

## CANONICAL ENTRY 64 / 74

# Shingles

Immune &amp; inflammatory

## CANONICAL SOURCE - VERBATIM

The Thoracic area, Cervical, Lumbar, Sacral, and 5th Cranial Nerve are most commonly involved.

This malaise is not of an infectious etiology, but of a basic pathology, involving at its root poor eliminations initiated by a variety of mechanisms, brought about by a hydrochloric portion of the system, and by series of effect is there only an apparent virus attack with characteristic distribution around spinal or cranial nerves reflecting the segments innervated by the involved nerves.

Therapy:

- Enlightened Athletics Dietary Protocol; easily digestible; no apples, sweets, or meat; supplement Vitamin B-1; drink Watermelon Seed Tea to stimulate eliminations
- Osteopathic Adjustments with emphasis on dorsal, cervical, and lumbar
- Massage Peanut Oil mixed in equal parts with Witch Hazel

## CANONICAL COMPANION SET

Esoteric Anatomy for Healing and Revelation

Enlightened Athletics Dietary Protocol