

CANONICAL ENTRY 71 / 74

Vision

Vision & sensory

CANONICAL SOURCE - VERBATIM

Stimulate optic reactions between kidneys and eyes with a whole carrot blended and mixed into gelatin and consumed with other above ground vegetables in at least one daily salad.

Therapy:

- Enlightened Athletics Dietary Protocol added carrots, green peas, green beans, onions, beets, oranges, lemons, limes. Prepare the vegetables and fruits with gelatin (especially the carrot) to increase absorption and directly aid the optic nerve
- Neck exercises - 3 relaxed head tilts to all sides, 3 clockwise head rolls, followed by 3 counterclockwise rolls
- Walk for at least 30 minutes each morning
- Remove the pressure of toxic forces by using an organic potato skin to create a poultice and cover your eyes with it for 20 minutes

CANONICAL COMPANION SET

Esoteric Anatomy for Healing and Revelation
Enlightened Athletics Dietary Protocol