

CANONICAL ENTRY 23 / 74

Cold

Breath, voice & ENT

CANONICAL SOURCE - VERBATIM

Keep the body alkaline - keep alkalized. A cold develops in the presence of an acid condition. Add a teaspoon of baking soda to each glass of water. Release all resentments and anger - forgive it all away. The glands secrete poisons when angry. Instead of resentments, Love. Rest to balance the function of the autonomic nervous system.

Therapy:

- Consume extra Citrus fruit
- Keep a mostly liquid diet
- Chew excessively all food
- Occasional tsp of Rye whiskey
- Senna laxative or Enema
- Abhyanga (massage) with olive oil

-Massage Rationale: Inactivity causes many of those portions along the spine from which impulses are received to the various organs to be lax, or taut, or to allow some to receive greater impulse than others. The massage aids the ganglia to receive impulse from nerve forces as it aids circulation through the various portions of the organism.

CANONICAL COMPANION SET

Esoteric Anatomy for Healing and Revelation

Enlightened Athletics Dietary Protocol