

CANONICAL ENTRY 03 / 74

Health Fundamentals

Foundations

CANONICAL SOURCE - VERBATIM

As the divine within is touched and awakened the body is healed.

Earthing - keep in the open, outside, and close to earth

Exercise - counteract the daily routine, especially by walking during evening

Eliminations - keep normal and proper eliminations, and make use of colonics

Sleep - ensure 6-7 hours of sleep per night, if stressed sleep 10-12 hours

Relax - make time to relax that you don't overtax the body

Masticate - chew your food thoroughly that you may enjoy it more and by activity of the glands in mouth and salivary glands keep the throat and bronchi healthier

Purify with food - eat plenty of lettuce that you may purify against those influences which attack the bloodstream

CANONICAL COMPANION SET

Esoteric Anatomy for Healing and Revelation

Enlightened Athletics Dietary Protocol