets damage our hormones and nervous system, as well as destroy our avatar structure, and alter our DNA.

My genius friends, I hope you are pondering consumption habits and making wise choices

Are you eating out for hunger or emotional eating?

Did those conventional practices benefit your health?

How those custom diets add value to your figure and energy level.

What is the essential food that nourishes your avatar and soul?

What your intake is predictable for your longevity.

So, let us have a wholesome nourishment routine to build a healthy and functional body.

Here are the fundamentals

1. Build new relationship with food
2. Use food as nourishment for your avatar
3. Only eat when you feel hungry
4. Consume a small meal each day
5. Eating in 8 hours window, 16 hours fasting
6. Our avatar needs time to digest food and detox
7. Intake of organic food as much as possible
8. Consume tons of vegetables each meal
9. Drink lots of fruit juice
10. Avoid coffee and alcohol
11. Learn to fast each month for one day or longer to release the toxicity inside the body system

Remember no sugar, no *GMO* food, no processed food, no dead food, no seed oil, also, learn to read labels - if you can't pronounce it or don't know what it is, don't eat it.

Decode Overweight

Why are we overweight?

Why cannot we control our mouths?

Why do we cannot restrain ourselves from food?

Why are we so addicted to food?

Why do we have such a big appetite and non-stop eating?

Why do we know this is junk food, but our body still craves and crazily chooses it?

Why do we allow those unwholesome ingredients to destroy our health?

Why are we so naive to believe everything in the advertisement as benefits for our health?

Why are we in a good mood or sad, we are accustomed to using food to pamper ourselves?

Why cannot we chooses to intake natural food and create healthy habits to treasure our bodies?

Yet, it is not too late. We are taking action to inner-stand our avatar, to decode food cravings, to debunk the misinformation, to stop food addiction. As well as use new knowledge to demystify unnatural food, and to prevent potential diabetes, high blood pressure, cardiovascular disease, stroke, musculoskeletal disorders, kidney failure or cancer, or other diseases.

First, you don't need to be panicked, you don't need to perceive shame, and you don't need to feel afraid, because it's not your fault. Since some unconscious criminals and scientists conjure up and utilize poisonous chemicals and inorganic sugar as bioweapons to conspire all those sustenance to make us more addicted, also all those artificial ingredients and chemical products and unhealthy processed food cause us overweight.

Second, let us investigate what is artificial ingredients and what does to the human avatar. Definition for artificial ingredients is synthesized in laboratories, also artificial flavors come from petroleum and other inedible substances, which are highly toxic and harmful to our health. As well as how flavoring affects our brain, when our taste receptors get activated through artificial ingredient flavoring, it triggers the reward center of our brain function, and activated hormones like dopamine are released. When

this happens, our physiology gets confused, and we start craving those same foods over and over again!

Since we have been conditioned and programmed to become bored of the natural food flavor our brain stops getting as much pleasure from it. Then fraudulent corporations utilize foods that have been carefully crafted to reach the 'bliss point' and have the ability to override our brain's natural signals which tell us to stop and keep us coming back for more. The 'bliss point' works by releasing dopamine into the brain.

Third, let us look at the chemical products, which generate fat to help bring out the flavor, and give that soft "melt in your mouth" texture. Hidden sugar and fat are another way that virtually all the big food companies have secretly made your food more addictive, as well as more fattening. All junk food like chips, apple sauce, breakfast cereal, pasta sauce, and even lots of healthy snacks have added sugar.

Next, let us examine processed food. According to a study reveals processed foods are intentionally made to be extremely tasty, tempting, enticing, and even make us addictive. For example, sugar and fat don't come together in nature, it often has unnaturally high levels of both carbohydrates and fat. When we eat these foods, we get a quick "hit" of carbs and fats that boost the brain. That makes us want to eat them again and again, such creates non-stop cravings.

The answer lies in the addictive nature of sugar, fat, and salt, and the intense and immediate pleasure they provide. Sugar impacts the brain 20 times faster than nicotine, and foods that are highly processed and sweetened are the most addictive.

Moreover, many publications suggest that artificial colorants, benzoate preservatives, non-caloric sweeteners, emulsifiers, and their degradation derivatives have adverse effects by increasing risks of mental health disorders, attention deficit, hyperactivity disorder, cardiovascular disease, and metabolic syndrome. In severe cases, it may lead to declining human body functions and holding the medicine jar indefinitely.

However, corrupt Governments and greedy corporations create marketing schemes to mislead us and deceive us what is the real ingredients in the food. Then they utilize movie propaganda, television commercials, science authorities, professional spokespersons, and Hollywood mouthpieces to falsely advertise, to make us believe all those unnatural chemical and inorganic ingredients benefit our health and unwholesome substance has nutrition value for our avatar, but it's so far away from the truth.

As we walk around the supermarkets, we see countless collections of processed food displayed on many aisles, then our mind is mistaken to think this illusion is demand, which creates a false consensus effect on those misrepresentation foods that are normal and healthy for our bodies.

Research demonstrated that Food companies and manufacturers invest heavily in exploring the best combinations of flavors, smells, and tastes that will keep consumers coming back for more. Also, they conspired artificial chemicals to craft magical ingredients — three pillars of processed food: salt, sugar, and fat that make us so addicted to processed foods.

According to the American Journal of Clinical Nutrition, some ultra-processed foods can be just as addictive as alcohol and cigarettes. The worst offenders are pizza, chocolate, potato chips, cookies, ice cream, French fries, and cheeseburgers.

Yes, many people are awakened and doing their research, now we know that the supermarkets are filled with ultra-processed foods with lots of added sugars, unhealthy fats, and harmful additives. These food products activate our taste "bliss point" and make us crave more. Food and beverage manufacturers use unethical tactics to market them. Likewise, the same ingredients in fast food that could trigger a food addiction - fat, high fructose corn syrup and other sugars, refined carbs, and sodium - appear to disrupt the body's cycle of insulin regulation.

As we comprehend the evil agenda and realize that there is a more sinister element to our nation's junk food addiction: food manufacturers are manipulating our minds and bodies, they are spending millions of dollars over decades to engineer food that tastes good, but also produce a substance that makes us craving and non-stop addicted to consuming.

My wise friends, may you have the self-realization to know what is good for your health, have the self-control to guard your mouths, have the self-discipline to keep unhealthy food away, have the self-motivation to conquer food addiction, also have the self-determination to take care and to maintain a holistic avatar. As well as speaking up, helping our family and friends, letting them know how to stop consuming poisonous chemicals, and letting go of food addiction that destroys our magnificent bodies.

Now, we know the truth, we see through the fabrication and deception. It is time for us to boycott unconscious establishments, stop supporting fraudulent cooperation, stop believing in deceitful authority, stop buying into false advertisements, and stop contributing energy to the evil agenda.

Understand the reward mechanism of dopamine - "feel good hormone" or "happy hormone" to increase motivation in life

Dopamine is most recognized for its role as the "feel-good hormone." Dopamine gives people a feeling of pleasure in the brain and drives people to be motivated to do something when they feel pleasure. So, dopamine is part of the human reward mechanism. This system is designed to reward you for doing things you need to survive, such as eating, drinking, competing to survive, and reproducing. As humans, our brains are wired to seek out behaviors that release dopamine in our reward system. When we do something pleasurable, the brain releases large amounts of dopamine, and we feel good and crave to experience that feeling again.

This is why some high-calorie foods and sugar are addictive, because they trigger a massive release of dopamine into your brain, making you feel like you're on top of the world and want to repeat that experience.

Foods that benefit dopamine

Many foods can further help increase dopamine, such as vitamin D, magnesium, blueberries, etc. Maintaining good dopamine secretion can help support brain function and uphold mental health and a happy mood.

Remember no sugar, no *GMO* food, no processed food, no dead food, no seed oil, also, learn to read labels - if you can't pronounce it or don't know what it is, don't eat it.

Kick Food Addiction

Decode Addiction: Build Holistic Food Relationship

Did you know that in this world, the tyrannic regime has deliberately produced much artificial stuff to make us addicted?

For example: addicted substance, addicted to cigarettes, addicted to alcohol, addicted to sex, addicted to meats, addicted to fast food, addicted to shopping, addicted to sugar, addicted to porn, addicted to social media, addicted to flour, addicted to video games, addicted to prescription drugs, addicted to junk snacks, addicted caffeine, addicted cannabis, addicted stimulants. addicted to bioengineering veggies, addicted to artificial foodstuff, oh, everything is designed to create a bottomless pit to trap us in the lower state.

Cabal is working extremely hard and racking its brains to make people addicted to food and substances in every possible way. They are increasingly conjuring up toxic chemical ingredients and high technology to make people inextricably addicted and to increase the level of addiction.

We need to inner-stand that there are four levels of addiction: physical, emotional, mental, and spiritual.

One of the widely recognized frameworks to understand addiction is the 4Cs - Craving, Compulsion, Control, and Consequences.

The stages of decomposing addiction are the use of experimentation, regular check-ups, inevitable dependence, crises caused by addiction, concerns about craving, designing treatment plans, and taking action. Addiction is chronic and a sequence. Through appropriate intervention, self-awareness, and self-care, people can break the cycle of addiction.

In this article, we are focusing on decoding food addiction, with the hope of helping people free of disorder and suffering.

Most importantly, we need to realize that the cabal conspired with this game and poison to trap mankind, manipulate that addiction to increase our consumption, and lower our consciousness. Because they intentionally add spices, additives, and artificial seasonings to food, which bring you feelings of happiness, contentment, and motivation, that is how

they allure us addicted to food, but these substances contain synthetic and highly intoxicated chemicals.

Those compounds purposely activate our dopamine to start craving and influence our mind to become addicted to those chemicals' stuffs, also those toxins destroy our melatonin receptor function.

In the encyclopedia: "Dopamine is often portrayed as the main chemical of pleasure, but the current opinion in pharmacology is that dopamine instead confers motivational salience. In other words, dopamine signals the perceived motivational prominence (i.e., the desirability or aversiveness) of an outcome, which in turn propels the organism's behavior toward or away from achieving that outcome."

Since dopamine acts on areas of the brain to give you feelings of pleasure, satisfaction, and motivation. Dopamine also has a role to play in controlling memory, mood, sleep, learning, concentration, movement, and other avatar functions.

In the encyclopedia: "Melatonin serves various functions throughout the avatar. While its role in sleep promotion is its most well-known, melatonin has its hands in a wide range of biological processes. In addition to sleep promotion, melatonin also regulates hormone secretion, rhythms in reproductive activity, immune functionality, and circadian rhythms. Further, melatonin functions as a neuroprotective, pain-reducer, tumor suppressor, reproduction stimulant, and antioxidant."

The evidence demonstrated that toxic chemicals change our hormones, shift our moods, alter our thoughts, change our genes, shift our dependence, alter our cell function, and then infiltrate our brain operation, which causes us to increase our appetite and never stop craving food.

Once we inner-stand this unimaginable manipulation and programming, as you discovered they exhaust secret weapons to modify genetic substances and manufacture artificial food to entice us, thus making us more attracted to and naturally craving food. When you comprehend how the cabal utilizes chemicals as bioweapons to destroy our brain function and witness this domination game payout, then you will have the desire and boldness to take your willpower back and have the bravery to stop food addiction, as well as to break the pattern of conditioning and controlling.

First, we need to figure out why we love to eat, what emotions and dependencies we linger on food, and why we crave these foods so much. Then boldly admit that you are addicted

to food, and then make up your mind to find out the source of the problem and seek help from others.

We must ask ourselves questions, dare to discover, and extend to soul search, while we are patiently and continuously doing our own inner work, our soul shall reveal to us the true reason for our condition, and then we can easily dissolve the addiction.

The core components are to identify the emotions behind eating. We can focus on awareness, emotional regulation, psychological management, altered mindset, withdrawal symptoms, physical tolerance, learning the relationship between the mind and food, and discovering the avatar's needs. Modify nutrition intake and create new dietary concepts. As well as to accept every step we take, every change we make, and to truly enjoy and appreciate our new way of living.

The ultimate consideration is to interrupt emotional eating. Listing the pros and cons of quitting trigger foods, finding balanced food in alternative diets, also setting a fixed date to take action toward healthy practices and a wholesome lifestyle.

When you conquer food addiction, you will discover you have a lighter body, and you will gain consciousness that you are a powerful light being. Then you will not allow any addiction to dictate your emotions and your consumption habits, also stop letting the addiction manipulate your well-being and you know you are the one that controls the addiction.

Remember to seek help from a health professional or free support group. Always know that you're not alone and trust you have the willpower to transform your life.

Real Foods for Your Wellbeing

This is a great General list to go off of if you want to get off of toxins and out of The Food Matrix.

FRUITS:

Organic berries, (wild preferred) blue, rasp, black, and Elderberry. Apples, (local, small, older the better) crab type with fiber. Oranges only the Seville or Valencia, are closest to what nature provides. Baby bananas, seeded. Smaller better. The greener the better. Seeded grapes, Figs, dates. Preferably fresh not dried, Pear, prickly wild preferred (organic always) Cherries, (no sweet) old school Tart is best, Mango (wilder better), Coconut, jelly is best, Plum (moderation), Peach (moderation)

VEGGIES :

Bell peppers organic, Organic onion red is great. Avocado smaller the better. Zucchini small and organic as possible.

Cucumber although this one is altered. Organic baby heirloom if possible, cherry, or grape tomatoes. Mushrooms (superfood) Lettuce organic (Spinach is fake) Amaranth greens, Arugula wild preferred, Mexican squash Chayote, Garbanzo beans (chickpeas), Dandelion greens! Cactus zone, Nopales cactus, Okra, Seaweed, Kale, Olives, Squash

SWEETENERS :

Maple syrup. Coconut sugar in moderation. Date sugar in moderation. Organic agave in moderation. No honey most is hybrid man altered

SALTS :

Celtic Sea salt, REDMOND Real Sea Salt

OILS : (very important)

Avocado oil high heat (chosen foods brand) , Olive oil, low to no heat, Walnut oil Med high heat no more

Sesame seed oil medium heat only, Grape seed (moderate) high heat, Coconut! Med max heat, Hemp seed oil

SPICES ORGANIC ONLY :

Basil, Bay Leaf, Cloves, Dill, Oregano, Savory Sweet basil, Tarragon, Thyme, Cheyenne, Onion powder, Achiote, Sage, Habanero

GRAINS :

Amaranth, Fonio, Kamut, Quinoa, Rye, Spelt, Tef, WILD rice

WATER :

Spring in glass is always preferred. Local spring is even better. The next best is bottled spring.

Like: Crystal Geyser and Arrowhead if it's cold.

Do not drink tap water, do not drink purified water, do not drink store-brand water, and make sure there are no ingredients in your water. A very simple Crystal Geyser is even sold at Walmart if you need it cheap.

Nuts and seeds:

Brazil nut, Walnut, Tahini sesame butter, Hempseed, Chia and Sesame seeds

Drinks :

Alkaline water (sea salt /spring), Healthy electrolyte powder with no sugar, Coconut water

Nut milks:

Coconut organic unsweetened, watch for "gums" , Hemp milk organic unsweetened, Make your own Chia milk

Sea Moss

Sea moss is one of the most important supplements. It gives you 92 of the 102 minerals necessary to survive as a human. Also, we take a false form of iodine which is synthetic in table salt. This form of iodine is not significant and can be dangerous. Nonetheless getting real iodine from sources such as sea moss or seaweed is the best possible form.

Eating Windows, fasting, intermittent fasting:

If you are dealing with any type of ailment fast as much as possible. Go off how you feel if you start to feel depleted load up on minerals drink some quality salt and spring water. If you are transitioning practice intermittent fasting and try to eat smaller meals. The best mineral is sea moss!

Try not to eat too early but also do not eat too late. Eat foods that digest smoothly and quickly if possible. Prolonged fasting is going to be by far the most powerful weapon against disease and any other ailment as well as weight. Your avatar and energy and mind will thank you

Last notes regarding overall General Health. A healthy Mind equals a healthy body. Get out in nature as much as possible. Get as much sun as possible even if it's a cloudy day be outside in the sun. Try to practice grounding each day there are proven benefits to it. I also believe in some sun gazing at the right times. I believe in saunas and strengthening our cardiovascular system as well as detoxifying. Take cool water showers if at all possible.

my wise friends, go out to play and have a fun time and enjoy every life experience

We Are What We Eat

Have you ever wondered why we suffer from illness?

Have you ever wondered why we are willing to accept unhealthy foods?

Have you ever wondered why we are confronted by so many diseases today?

Have you ever wondered why our bodies decline so quickly?

Have you ever wondered why our minds get stuck in worry?

Have you ever wondered why our health faces numerous challenges?

Have you ever wondered why we allow those energy-less meat to poison our souls?

Have you ever wondered why many people are experiencing: Skin problems, Headaches, Gum disease, Tooth decay, Conjunctivitis, Abdominal disease, Candida, Parasites, Heart dysfunction, Cancer, Chronic respiratory disease, Obesity, Diabetes, Infectious diseases, Allergies, diarrhea, stomach-ache, body malfunction or decreased.

If someone says: Our diseases are caused by what we consume, what do you think?

May I ask, friends, have you ever paid attention to your food? Have you researched what your avatar needs? Have you ever studied that what you eat is adding value to your body? Do you question the so-called essential foods promoted by scientists? Have you carefully checked the nutritional value on the package label? Have you unconditionally believed everything the media pushed? Do you suspect that the food you're ingesting is harming your avatar? Have you examined so-called expert recommendations for wholesome foods? Have you just bought into the mainstream advertisement and trusted their food programs?

Wise friends, let us investigate everything that we eat, let us improve our awareness of exploration and our ability to think critically, as well as to analyze what products are harmful to our bodies and which foods are beneficial for our souls.

Awakening friends, we all know that when we eat healthily, we have a healthy body, which then creates a healthy mind, and builds a healthy temple for our healthy soul, let us generate a wholesome reality for our healthy avatar and healthy mind to live in.

Fasting Insights

♥ Healthy Avatar, Healthy Mind, Healthy Spirit ♥

Why fasting: to change the relationship with food, to examine the correlation between diet and consumption, to permit the ingestion system and the digestion system to take a rest, as well as to grant the endocrine system to regenerate and rejuvenate. In addition to having a physical purge and mental reset. More importantly, it is to train the avatar:

to release the toxicity in the body

to enhance metabolic rate,

to boost the immune system,

to reduce inflammation in the avatar,

to eliminate any unhealthy leftover consumption

to purify the blood, to purge waste out of the avatar,

to clean out the snake venom from the body receptor

to eradicate parasites, to restore the overloaded glands,

to recalibration the heavy metal in the body,

to rebuild the organ's normal way of functioning,

to rewire dense DNA,

to energize trillions of cells in the avatar,

to alter the body's molecular structure,

to adjust the genetic code change,

to permit the avatar to reset naturally,

to restart the self-healing modality, as well as to discharge all the impurities in the lymphatic system,

to activate mental clarity and grant the body to shift to a new energy cycle.

♥ Fasting not only regenerates and reconnects every cell in the avatar, but also allows our physique to show adaptability and resilience, reconditioning our mind to be disciplined

about natural nutrition consumption. In addition, fasting ultimately cleans out all the virus distortion and distributes healing energy to all the organisms inside the body. As well as reconstructing the physical back to a balanced state, while massive upgrading the avatar and having a lighter body. Eventually, it permits the higher mind to take charge of the eating habits, because we are what we Eat.

♥ now, I choose to challenge myself and set out to do 5 days of Master Cleansing each month, (organic lemon juice with cayenne pepper, add organic maple syrup into distilled water, 5 cups of lemon juice, and 5 cups of liquid for a day)

♥ Purpose of Fasting are

- 🕒 to Challenge my ability to surrender to my Inner Force,
- 🕒 to Challenge my audacity to face difficulty,
- 🕒 to Challenge my own adaptiveness,
- 🕒 to Challenge my acceptance of the problem,
- 🕒 to Challenge my mind to look at eating differently,
- 🕒 to Challenge myself to have a deeper understanding of my strength,
- 🕒 to Challenge my way of handling commitment issues,
- 🕒 to Challenge myself not to let the ego get the best out of me,
- 🕒 to Challenge my self-discipline about facing temptation,
- 🕒 to Challenge my belief system: know that I am a powerful being and I can alter and create a new belief that serves my higher good.

♥ I trust when we commit to living our best life, being our best each moment, we have the fortitude, and our Inner Force shall bless us with the willpower to triumph over any challenging situations.

Genetic Detox Green Juice

We believe: fresh green juice is one of the most powerful detox and healing juices available to us.

Green juice is rich in nutrients and loaded with essential minerals, It beams with biophotons, is very important for your gut health, and assists you with weight loss, It also supports your cell rejuvenation and is therapeutic for your organs.

These green juices are packed with vitamins A, C, and K, which play a crucial role in maintaining the health of the avatar's function. Since green juice contains some vitamins and minerals that have a higher nutritional value, it stimulates the production of white blood cells, the soldiers of your immune system that protect your avatar from unwanted invaders. Also, those powerful antioxidants nutrient can help reduce inflammation, and cleanse the liver, so your avatar will expel toxins rapidly.

According to this herbalist who created this healing remedy, many people who followed this recipe then gave testimonials, which showed that Green Juice has cured many disorders. Like, diabetes, infection, heart disease, stomach issues, digestion system problems, skin issues, and many more diseases.

Health Benefits of Green Juice

Most efficient way to eliminate toxicity and cleanse organs.

Natural hydration.

Enhance the digestion system.

Upgrades Gut Health.

Remove chemicals and inflammation.

Improve immune system.

Increases nutrient absorption.

Rich source of folate and iron.

Good source of vitamin K.

Enhances kidney health.

Maintains blood pressure.

Regulates cholesterol levels.

Boost energy levels, balance hormones, reduce infection, and alleviate skin issues.

Being highly water content, this green juice is an excellent hydrating nourishment.

Healing Properties in this Green Juice

Apple is high in Vitamins and minerals and is a good source of pectin and antioxidants. It contains a high amount of fiber; fiber helps to clean our insides and is known to increase metabolism. When your metabolic rates are up, your bowel movements will automatically return to normal.

Celery has a compound called Phthalide, which can reduce high blood pressure by relaxing the vessels that blood flows through, important source of sodium which is beneficial for the nervous system. also, support stomach lining health, and improve the efficiency of the digestive system.

Cilantro support heart health, decrease anxiety, lower blood sugar levels, protection against oxidative stress, it is also high in antioxidants, along with vitamin K and vitamin A.

Parsley helps prevent the formation of stones in the kidneys by making urine more acidic and acting as a diuretic, which increases urine production. Drinking parsley juice can help the avatar flush out excess toxins, fats, salts, and water and thus reduce strain on the kidneys.

Cayenne pepper increases circulatory system functioning. It helps control blood flow, also strengthens the heart, arteries, capillaries, and nerves.

Ginger Its anti-inflammatory nature and antibacterial properties make it a powerful remedy for many medicinal ailments. Consuming fresh ginger regularly can help you fight bacterial infections, reduce swelling, and improve overall health and well-being.

Cucumbers are among the best foods to support kidney health. They're naturally high in water, which helps flush the kidneys and support fluid and electrolyte balance. Their high-water content also makes them a filling food, which can help with weight management and conquering cravings.

Lemons are high in vitamin C and fiber, these nutrients are responsible for heart health, weight control, and digestive health.

Genetic Detox Juice Recipe

7 Organic Green Apples 🍏

1 Organic Celery Stock With Leaves 🌿

Thumb Of Organic Ginger 🧄

1 Pinch Of Cilantro Leaf 🌿

👉 Hand Full Of Parsley Leaf

2 Organic Cucumbers without Skin 🥒

1 Organic Lemon with the skin 🍋

1/2 Teaspoon of Cayenne Pepper 🌶️

40oz Daily With A All Fruit 🍇 🍉 🍊 🍋 Diet/Livet!! 21 + DAYS!!!

Enjoy your juice and welcome the healing energy to upgrade your avatar

Free Of Suffering

On April 5, 2008, one day before I was supposed to go back to the silent retreat, I was at home preparing my dinner. As I was cutting the chicken to cook a Chinese dish, I suddenly felt like I was cutting my own hand. I felt my blood splashing out everywhere in the kitchen. I experienced a painful emotion; tears came to my eyes.

Then I heard a powerful voice: *'I freed you from suffering; why are you contributing to another being's suffering?'*

Suddenly empathy for other creatures was born within me. That was the first time I encountered this kind of phenomenon - a sensation so lively, it was inconceivable.

The message was present and clear, as though someone was speaking with me face to face. I had never felt as awful as I did when I was cutting that chicken; I experienced pain for other creatures. As I knelt down in my study, I asked God what the significance of this event was. Then I started to re-examine my spiritual quest.

I finished my meditation course in February. By April, my health was improving enormously. The chronic back and stomach pain I had had for the last twenty-two years was dissolving away. Prior to starting my spiritual journey, I thought these problems were part of a normal life. I had no concept that I was suffering. My idea of suffering was poor people in South America with little access to water, food, or clothing. I assumed that my difficulties and struggles were not severe enough to call them suffering. But the first meditation course opened my mind; I knew I was experiencing a massive amount of physical and mental pain. It made me realize that I too had a life of suffering, even if it was in a different way or of a different degree.

A month after the meditation course, I realized that this meditation experience was evidence of what Eckhart Tolle talks about in his book *A New Earth*. "Whatever you fight, you strengthen, and what you resist, persists."

I came to the view that hardship happened for a good reason, and this helped me to consciously learn not to resist.

As a result of this epiphany, I developed more awareness and self-acceptance, and I became less reactive. As my stress levels decreased, I felt myself becoming more joyful and free.

Yes, my physical being felt free from suffering. What does it mean that I still continue to contribute to another being's suffering?

Oh! I was eating meat; this was why I was contributing to another being's suffering. Because Buddha's teaching states all living things are beings, we must respect all creatures. Since I had experienced the spiritual power to free myself from physical pain, I should not contribute to another being's suffering. Right at that moment, I knew this message was guiding me to become a vegetarian.

With my new decision in mind, I started a new Vipassana meditation course the next day. During the sitting, I had a peaceful mind and nothing unusual happened, I had finally felt something that I had experienced briefly during my first meditation course encounter. I realized that I had been restored. The sickness was gone.

After the short course, on my way to work, I noticed a 'Vegetarian Kit' magazine on a subway chair. When I got home that night, I received an email from a new friend that showed pictures of the way that humans treat animals. I was shocked and in disbelief.

Why do we need to be so cruel and inhuman to animals?

What did they do to deserve this kind of suffering?

As I discovered the way animals were killed, I saw their expressions of anger, fear, and helplessness. I recognized that if I kept consuming this negative energy, I would become a fearful person myself. Also, I tried to understand that if someone were to slay my dog in the same way, I would not be able to live with that cruelty.

Why is it normal to treat chickens, pigs, and cows in this heartless way? Where is our human sympathy?

I knew that it was now my calling to become a vegetarian, and I wanted to act immediately. However, I never dreamt I would make this kind of dramatic change in my life, so I was not sure how to begin. I started to ask people questions and do research. A few weeks later, I made a conscious decision:

'From this day onwards, I shall not contribute to the suffering of any creature'.

I became conscious that walking on a spiritual journey to achieve enlightenment is not just about reading books and collecting wisdom, but also about being compassionate and doing good deeds for myself and others. I saw the reason that I was struggling in the past to find a happy life: I was only thinking about myself and how it would get me somewhere.

I did not know my problems in life, partly because my inconsideration for others held me back. Although meditation helped me purify my karma and gain awareness, I also had to hold myself to the principle of maintaining sīla (morality) and generate good deeds for myself, which helped me to be mindful and to obtain paññā (wisdom).

I clearly saw my life's new direction. Believe it or not, after I made my decision and took action, my vegetarian adventure sailed smoothly. I no longer craved meat but accepted my friends' carnivorous eating habits. I started to have a desire to learn to love myself and to love all creatures.

My life changed in tremendous ways. Within three months, I was eighteen pounds lighter, full of vibrant energy, and a happier person. In addition, I gained awareness of my words and actions. It also helped me to change my patterns of behaviour and it opened a gateway for me to learn to have freedom from suffering.

Story from Travelling Inwards book

I am absolutely shocked and overwhelmed to find out that the scale of humanity's meat consumption is enormous, it is more animals than ever before being slaughtered, and 92.2 billion are used and killed each year for food and human pleasure. My compassionate friends, will you continue to support this brutal activity?

We are destined to live in symbiosis with all living creatures

The Essential of Breathing

I am still seeing some people wearing a mask on the street, so I'm just wondering are they forget about the importance of breathing. there's no judgment here, yet I just want to present my research for people pondering the fundamental principle of breathing.

1. The primary role of breathing is to absorb oxygen and to expel carbon dioxide through the movement of the lungs.
2. We breathe in and out about 22,000 times a day. We are powered by breathing. Our lungs fuel us with oxygen, our avatar's life-sustaining gas. Our lungs breathe in air, then withdraw the oxygen and pass it through our bloodstream, where it's carried off to the tissues and organs that allow us to walk, talk, and move.
3. Oxygen helps organisms grow, reproduce, and turn food into energy. Humans get the oxygen they need by breathing through their nose and mouth into their lungs. Oxygen gives our cells the ability to break down food in order to get the energy we need to thrive.
4. Evidence suggests that increasing lung function positively impacts inflammation, which may be critical for autoimmune conditions. help increase a person's life span and prevent damage to stem cells in the brain.
5. Breathing is the most vital way our avatar regulates our nervous system and thus, our health.
6. After five to ten minutes of not breathing, we are likely to develop serious and possibly irreversible brain damage.
7. Breathing allows us to talk and to smell. Warms air to match our avatar temperature and moisturizes it to the humidity level our avatar needs. Delivers oxygen to the cells in our avatar. Removes waste gases, including carbon dioxide, from the avatar when we exhale.
8. Proper breathing starts in the nose and then moves to the stomach as our diaphragm contracts, the belly expands, and our lungs fill with air. It is the most efficient way to breathe, as it pulls down on the lungs, creating negative pressure in the chest, and resulting in air flowing into our lungs.
9. Deep breathing gets more oxygen to the thinking brain. Also, by addressing the physical, fight, flight, and freeze symptoms directly, we are freeing up mental energy to address other symptoms.

10. Deep breathing not only helps balance emotions, and strengthens the immune system, but is also good for the heart and lungs. When the avatar is supplied with enough oxygen, the heart will not be overloaded and always works well, the breathing function of the lungs also works more efficiently.

11. Learn breathing control

Put one hand on your chest and the other on your stomach.

Close your eyes to help you relax and focus on your breathing.

Slowly breathe in through your nose, with your mouth closed. ...

Breathe out through your nose. ...

Try to use as little effort as possible and make your breaths slow, relaxed, and smooth.

My wise friends, let us inhale Love and exhale Joy in every breath

Treat pneumonia in a natural way

According to the dark force agenda, they are planning for other attacks on humanity, however, the Intel said they would not succeed in this timeline. Yet, I want to share some suggestions in case someone are faces some challenging situation.

Research shows pneumonia is a common infection that causes inflammation in the air sacs of one or both of the lungs. Then the air sacs may get filled with pus or fluid which may cause a cough, chills, breathing difficulties, and fever. Usually, the cough comes with pus or phlegm. There are different types of organisms that may cause pneumonia. These include bacteria, viruses, and even fungi.

Remedies to reduce the severity of Pneumonia:

1. Peppermint, eucalyptus, and fenugreek tea. ...
2. Sea saltwater gargle.
3. Vitamin C.
4. Rest.
5. Ginger or turmeric tea.
6. Warm liquids.
7. Sleep on Your Stomach.
8. Focus on Your Breathing.

Food Items You Can Easily Consume

1. Drink plenty of pure filtered water.
2. Plenty of fresh organic vegetables especially romaine lettuce, carrots, beets, onions, celery, cabbage, cauliflower, broccoli, cucumber, radishes, Jerusalem artichokes, beans (except soy and green peas).
3. Veggie soups, miso soup, preferably soaked nuts and seeds, organic, free-range meats, poultry, and fish.

4. Small quantities of fresh sweet fruits - limit your selection to plums and pears, all berries, including Goji berries, and other less sweet exotic fruits.
5. Non-sweet fruits such as avocado, pepper, tomato, and cucumbers.
6. Garlic, ginger, cayenne pepper, chili peppers, and onions should be eaten regularly, due to their powerful health benefits for the lungs and overall respiratory system.

Food Items To Limit

1. Avoid eating foods that you are allergic or sensitive to
2. All sugar and sugar products, including an excess of sweet fruits
3. Soft drinks and commercially processed foods
4. All foods contain artificial ingredients, such as additives, colorings, flavorings, and preservatives.
5. Milk and dairy products, as they contribute greatly to mucus in the avatar
6. Coffee and all other caffeinated products.

Detox Vaccine

I know what I share here is controversial, but my soul compelled me to present to you my research because humanity is facing the most critical time, the only way we can survive in this challenging time is to help each other, to support each other, as well as to share remedies to save mankind, because lots of people are getting sick, and we know the vaccine was the source of all those disease.

Given my 13 years of investigation, the dark force aims for 7 Billion humans to be killed, this is the Elite - NWO Depopulation Agenda.

The cabal is good at suppressing science and convincing the masses that the vaccine is needed and safe, regardless of the actual facts. This is why the vaccine is bioweapon to depopulate humanity.

Such, it is my duty to present to you all that research, as well as to invite you to use your own intelligence to analyze that information and verify all the evidence that I am sharing here.

Please ask yourself, do you know what component in the vaccine?

Do you know research shows that vaccines cause cancer via the ingredient "NAGALASE"

Are you willing to investigate what virus causes your sickness?

According to frontline doctors and specialists' reports, people who have had the COVID-19 vaccine should take complex detox, to avoid unwanted side effects.

Suggestions for "detoxes" a COVID-19 vaccine include detox diets, alongside supplements, including zinc and vitamins C and D. Also borax baths to remove injection.

Ivermectin and hydroxychloroquine have the best impact and counteract COVID-19, it would not have any negative effect human immune system. Since vaccines contain RNA and proteins, they stay around inside the body, which is toxic and would kill other cells and cause human sickness.

Vaccine Detox focuses on eliminating heavy metals, but also releases radiation exposure, prescription medications, pesticides, contaminated food, and water are all factors of heavy metal exposure that surround us daily.

Vaccine Detox Benefits

Improve the nervous system and activate brainpower

Enhance Anti-inflammatory efficiency

Helps bind to and remove heavy metals

Promotes gut health functioning

Supports healthy blood sugar levels

Supports liver operational

Supports the immune system

Supports the liver and elimination pathways

Supports vitality and increases energy levels

Allow the avatar to return to a healthy and natural state

Detoxing and eliminating the Spike protein is important to eradicate heavy metals and mRNA from the body.

White pine needle: The white Pine needle inhabits the spike protein growth, it stops and neutralizes it from growing, it protects our DNA from being modified, it stops the RNA strands from binding, such stops the vaccine from damaging the avatar.

Also, white Pine needle contains high Vitamin C and have anti-inflammatory properties. The tea is believed to support heart and brain health and may offer better sleep and stress relief.

Best Zinc supplement: pumpkin seeds, sunflower seeds, sesame seeds

Dandelion herb: It helps to detox the liver, gallbladder, kidneys, and blood, and also regulates bowel motions. The root is used for the liver and colon and the leaves are used as a diuretic to flush toxins through the kidneys gently. Dandelion is rich in vitamin C and antioxidants which help protect cells from toxin damage.

Remove Spike protein inside the body

Other research shows Diatomaceous Earth with Charcoal might help to eliminate Spike Protein, also it is powerful Detoxification for Parasites.

Dangers of Heavy Metals

Heavy metals are elements that can be toxic and very dangerous even in low concentrations.

Heavy metals that can lead to toxicity (or "poisoning")

Mercury, Lead, Arsenic, Cadmium, Aluminum, Nickel, Uranium, Thallium

Detox Heavy Metals

Organic Sulfur Crystals: Sulfur removes toxins, such as heavy metals and chemicals, from organs and systems in the avatar. Most people are now deficient in this nutrient due to overexposure to environmental toxins and eating sulfur-deficient foods. Only organically grown foods contain it in sufficient amounts.

Other effective remedies include chelation therapy, bentonite clay, milk thistle, Triphala, bone broth, bitter greens, algae, raw juices, and herbs.

Colloidal Silver – kills everything

Today, colloidal silver is used as an alternative medicine to ward off bacteria, fungi, and viruses.

The bactericidal activity of colloidal silver is well documented. Its benefit in reducing or preventing infection can be seen in several applications, including as a topical treatment for burns and chronic wounds.

Colloidal Silver is a powerful antimicrobial agent. It helps to fight infections and aids in cold and flu prevention, wound healing, and more. Silver also helps with internal heat regulation and circulation.

Colloidal Silver has antibacterial, antifungal, and antiseptic properties and helps provide relief from chronic skin conditions such as eczema, psoriasis, acne, burns, and dermatitis by reducing dryness, redness, and itching.

Conclusions: The study data support ionic colloidal silver as a broad-spectrum antimicrobial agent against aerobic and anaerobic bacteria while having a more limited and specific spectrum of activity against fungi.

Seven Best Natural Antibiotics

1. Garlic. Cultures across the world have long recognized garlic for its preventive and curative powers.
2. Honey. Since ancient times, people have used honey due to its wound-healing activity and antimicrobial properties.
3. Ginger. 4. Echinacea. 5. Goldenseal. 6. Clove. 7. Oregano.

Remember, for our healthy bodies and our wholesome souls, we need to remove ourselves from living in artificial boxes, artificial food, artificial water, artificial nature, artificial medicine, artificial air, artificial temperature, artificial lighting, artificial clothes, artificial plastic, artificial televisions and artificial programs of emotions.

Ultimately, you are your own scientists, you are your own doctor, you are your own healer, you are your own teacher, as well as you are the beneficiary of your own wholesomeness.

Another good resource: " Organic Ingredients, backed by science.

Look, I don't care if you got the jab or not. That's your business. But one thing's for damn sure: these ain't the good old days. You can't trust the talking heads, the lying politicians, or those greedy drug companies to keep you safe. They want you scared, dependent, and popping their overpriced pills.

That's where our Spike Support Formula comes in. We cut through the crap. This ain't some watered-down multivitamin designed to line some pharma exec's pockets. We packed it with Nattokinase, NAC, Bromelain, Quercetin - natural ingredients with real science backing them up. " <https://healfromcovid.com/>

Dr. Sherri Tenpenny stated that: "When you get this spike antiavatar in your system it will permanently and irreversibly change your immune system. The messenger RNA is the spike protein to develop an antiavatar against that spike protein. It means next time you come in contact with a virus the antiavatar should block you from getting sick. However, not only does it not stop you from getting sick, but the antiavatar also itself is going to turn on your avatar and create havoc and massive auto-immune disease. It attacks your organs by molecular mimicry."

The Antidote for Vaccine

The most reward comes out of this interview it is getting to you at home, not to believe everything, you question everything you hear in mainstream social media, from the federal health agencies, and ask yourself do they really have your best interest at heart.

Dr. Bryan Ardis is a renowned doctor and researcher who has been at the forefront of uncovering the origins of C19 and finding ways to counter its effects. Despite facing resistance from major pharmaceutical companies, Dr. Ardis remains steadfast in his mission to unearth the truth.

The following content comes from an interview with Dr. Ardis about the Vaccine Antidote

So, you can't trust the entire narrative you're hearing about tobacco, and this is going to be way worse than you think about just venom being at plasma causing COVID, and then these vaccines, because you're going to realize just how far they will go to lie all of us to make us sick, disease, it's awful in the perspective of tobacco and nicotine.

when I say nicotine is not addictive, in January of this year, Jason Shurka, there's a published paper, they collected people from around the world, who had a myriad of what they compiled were 21 total long hauler COVID symptoms that people had to be having still for a year and a half, after having COVID unrelated vaccines,

this year January 2023 they wanted to do a study to see how many of the symptoms of people struggling with COVID-19, can we find the worst cases, and then can we give them a treatment that will cure them of their symptoms finally, after exhausting all of the measures, medication, supplements, rehab, some of those symptoms are these.

so think about this at home people, does anyone you know still love who had a mild case of COVID ever in the last for years, do any of them still struggle with loss of taste and smell at all, do they struggle with any ringing in their ears at all, do they struggle with any cognitive impairment at all, do they struggle with any motor deficits, picture Parkinson's shuffling their feet, do you know any body who's had that since having COVID, do they have exercise induced lethargy,

do they have dyspnea which is the inability to take a deep breath, are they challenged breathing, likewise, are you seeing people in your life walking upstairs and having to stand there to catch their breath, still two years later after having a mild case of COVID, do

you know any body who's struggling with tachycardia arrhythmias or palpitations, chest pains at all, since having COVID, do you know any body that you love at home, and just want you to know, the reason why I'm doing this, 37% of all people worldwide who had any COVID are reporting these symptoms right now.

oh wow

So, if you don't know some body, it is because you are not going outside, you don't call any body, you are hermit.

when I say do you know these people, you should, do you know anybody who did not have diabetes, and then got a mild case of COVID, now has been diagnosed with a diabetes.

that's one of the criteria, do you know any body who did not have high blood pressure before, they got COVID, year ago, two years ago,

and now have been diagnosed with high blood pressure, and now high blood pressure drugs for life, do you know those people. Do you know any body struggling with insomnia since having a mild case of COVID, do you know every single one of those symptoms is actually caused by snake venom.

All of them.

and do you know the study in January of 2023, did you know that they actually said, we're going to do a treatment with these people still struggle for a year and half, but nothing else is free you have your symptoms, and we're going to do one thing and one thing only for six days only, these people have struggled for two years, here and after two years, they only asked them to do one thing for six days.

and Jason, 100% of all their symptoms went away,

what was that one thing?

A 7-milligram nicotine patch,

every day,

once a day, they asked them every morning to put on a patch of 7 milligrams nicotine patch, worldly they only sell three types, 7 milligrams, 14 milligrams, and 21 milligrams, they asked them to take the smallest patch size and wear one, is there on their arm or leg, or anywhere,

put it on your avatar, every morning put on a new one, for six days only, and over 100% of all their symptoms went away, that was this year.

Oh my God, the French researchers in April of 2020 begged governments around the world to use nicotine patches, and nicotine gum to rid the world of the pandemic, and they all turned their back and then lied to all of you, and then said don't trust any nicotine-containing tobacco product instead.

OK, people this brings forward, you already, oh in the paper they described why they hypothesize this was going to work, and they quoted 2 studies, and they said because the spike protein gene of COVID is from king cobra venom and from crate snake venom, and they target nicotine receptors, and we hypothesized nicotine because it has a binding affinity 30 times more, 30 times more than acetylcholine, and venom it would release the venoms, and the symptoms wouldn't come back on.

now I want to explain, this may sound technical, but you got to get this, and we'll show the world this, on every single cell of your human avatar, Jason, I don't know this, every single cell of your avatar has nicotine receptors,

I didn't know that

every cell, macrophages in your avatar that clean up all the dead disease cells and toxins, your T cells B lymphocytes, everything that protects you, and heals you, every one of those cells as nicotine on,

Jason, beta cells in your pancreas that release insulin to control diabetes and blood sugar, beta cells are controlled by nicotine receptors, and when venom binds to a nicotine receptor on a beta cell, every time they do that, venoms are called antagonistic to nicotine receptors.

what do you mean by that

antagonistic means it shuts off the receptor, so you have these cells float around,

interceptors other, picture a light switch on your phone or on your wall, an antagonist will turn off the light, and an agonist is what they call it, then the agonist turns on the light.

which would be,

the new function of the cell, would be to turn on the light with nicotine, and agonist the most perfect agonist in nature, and then you turn it off with the two topmost published antagonists snake venom and cone snail venom in the ocean, antagonists' nicotine receptors,

other than those associations that we have with nicotine, because generally, people don't go to cigarette smoking things like that, now is there anywhere in nature where we can get nicotine, as this nicotine a natural thing, that we see in nature, in food or whatever maybe.

Yeah, it was one of my questions, in my life I believe God created us, and created this world, so if he created the tobacco plant and put nicotine into it, what other plants do that inside of, so in the last year, I did not know this, until this year, just have to ask questions, to go research.

do you know that the second highest containing nicotine food or plant in the whole world is eggplants,

no, it's tobacco, and then eggplants, do you know every nightshade vegetable has nicotine in it.

can you list those for any body who has watched.

Zucchini's, those nightshade

tomatoes are nightshades, there's red tomatoes have nicotine in them, and do you know that green tomatoes have 10 times more nicotine than red tomatoes do.

does anyone in the world know that every white potato you've ever eaten has nicotine in it, did you know every cauliflower you've ever eaten has nicotine in it, did you know celery has nicotine in it,

I'd like to ask you at home, if nicotine is so addictive, why are more people addicted to veggies?

You also can find more insightful and beneficial information about detox heavy metals and vaccines on our blogs.

First, let us understand and clarify Nicotine Receptors

In encyclopedia

Nicotine receptors full name in Medical terms Nicotinic acetylcholine receptors, or nAChRs, are receptor polypeptides that respond to the neurotransmitter acetylcholine. Nicotinic receptors also to drugs such as the agonist nicotine. They are found in the

central and peripheral nervous system, muscle, and many other tissues of many organisms. At the neuromuscular junction, they are the primary receptor in muscle for motor nerve-muscle communication that controls muscle contraction. In the peripheral nervous system: (1) they transmit outgoing signals from the presynaptic to the postsynaptic cells within the sympathetic and parasympathetic nervous system, and (2) they are the receptors found on skeletal muscle that receive acetylcholine released to signal for muscular contraction. In the immune system, nAChRs regulate inflammatory processes and signals through distinct intracellular pathways.

The nicotinic receptors are considered cholinergic receptors since they respond to acetylcholine. Nicotinic receptors get their name from nicotine which does not stimulate the muscarinic acetylcholine receptors but selectively binds to the nicotinic receptors instead. The muscarinic acetylcholine receptor likewise gets its name from a chemical that selectively attaches to that receptor — muscarine. Acetylcholine itself binds to both muscarinic and nicotinic acetylcholine receptors.

Surprising Ways to Heal Our DNA After COVID Injuries

Detox Heavy Metal

Here is our investigation and some suggestions

Heavy metal poisoning describes many health problems caused by exposure to environmental metals that accumulate inside the avatar. According to a report in Scientific World Journal, "Toxic metals such as arsenic, cadmium, lead, and mercury are ubiquitous, have no beneficial role in human homeostasis, and contribute to non-communicable chronic disease."

Researchers have identified that significant exposure to at least 23 different environmental metals (called "heavy metals") can contribute to acute or chronic toxicity. These metals are described as being heavy because they stick around in the avatar, especially hiding out in adipose tissue (fat cells). They are difficult to get rid of, making them similar to fat-soluble toxins.

Metals are natural elements found all over the world in the food supply, water, and ground. Environmental metals are problematic because over time they can accumulate within bodily tissues, often without the person who is affected even realizing this is happening. Heavy metal toxicity can result in damaged or reduced mental and central nervous function, plus damage to the vital organs — such as the liver, heart, endocrine glands, and kidney. What are some warning signs and side effects associated with mercury poisoning? These include changes to the central nervous system, irritability, fatigue, behavioral changes, tremors, headaches, problems hearing, skin damage, and cognitive loss.

Detox Routines for Nanotechnology

May all those Natural Remedies elevate your energy field and bring you optimum health!

How to Remove Chemtrail Toxicity / Nanotechnology from your body:

1. Put a pinch of high vibe, nutritional sea salt, Redmond's real salt, Celtic Sea salt, programmed with love, holding the intention of blocking nano proliferation, commanding the unbinding and the purging through feces and urine all nano particulates safely, without harm to your physiology, on your food and in your drinking water daily, each meal, each glass of water. The most important thing you can do!
2. Drink 1 ounce of apple cider vinegar in 1 cup of water, 3 times a day. If that's too strong, make two cups of water.
3. Take 1/4 tsp of food-grade aluminum-free baking soda three times a day in freshly squeezed lemon water.
4. Take boron supplements as directed.
5. Take Activated Charcoal two to three times daily with plenty of water. It's a binder and it constipates.
6. Liquid Zeolite to pull heavy metals.
7. Take L Glutathione. Be gentle starting this for immune-compromised folks. If you can't tolerate it orally, take a capsule, and insert it vaginally or anally to let the amino acid get into your system and liver gently.
8. Foods high in natural L Glutathione is asparagus and globe artichokes. Bon appetite!
9. Golden Paste: Make and take golden paste three times a day. Google recipe. Makeup. You can freeze extra. Great for inflammation, pain and so much more.
10. Golden Milk: Add golden paste to coconut milk, or almond milk made at home. Add cinnamon, clove, cardamom, cayenne, or whatever else you desire. Drink before bed. Inflammation buster. Mucous buster.
11. D3 with K2 daily.
12. Bentonite clay, taken orally to extract toxins from bowels.
13. Take chlorophyll. Chlorella is now very contaminated as is spirulina. Chlorophyll is cleaner.

14. Take food grade Diatomaceous Earth but start slowing for weakened bodies, especially people riddled with candida. A dusting on the pinky to make sure you can tolerate it.
15. Take oregano oil daily.
16. Take the oil of cilantro.
17. Use Manuka honey daily.
18. Put 2-4 drops of 35% food-grade hydrogen peroxide in 1 liter of water and drink. This oxygenates the blood-killing pathogens.
19. Take high-grade magnesium or use magnesium oil transdermal.
20. Take a high-grade trace mineral daily.
21. Use Illumodine Iodine and Nascent Iodine. The suggested dose is 3-5 drops in 16oz of water, after 7 days this dosage can be safely doubled to 6-10 drops per 16oz of water.
22. Essiac Tea treats cancer, fungi, heavy metals, toxicity
23. Liquid Silica removes all sorts of pathogens from the avatar
24. Tea tree oil, 1 drop in manuka honey
25. Structured Silver in Suspension. The suggested dose is 2-3 drops per 1 liter of water, 2 times per day.
26. Take MMS: Miracle Mineral Supplement, often referred to as Miracle Mineral Solution, Master Mineral Solution, MMS, or the CD protocol, is a branded name for an aqueous solution of chlorine dioxide, a bleaching agent, Some studies have pointed out as a cure for illnesses including HIV, cancer and the common cold.
27. Take Fulvic Acids
28. Use colloidal silver, especially nasal spray.
29. CBD oil, high organic grade
30. Take food-grade vitamin C daily. Tapioca is a great one from Pure Formulas.
31. Eat plenty of oranges, grapefruits, lemons and limes. Take the peels of any of the above. Dry. Grind in a coffee grinder with no coffee residue in it until powder. Put it in a jar. There's your perfect Vitamin C.
32. Water cleanse for 3 days. Just lemon in water or apple cider vinegar in water only for three days with trace minerals.

33. Eat tons of sunchoke artichokes, organic. Wash. Grate. Add in freshly squeezed lemon juice and put in the fridge, raw. Balances blood sugar levels and pulls radiation, especially in this raw, predigested way. Eat at least 1 TBS before your meal or a small bowl between meals.

34. Eat beets. Wash. Grate. Add lemon freshly squeezed. Refrigerate. Put on salads. On the side of food. In between meals. This heals everything especially the blood, liver, and gallbladder so you can detox.

35. Eat one to two raw cloves of garlic daily. Eat whole. Do NOT chew. Let it dissolve in your stomach slowly. If you must cut to swallow, cut, and let it rest for 1 minute. Drink down.

36. Use cayenne pepper on everything. I put on most foods. It cleans the liver and bowels.

Resource : Project Camelot Portal

Spike Protein Protocol

May all those Natural Remedies elevate your energy field and bring you optimum health!

Detox and Cleanse out mRNA and Lipid Nanoparticles and Spike Proteins

This is the updated protocol to protect those who've been injected with the vaccines and the same protocol is useful to protect those concerned with the spike protein shedding coming off those who've been injected. So, if you know someone who has been injected and requires help, please provide them with this protocol.

This is the Nutrition Protocol to Prevent Damage from Spike Protein and Derivatives due to Injection and to Protect from Spike Protein Shedding:

- Zinc (30-80mg per day depending on immunological pressure)
- Vitamin D3
- Lypospheric Vitamin C (30ml, twice daily)
- Quercetin (500-1000 mg, twice daily)
- Iodine
- PQQ supplement

PQQ protects cells in the avatar from oxidative damage and supports the metabolism of energy and healthy aging. To protect the brain. By improving brain energy metabolism, PQQ can help protect against cognitive decline, stroke, excitotoxicity, and neuronal damage caused by high blood sugar.

- Pine Needle Tea for shikimic acid or shikimate (from green edible pine needles) There are toxic pine needles, so be careful! When drinking pine needle tea, drink the oil/resin that accumulates too! Shikimate, shikimic acid, and their derivatives possess cancer-fighting, antiviral, antimicrobial, anticoagulant, and antithrombotic properties.
- Fennel and/or Star Anise Tea: These are also an excellent source of shikimate or shikimic acid (which is known to neutralize the spike protein)
- C60 (1-3 droppers full per day): One of the issues we are seeing with those who have been injected is disturbances in their energetic field (magnetism) and hot spots of inflammation. C60 is a rich source of electrons and acts like a fire extinguisher to

inflammation and simultaneously (because its bio-distributes throughout the avatar) drives a normalization of electron flow throughout the avatar.

- Charcoal (2-4 capsules a day): Charcoal is the pre-eminent detoxifier and when taken on an empty stomach, works its way down into the intestines and activates a blood purification process known as "interstitial dialysis". Our Kohlbitr product is the premier activated coconut charcoal in the world, and we also now offer the more gentle birch charcoal.
- Citrus fruit (especially blood oranges, due to their high hesperidin content — hesperidin is a chalcone-like quercetin that deactivates spike protein)
- Peppermint (very high in hesperidin)
- Wheatgrass and Wheatgrass Juice (blades are high in shikimate)

Super herbs to help disable spike protein:

- Schizandra Berry (high in shikimate)
- Triphala formulations: In Sanskrit, the word Triphala means "three fruits": a combination of Indian gooseberry (*Emblica officinalis*), black myrobalan (*Terminalia chebula*) and belleric myrobalan (*Terminalia belerica*). The *Terminalia* fruits are rich in shikimate.
- St. John's Wort (shikimate is found throughout the entire plant and in the flowers)
- Comfrey Leaf (rich in shikimate)
- Feverfew (leaves and flowers are rich in shikimate)
- Ginkgo Biloba Leaf (rich in shikimate)
- GiantHyssop or Horsemint (*Agastache urtifolia*) (rich in shikimate)
- LiquidAmbar (Sweet Gum tree) A tea of spiky seed pods that is rich in shikimate.
- Black Cumin Seed — Natural alternative for Ivermectin!
- *Nigella sativa* has been used as a traditional medicine for centuries. The oil from its seeds is effective against many diseases like cancer, cardiovascular complications, diabetes, asthma, and kidney disease — also effective against cancer in the blood system, lung, kidney, liver, prostate, breast, cervix & skin.
- Anticancer Activities of *Nigella Sativa*

Black seeds can also treat respiratory conditions such as allergies, flu, congestion, cough, asthma & emphysema. Black cumin seed has been noted in ancient texts & historical documents for providing therapeutic attributes & supporting the body to heal naturally.

Honey and Nigella Sativa (black cumin seeds) for Covid-19

BLACK CUMIN SEED OIL

Resource : David Avocado Wolfe's Information on Detoxing out the Spike Proteins

Heavy Metal Detox

The primary goal of a heavy metal detox is to remove accumulated heavy metals from your brain and nervous system. The kidneys, liver, heart, lymphatic system, and respiratory system will also benefit from detoxification, such as a liver cleanse or brain detox.

The benefits of doing a heavy metal detox include

Improvements in energy levels

Enhanced immunity and gut health

Better digestive function

Improvements in mental performance (attention, memory, learning, etc.)

Improved skin health

Heavy Metal Detox Diet

Heavy metals detox includes making dietary changes and using herbs and supplements, which help break down metals into smaller molecules so they can be removed from urine, feces, sweat, and even the breath.

Foods can help remove heavy metals from the avatar

Herbs and spices — Anti-inflammatory, antioxidant herbs and spices like basil, parsley, oregano, rosemary, thyme, ginger, turmeric, cinnamon, and cilantro can help remove heavy metals.

Foods rich in vitamin C - Fruits and vegetables rich in vitamin C can reduce the damage caused by heavy metal toxicity by acting as antioxidants, as shown in animal studies. High-vitamin C foods include citrus fruits like oranges or grapefruit, leafy greens like spinach and kale, all types of berries, broccoli and cruciferous veggies, kiwi, papaya, guava, and bell pepper.

Fruits: detox your avatar and open up eliminative pathways. Blueberries are especially good - a superfood for our nervous system, and brain and a great remover of heavy metals. Enjoy them raw, in season, and always organic.

Cilantro: This herb goes deep into the body to extract metals, especially those that might have been inherited from our ancestors. Kept raw, juicing is the most effective detox tool with this vegetable.

Parsley: A natural diuretic known to detoxify and can help reduce the buildup of heavy metals like mercury and lead in the avatar.

Atlantic Dulse: a magic seaweed. As we know, the oceans are contaminated with heavy metals. This seaweed soaks up heavy metals, but it never releases them. It has the same effect on our bodies.

Hawaiian Spirulina: removes heavy metals from the brain, nervous system, and liver.

Garlic and onions - These vegetables contain sulfur, which helps your liver detoxify itself from heavy metals like lead and arsenic.

Flax and chia seeds - These provide omega-3 fats and fiber that can help with the detoxification of the colon and reduce inflammation.

Detox drinks Recipes

Detox drinks and recipes can help naturally reduce inflammation, boost energy, support digestion, cleanse the liver, and promote gut health. Detox drinks are especially useful for providing raw vegetables, fruits, and herbs that stimulate detoxification while providing vitamins and minerals.

Many detox drinks can be made with ingredients you already have at home, like lemon juice, apple cider vinegar, cucumbers, leafy greens, berries, ginger, and herbs like dandelion Tea.

liquid - Drink eight ounces of water or vegetable juice every two hours to stay hydrated and help flush out toxins. Try adding herbs like cilantro and parsley to fresh-squeezed green juices.

Other useful remedies

Sauna and Therapy

Lymphatic Massage

Hot and Cold Therapy

Foods to avoid while detoxing include

Non-organic foods - These foods increase exposure to chemicals that make symptoms worse. Some of the worst offenders include conventional apple juice and brown rice products. Also, Dirty Dozen, details the most pesticide-contaminated produce as tested by the Environmental Working Group.

Here's the full list of the top 12 fruits and vegetables with the most pesticides

1. Strawberries 2. Spinach 3. Green beans 4. Kale, collard & mustard greens 5. Peaches 6. Pears 7. Nectarines 8. Apples 9. Grapes 10. Bell & hot peppers 11. Cherries 12. Blueberries

Foods with additives - Additives may aggravate toxicity symptoms and decrease your avatar's ability to detoxify.

No sugar, *GMO's*, non-organic, processed, dead, food-like substances

Learn to read labels - if you can't pronounce it or don't know what it is, don't eat it.

Decode & Detox Cancers

Our deepest desire to present this research to you is for you all to feel your most optimal health and enjoy your precious lives!

Our investigation guiding principles are aimed to give you hope, give you optimism, give you relief, give you natural remedies, as well as give you the greatest blessings. Please utilize all that information in your discernment, before you follow any treatment plan and protocol, and do your own inquiries. Also, trust your gut feelings for any actionable step to achieve proficiency and a functional body.

According to research and studies, there are a few basic conditions that cause cancer

1. What we eat every day. Artificial food and processed food, also exceed consumption, which allows the toxins to accumulate in the avatar over time and the elimination that cannot be excreted causing critical health problems.
2. The chemical components of medications and vaccines are damaged by venoms to our health since all those synthetic drugs and heterogeneous injections result in endless devastation and diseases.
3. Radiation and chemical elements from microwave and wireless internet technology produce adverse reactions in the human body and generate disorders with unthinkable outcomes.
4. The heavy metals we absorb daily from the toxicity of genetically modified food, pollution in the air, and contamination in the water sources have serious side effects with illness on the human avatar and corrode our health.
5. What we think, then the energy emitted. When we hold on to long-term accumulation and storage negative emotions in the brain affect and annihilate suprarenal gland function, which provokes syndromes that cause physical discomfort and have an unimaginable magnitude that damages our body.

Especially looking back the last four years, after the “pandemic” and the rollout of the CVD jabs....

We've seen a massive rise in cancer disease.

But there's an unexpected, natural treatment that dissolves these tumors!

Here's incredible information from Dr. Byran Ardis's investigation and antidote.

"During the pandemic in the year 2022, researchers, while we were on lockdown, were actually doing experiments injecting animals with conotoxins and cobratoxins, the spike protein of COVID. And they found that it will cross the blood-brain barrier within 72 hours of the animal. It targets the alpha-7 nicotine receptors on glioma C6 cells. Within 72 hours, they can confirm a glioblastoma was being formed by the venoms' attachments to those nicotine receptors.

After 72 hours of watching the brain tumor grow, these scientists would inject the animals with two different doses of nicotine, and they showed the results at 1 microliter per milliliter of blood. When they introduced nicotine within 72 hours, the glioblastoma was dissolved by half the size just with nicotine. They then suspended the study at the end of 72 hours. And I keep asking myself, wouldn't you as a researcher be shocked to see such an amazing result of a brain tumor being dissolved by half in 72 hours with something as simple as nicotine? "

More detailed explanation at our website in a downloadable eBook "The Antidote" by Dr. Byran Ardis

Another amazing discovery and resource from health experts about the Cancer Epidemic: is "The Alarming Rise in Post Vaxx Turbo Cancers - And How to Reverse Them" eBook.

Also, in this informative and helpful website, www.cancerseries.com.

Many healthcare professionals present the medical truths you didn't know you needed to heal your body.

Even if you aren't suffering from symptoms after getting the vaccine, yet, by detoxing and having proper hormone levels at any age is protective against breast cancer, Alzheimer's, cardiovascular disease, osteoporosis, weight gain, and diabetes, and will help you not only to live longer but allow you to live vibrantly, also optimizing your body functional to experience most healthy state.

Imagine treating cancer without surgery, chemotherapy, or radiation therapy...

Another superpower and natural remedy for healing cancer

Castor oil benefits

Castor oil penetrates very deeply, it causes cleansing and healing, when you use this powerful castor oil compressor it can restore your avatar naturally.

Apply castor oil to your avatar it improves the circulation and lymphatic drainage of waste, improving the elimination of toxins and bringing more nutrition for repair, aiding immune health and maintenance of the organ's functioning.

Castor oil is rich in vitamins, and essential nutrients that help to hydrate dry skin and clear up skin, it can relieve cramps, also, benefit the digestion system, and generally detox the avatar.

Colloidal Silver – kills everything

Today, colloidal silver is used as an alternative medicine to ward off bacteria, fungi, and viruses.

The bactericidal activity of colloidal silver is well documented. Its benefit in reducing or preventing infection can be seen in several applications, including as a topical treatment for burns and chronic wounds.

Colloidal Silver is a powerful antimicrobial agent. It helps to fight infections and aids in cold and flu prevention, wound healing, and more. Silver also helps with internal heat regulation and circulation.

Colloidal Silver has antibacterial, antifungal, and antiseptic properties and helps provide relief from chronic skin conditions such as eczema, psoriasis, acne, burns, and dermatitis by reducing dryness, redness, and itching.

Conclusions: The study data support ionic colloidal silver as a broad-spectrum antimicrobial agent against aerobic and anaerobic bacteria while having a more limited and specific spectrum of activity against fungi.

Seven Best Natural Antibiotics

1. Garlic. Cultures across the world have long recognized garlic for its preventive and curative powers.
2. Honey. Since ancient times, people have used honey due to its wound-healing activity and antimicrobial properties.
3. Ginger. 4. Echinacea. 5. Goldenseal. 6. Clove. 7. Oregano.

Remember, for our healthy bodies and our wholesome souls, we need to remove ourselves from living in artificial boxes, artificial food, artificial water, artificial nature, artificial medicine, artificial air, artificial temperature, artificial lighting, artificial clothes, artificial plastic, artificial televisions and artificial programs of emotions.

Ultimately, you are your own scientists, you are your own doctor, you are your own healer, you are your own teacher, as well as you are the beneficiary of your own wholesomeness.

Let us Identify and Protect Nicotine Receptors

In encyclopedia

Nicotine receptors full name in Medical terms Nicotinic acetylcholine receptors, or nAChRs, are receptor polypeptides that respond to the neurotransmitter acetylcholine. Nicotinic receptors also respond to drugs such as the agonist nicotine. They are found in the central and peripheral nervous system, muscle, and many other tissues of many organisms. At the neuromuscular junction, they are the primary receptor in muscle for motor nerve-muscle communication that controls muscle contraction. In the peripheral nervous system: (1) they transmit outgoing signals from the presynaptic to the postsynaptic cells within the sympathetic and parasympathetic nervous system, and (2) they are the receptors found on skeletal muscle that receive acetylcholine released to signal for muscular contraction. In the immune system, nAChRs regulate inflammatory processes and signals through distinct intracellular pathways.

The nicotinic receptors are considered cholinergic receptors since they respond to acetylcholine. Nicotinic receptors get their name from nicotine which does not stimulate the muscarinic acetylcholine receptors but selectively binds to the nicotinic receptors instead. The muscarinic acetylcholine receptor likewise gets its name from a chemical that selectively attaches to that receptor — muscarine. Acetylcholine itself binds to both muscarinic and nicotinic acetylcholine receptors.

Detox Parasite

During one of my meditations, I felt a strange sensation traveling up and down my lower legs, as a natural nutritionist, I realized parasites were dancing and having a fun time in my avatar.

So, I chose to have a friendly conversation with the trespasser: "This is my temple, I do not welcome any intruder, since you attacked my sanctuary, so I have to flush out the invader. Please forgive me, I am sending you all love and light."

Then, I get to work — first week — no sugar, no flour, no egg, no tofu, no corn, no rice, no dairy product, don't consume anything from the package or container, which contains sugar and all kinds of unhealthy ingredients.

What I took to detox

1. used one bottle (30ml) of organic black walnut & wormwood extract for 2 weeks — my avatar does not respond to it favorably
2. used one bottle (100 capsules) of purge parasites and organic wormwood vegetable capsules for 3 weeks — seeing the sensation subside a little bit, but I know need to flush parasites out of my avatar.
3. Juice Fasting for 2 weeks, my protocol for every day

Morning first thing to consume — juicing one big papaya with three spoon seeds, 2 big cups of juice finish within 2 hours.

In the noon time — juicing watermelon or any melon, 3 big cups of juice for lunch

Beverage — 2 cups of strong ginger root tea (which is a half pound of organic ginger root, from 6 cups of water boiled into two cups of tea) 2 cups of organic dandelion tea, and one cup of organic Reishi Mushroom

I only drink distilled water, so, I drink one cup of Celtic Sea salt water, to add necessary minerals in the avatar.

Alternative Veggie juicing

The Best healing juicing: 7 green apples, one stalk of celery, two cucumbers that need to peel the skin, a pinch of cilantro, a pinch of Presley, half teaspoon cayenne pepper, big thumb-size ginger, and one lemon with skin. 2 big cups of juice.

Another recipe: 1 bitter melon, celery with 1 cucumber with one big spoon of ginger root, and one big cup of bitter melon juice for the first thing of the morning.

2 cups of coconut water, 2 cups of Dandelion tea, 1 cup of green tea,

1 cup of organic turmeric golden tea: one full spoonful of raw turmeric, one full spoonful of raw ginger, one small teaspoon of black pepper, cumin, and cinnamon, one big teaspoon of raw coconut oil, and raw honey for the evening.

Why juice Fasting: when you are fasting, your system doesn't have food to produce protein and sugar to feed the hungry parasites, so the parasites die off, that is the best way to eliminate, to flush out all the parasites, and worms in the body.

As I see the benefits and results of juice fasting, now I am juice fasting every week, sometimes for 2 to 3 days fasting to cleanse the toxicity in the avatar.

Benefits of papaya seeds :

"Papaya seeds are rich in fiber. They regulate our bowel movements, removing toxins from the avatar and thus maintaining a healthy gut. They are helpful in constipation. Caprine present in papaya seeds kills bacteria and parasites in our intestines and thus keeps our digestive system healthy."

"Chinese and Indian people have been using Bitter melon as herbal medicine to restore and rebuild the immune system for a long time."

You can fast for one day, two days, or three days, turn into your body, and see how your gut feels.

Fall Asleep Naturally

According to research, creating a consistent sleeping pattern helps people fall asleep naturally, also, I listed a few suggestions to aid people in sleeping peacefully.

1. Listen to relaxing music
2. Take a hot bath
3. Get some exercise during the day
4. Avoid using your cell phone and take a blue light break
5. Keep the lights off and sleep in a quiet, dark room
6. Read a book or magazine
7. Avoid caffeine or alcohol
8. Have a warm cup of herbal tea
9. Doing meditation or mindfulness breathing.

Natural Remedies:

1. Honey

This is because honey contains tryptophan which is a hormone that helps relax and send sleep signals to the avatar. Because tryptophan is an essential amino acid but cannot be produced naturally in the avatar, supplementing through honey before bed brings many benefits to the body.

2. Melatonin

Naturally produced by the pineal gland, melatonin can also be taken as a supplement. Crossing through the blood-brain barrier, a small dose 30 minutes to 1 hour before bedtime can help you reliably feel sleepy at a time that suits you, allowing you to establish a healthy sleep pattern.

3. L-Tryptophan

Naturally present in many different foods, L-tryptophan is the compound found in peanuts and chocolate. When we consume nuts or supplements, this amino acid is utilized to produce melatonin, along with calming neurotransmitters that help quiet any anxious

thoughts and keep you awake. In this way, L-tryptophan helps improve the quality and reliability of your sleep cycle.

4. Passionflower tea

Grown throughout the southeastern United States, passionflower contains some organic compounds that help you feel more relaxed by increasing the body's natural production of GABA. When taken at night before bed, passionflower can help you fall asleep more quickly and increase your time spent in the deeper, more restorative stages of slow-wave sleep.

5. Magnolia Bark tea

Used for centuries in traditional Chinese medicine for its natural sedative properties, magnolia bark contains 2 organic compounds, magnolol, and honokiol, which help activate the GABA receptors in your brain. Through this mechanism, magnolia bark enhances the calming effects of your own natural GABA production and keeps your mind at peace throughout the night, improving sleep quality and limiting interruptions.

6. Lemon Balm tea

Often used in sleep-inducing tea blends, lemon balm contains natural compounds that help quiet your mind by inhibiting an enzyme that normally breaks down and recycles GABA. In this way, this member of the mint family helps maintain higher levels of GABA for longer, allowing your mind to remain peaceful and relaxed for a full night of deep, restful sleep.

7. Chamomile and lavender tea

Chamomile contains a powerful anti-inflammatory and antimicrobial compound called chamazulene, which has a cooling effect on the digestive system and can relieve the aches and pains of a cold or the flu and help speed recovery from illness. Lavender is also anti-inflammatory and cooling to the digestive system. Also, relaxes the busy mind for better sleep.

Sleep fast in 5 minutes trick

Begin by placing the tip of the tongue against the skin behind the upper front teeth, keeping it there throughout. Breathe out fully through the mouth, making an exhalation sound. Close the mouth and breathe in quietly through the nose to the count of 4. Hold your breath for a count of 7.

Foods like kiwi, cherries, milk, fatty fish, nuts, and rice have been found to aid in relaxation and sleep. Avoiding caffeine, alcohol, and heavy meals before bedtime is essential for maintaining healthy sleep patterns.

Also, growing evidence has demonstrated that vitamin D has a role in sleep regulation.

May you have a peaceful sleep, good night, my wise friends.

Disclaimer: We at Synergy Elevation offer you data that is not advocated by the mainstream media, and thereby may seem controversial. The investigation, research, opinions, views, information, and knowledge we present are not necessarily promoted or endorsed by any organization. We are just willing to be a guide and a light to assist those who are landed on our website to seek answers. We hope our content is provocative and inspires you to question the mainstream narrative and propaganda. Please use discernment! Use logical thinking, your own intuition, and your own connection with Source, Spirit, and Natural Laws to help you determine what is true and what is not. By sharing evidence and seeding dialogue, it is our goal to raise awareness and consciousness of higher truths to free mankind from the enslavement of the matrix in this material.