



Healthy Ways - Body

P.A. Bloom

COLOR FLOW INK, LLC 153 E. Wagner St. #1315, Talent, OR 97540



Healthy Ways

Body and Beauty



Table of Contents

Healthy Ways 2

___Body and Beauty___ 2

Table of Contents..... 3

___BEAUTY___ 5

Eye Care..... 6

Tooth Care..... 7

DIY Professional Teeth Cleaning 8

Tapping11

___SYSTEMS___13

___SKELETAL SYSTEM___14

Strong Bones and Teeth.....15

Reverse Osteoporosis Naturally16

___SKIN, HAIR AND NAILS___19

Fingernails, Early Warning Signs20

___FIVE SENSES___24

Eyes - How can I improve my vision?25

Eyes - How can I prevent cataracts?27

Eyes - Overworking the eyes stresses the kidneys31

___ORGANS___32

Kidneys - Caring for the kidneys33

Kidneys - Overworking the eyes stresses the kidneys34

___ANATOMY___35

Neck - Depression vs. Exhaustion36

___POSTURE___37

Posture - Steps to Correct38

Posture - Standing Squats40

Posture - Sitting - Gap.....41

Posture - Sitting - Sitz Bones42

___MUSCLES AND MOVEMENT___43

Muscles - Cramps.....44

Eye Yoga48

Index - Body50

___THE END___51

Appendix C - Chapters and Subchapters52
Subchapters.....52
Appendix F - FLOW.....54
Appendix K - Keywords55
Appendix X56

BEAUTY



Eye Care

REJUVENATE

Upon awakening

- cucumbers - 2 icy cold slices placed over closed eyes for 15 minutes
- massage
- facial exercises
- tap around orbital area

CLEAN

- bedroom
- sheets
- dust
- vacuum
- air quality

DEVICES

limit to a maximum of 7 hours a day

- computers
- tablets
- phones

OUTDOORS

- look at landscapes
- walking
- driving

REFOCUS

- change your target distance
- movies

Tooth Care

Here is a daily routine for caring for your teeth naturally, without toxins.

Stains 1 tsp sesame oil – swish in mouth about 5 minutes,
then spit out.

Oil pulls off stains that water cannot.

Floss Keep a one handed flossing device handy
at bathroom, kitchen, desk, car and office.

Rinse Salt water is great for the gums.
Vigorously rinse with a strong solution of salt.
Use pickling salt and avoid sea salt.
Pickling salt is available at the grocery store.
4 lb. for \$2.50, lasts a year or more.

Clean brush gently with baking soda, tooth powder
or a special blend from the local herbalist.

Tongue Always follow with a tongue scraper.

Eat a high protein diet, low in sugars to avoid tooth decay.

DIY Professional Teeth Cleaning

*How to do your own simple & easy
professional teeth cleaning.*

*Your teeth will look shiny
and feel so silky!*

Steps

Oil pulling

For stains: Use sesame oil or olive oil with a fresh peppermint leaf.
In the morning before eating, rub the oil on your gums and swish.
Wait 15 minutes, then spit out.

Floss

Floss frequently throughout the day.
Keep one-handed flossing devices at work areas, in the car, in the kitchen, at the couch...where ever.

Gargle

Gargling with pickling salt is great for improving gum recession.
Using a mason jar, make a brine of 1 oz pickling salt to 16 oz of hot water,
and keep in the bathroom.
This will last a few weeks.
It is important to use pickling salt, not sea salt or table salt.
Pickling salt can be found at your local grocery store typically near the spices.

Have a shot glass for each person:

Pour in 2 swigs of brine, swish vigorously, then spit out the particles.
Hydrogen Peroxide can be substituted for the salt water.

Brush

Use a soft toothbrush.

Brush downwards on upper teeth.

Slow it down.

Brush upwards on bottom teeth, then brush the tongue.

Use baking soda,

or 60% baking soda & 40% pickling salt,

or a health food store powder

or a paste,

or an herbalist blend.

Tongue

Scrape your tongue every time you brush.

Use your tongue to check-in. Feel all the areas of the mouth.

Gums

Go along the gum line with a rubber tip tool

to help avert gum recession.

Volcano

This is a fun scientific experiment to do weekly.

Make a "volcano" in your mouth.

Pack in baking soda in between your teeth,

particularly in trouble spots.

Focus on the bottom front teeth on the inside.

Add 1 tsp of apple cider vinegar

Feel the foaming, cleansing action removing the plaque.

Spit it out and rinse with clean water.

This is to get the feeling of silky, smooth, squeaky clean teeth.

Massage & Exercise

Massage your teeth and gums with a finger to keep the blood circulating well.

Exercise your jaws, teeth, neck to release tension and prevent teeth grinding.

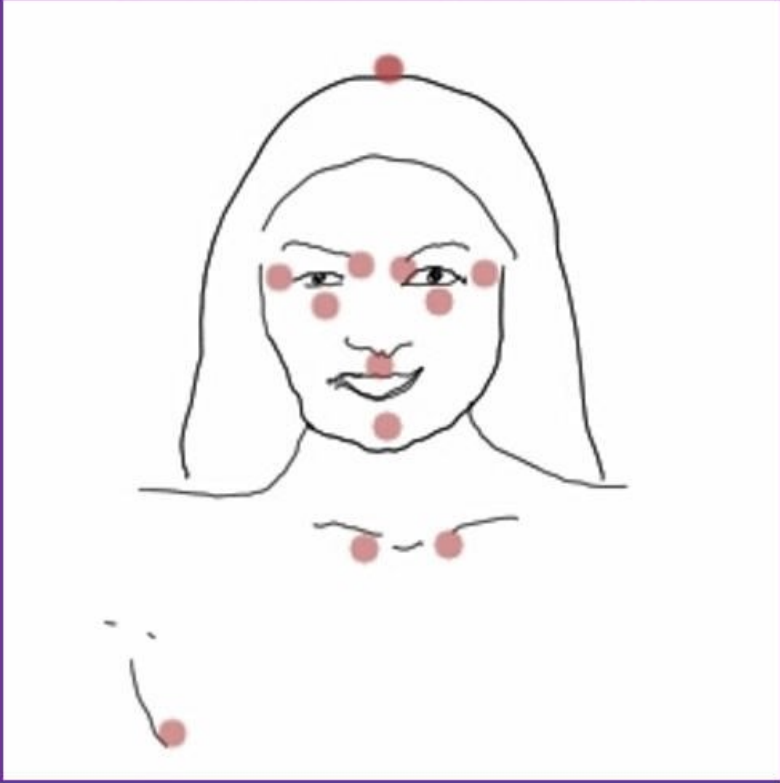
What you'll need

pickling salt / baking soda / apple cider vinegar /
toothpaste with neem / soft toothbrushes / floss /
Gum® soft picks / tea tree chewing sticks / toothpicks /
sesame oil / olive oil / peppermint /
Gum® Rubber tip tool / tongue scraper / hydrogen peroxide.

Get back to basics & save money.

Tapping

Body and Beauty



The diagram shows a line drawing of a woman's face and neck. Red dots are placed on the forehead (between eyebrows), around the eyes, on the nose, at the corners of the mouth, and on the neck. A hand is shown tapping the neck area.

Tapping

color-flow.com
z. 1509

Around the eyes, tap on the boney part, not the soft tissue.

Tap, pat, knock

Face, head, collarbone, ribs and legs

Face

- First side, use one hand
- Start
- Inner brow
- Outer brow
- Under eye
- Under nose
- Under lips
- Collarbone
- Other side, other hand
- Start
- Inner brow
- Outer brow
- Under eye
- Under nose
- Under lips
- Collarbone

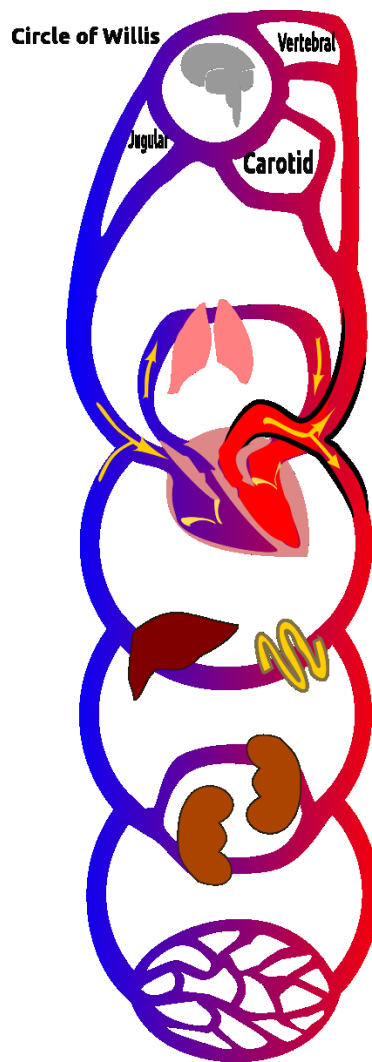
Now, Head and Ribs

- Top of head
- Armpit
- Down the ribs
- 4 times
- Top of head
- Other side
- Armpit
- Down the ribs
- 4 times

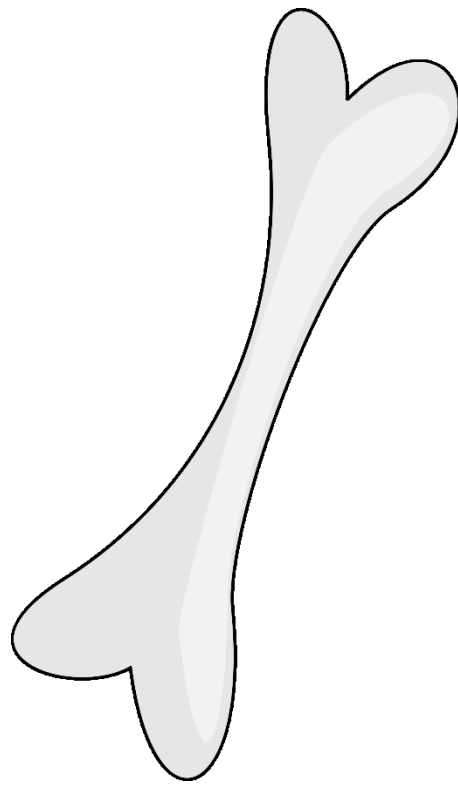
Now, the legs

- First leg, lift
- Tap the thigh with both hands down to the knee
- And back up
- Pat
- Knock
- Now the lower leg
- Tap
- Pat
- Knock
- Now the other leg
- Thigh
- Tap
- Pat
- Knock
- Now the lower leg
- Tap
- Pat
- Knock

SYSTEMS



SKELETAL SYSTEM



Strong Bones and Teeth

*You need calcium for dense bones
and magnesium for strong bones.*

Calcium fills in your bones and teeth.

Magnesium makes the underlying structure
of the bone strong.

Caffeine, soft drinks and meat deplete
calcium from the bones.

How to strengthen a bone:

When you contract a muscle,
the tendon pulls on the bone.

This causes the brain
to send minerals to that bone.

Reverse Osteoporosis Naturally

*You can improve your bone density.
Your bones and teeth are alive.*

Build up your bone density & prevent tooth decay.

Steps to Build Your Bone Density

Progesterone cream Start with your endocrine system.

Vitamin K2 with Natto MK-7

Vitamin K2 guides calcium away from the arteries and towards the bones.

Vitamin K2 may help in with following:

- Prevention of Heart Disease and Arterial Plaque
- Enhance Bone Health and Prevent Osteoporosis
- Boost the Immune System and Help Prevent the Signs of Aging

Vitamin K2 is best absorbed with food containing fat.

Minerals

Be sure to get enough silica, magnesium & phosphorus to re-mineralize your bones.

- Silica
- Magnesium
- Phosphorous

To build bones, eat foods rich in these minerals each day.

Silica converts to calcium

Foods rich in silica:

Bananas, bran cereal, whole grain bread, raisins, mineral water (high silica)
green beans, carrots and brown rice

Foods rich in magnesium:

Spinach, seeds, black beans, broccoli, nuts, whole grain cereal, and bread

Foods rich in phosphorus:

Milk, yogurt, chocolate, bananas, bran, brown rice, whole grain breads, avocado, nuts,
seeds and legumes

Foods rich in calcium

Milk and yogurt

Foods rich in vitamin K2

Butter from grass-fed cows, eggs and yolks

Tips

Get your calcium from food rather than supplements.

Vitamin K2 helps to guide calcium into the bones and out of the arteries.

Vitamins A, D3 and K2 work together.

Balancing the amount of minerals is key.

More is not usually better.

High intakes of Vitamin D3 without other vitamins actually depletes your bone density.

Exercises

Weight bearing and resistance exercises:

- Squats
- Push ups
- Lunges

Sources - see 2012dec21

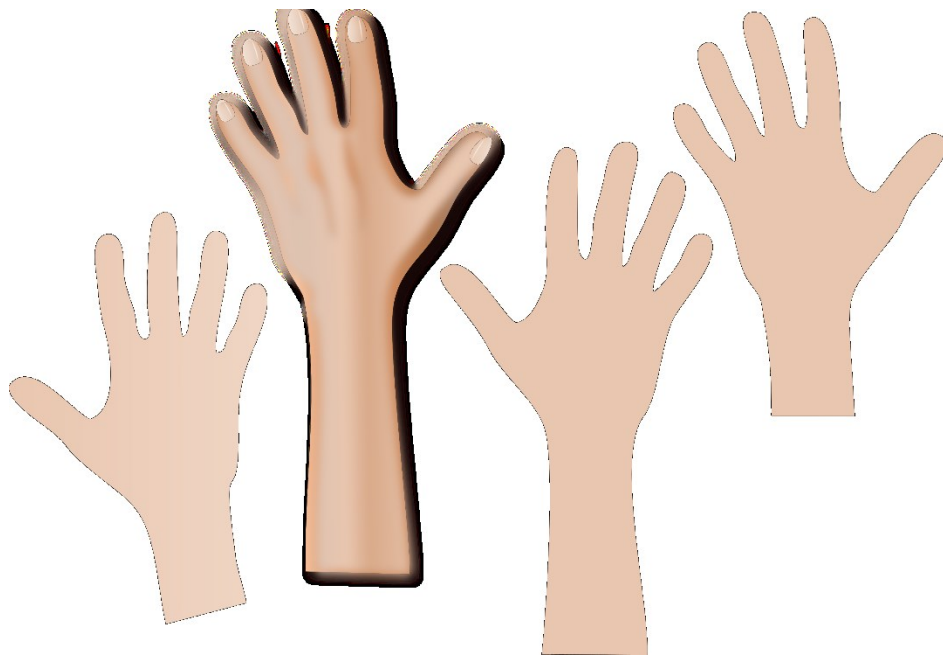
Nadine Artemis, Daniel Wolfe, Hal Huggins, Kate Rhéaume-Bleue, Dr Oz

See: Book: "Vitamin K2 & the Calcium Paradox" - [Dr Kate's Blog](#)

/heal, 2012dec21, body, bones, teeth, osteoporosis, WIP 2013jan07

SKIN, HAIR AND NAILS

The Integumentary System



Fingernails, Early Warning Signs

WIP

Eight warnings. Here are 2 common conditions

- hypothyroidism
- rheumatoid arthritis

QUESTIONS AND ANSWERS

What is arthritis?

What is inflammation?

What is tumor?

What is calor?

What is dolor?

What is rubor?

DEFINE - Hypothyroidism

The thyroid gland does not make enough thyroid hormone.

DEFINE - Arthritis

ARTHRO- = joint, Greek

-ITIS = inflammation, Greek

ARTHRITIS = joint inflammation

Arthritis

Arthritis is joint pain is caused by

- inflammation
- disease
- daily wear and tear
- muscle strains
- fatigue

Rheumatoid Arthritis (RA)

Vitamin D deficiency is common in those people with RA.

DEFINE - Inflammation

-ITIS = inflammation, Greek

INFLAMMATION = -itis, Greek

Inflammo = "I ignite, set alight", Latin

Symptoms of inflammation = Acronym "PRISH"

PRISH = Pain, Redness, Immobility, Swelling, Heat

PRISH = Dolor, Rubor, functio laesa, Tumor, Calor

pain	dolor
redness	rubor
immobility	functio laesa (loss of function)
swelling	tumor
heat	calor

TUMOR = swelling

See INFLAMMATION, Celsus, Galen

What is a tumor?

Actually, a tumor is just swelling.

Swelling happens throughout the body.

From brushing your teeth too vigorously,

to stubbing your toe,

to swollen body parts, chronic conditions.

Basically tumors swell from habits,

work stresses, repetitive motions & cravings.

The tumors in the body change in size.

The body can heal itself.

Tumors go back to normal

given enough time and the right conditions.

Tumors swell and shrink.

OBESITY & SYSTEMIC INFLAMMATION

INTERLEUKINS (IL) were discovered, so the concept of

SYSTEMIC INFLAMMATION developed.

OBESSE people tend to have chronic inflammation.

DEFINE - Healing

HEALING = to make whole

FURTHER QUESTIONS

What is an interleukin?

What is systemic?

What is systemic inflammation?

What is tissue?

What is the endothelium system?

What are all these markers?

Who was Celsus?

Who was Galen?

FIVE SENSES



Eyes - How can I improve my vision?

Questions for the eye doctor:

1. How can I improve my vision?
2. What exercises can I do?
3. How do I relax, massage, do a facial?
4. How do I stop abusing, over-using my eyes?
5. How to adjust my surroundings?
6. What foods are best to help my vision?
7. How do I prevent having to wear eye glasses?
8. How do I keep from having my prescription increased?
9. How do I avoid eye surgery?
10. Is it okay to look at the sun? If so, for how long?

Answers:

1. Practice palming, sunning, shifting and blinking. Develop distance vision.

Stimulate peripheral vision.

2. Look to the left as far as possible for 3 seconds.

Look up for 3 seconds, then right, then down. Repeat several times.

Eye circles: look to your upper right as far as you can, then draw your eyes around in a sweeping circle.

3. Unwind

Stop for 15 minutes.

Lay down on the floor.

Do a mini-facial at home:

Dampen a wash cloth, lay down,

close your eyes with the wash cloth over your eyes for 10 minutes to 1 hour.

Get plenty of fresh air. Get oxygen to your eyes and brain.

4. Computer usage

If you work all day on the computer,
or with devices and/or reading,
then minimize eye fatigue by focusing at greater distances periodically.
Tumors can grow with light at night.
Avoid working late on the computer.
Minimize time on technological devices.

5. Take micro breaks, go on walks, visit the park, do some gardening.

Change your pillow cases at least once a week.
Vacuum and dust around your bed, at least several times a month.
Open curtains and windows for fresh air as much as possible.

6. Orange foods & drinks help your vision.

Get plenty of vitamins A, C & E.
Vitamin A - sweet potatoes, carrots, cantaloupe, carrot juice
Vitamin C - oranges, cantaloupe, orange juice
Vitamin E - nuts and seeds, peanut butter

7. What is going on?

If your future looks dim, then your eyesight may get fuzzy.

8. Are you over-working? Are you stressed?

Is it just too difficult to stop? Just pause, for 2 minutes. Walk away.

9. Really examine your inner self.

What are your goals, what is preventing you
from leading the life you want to lead?
How can you come up with a workable compromise?

10. It is okay to glance at the bright noonday sun for a few seconds to adjust your distance vision.

It is soothing to your soul to gaze at sunrises and sunsets.

Eyes - How can I prevent cataracts?

What is a cataract?

A cataract is a clouding on the lens of the eye.

Practice good eye care in these 4 areas:

Lifestyle, Food, Vitamins & Minerals, and Movement

LIFESTYLE

Computers: Limit your usage of computers, phones and tablets.

The fine print and the glare from touch screens cause eye strain.

Don't be abusive to your eyes.

Do a variety of activities daily.

Keep a journal of your weaknesses,
such as keeping track of how many hours each day
you are on devices and reading within a few feet.

Get a baseline.

How many hours a day are you on the computer?

How many hours are you on your Ipad, tablet and phone?

How many hours on the TV?

Tracking the time on electronic devices
for about a week will give a good baseline.

Then, you can set goals and targets to aim for.

Check your usage again every 3 months.

Be careful especially with glossy, small touch screens
that glare and show reflections of you and what is behind you.

Set a bedtime rule for turning off devices at night,
and aim to obey that rule as often as possible.

BODY CARE

Take breaks from close eye work.

Get up and move around once every fifteen minutes
while sitting and focused on mental activities.

Get physical, feed your spirit as well.

Just close your eyes for a few moments.

SPIRIT

Rather than a long list of chores,
have something to look forward to,
that pulls you away from focused eye work.

LOOK AROUND

Use your eyes in a variety of ways
to keep the muscles strong and healthy.
Gaze at landscapes, like a hunter or a photographer, looking for animals.
Look at the moon and stars at night.
Look out of the far corners of your eyes.
Make expressions: widen and squint your eyes, smile.
Rest your eyes, close them gently for a few moments.

DIY FACIAL

Dampen a wash cloth with cool water and wring it out.
Bring a hand towel as well.
Lay down, relax and get comfortable.
Fold the wash cloth over your eyes for 2 – 30 minutes.
Place the hand towel over your neck.
Focus on breathing deeply and slowly.
This feels so wonderful after spending hours on the computer.

LIGHTING

Have good lighting while working on a desktop computer
and while reading.
Laying down reading in bed in the dark is probably not a good idea.

OUTDOORS

Wearing ultraviolet light blocking sunglasses and a wide brimmed hat
while walking helps.

FOOD

For bright eyes:
Vitamins: A, C and E –

oranges, tomatoes, strawberries, peanuts, almonds, sunflower seeds.

Minerals: selenium, copper, zinc – nuts, beans, beef, poultry.

Antioxidants: orange veggies, dark leafy greens, garlic, onions, blueberries, grapes
carrots, sweet potatoes, cantaloupe, apricots.

Also, foods with a low glycemic-index will help.

MOVEMENT

These simple exercises will help you maintain optimal vision.

Whenever you awaken, go to bed or feel tired, you can refresh your eyes easily.

MASSAGE

Using two fingers,

massage around your temples.

Massage your eyes in a figure-8 pattern.

Rub and squeeze the base of the skull and the upper neck,
at the atlas and axis.

Work out other tension areas of the face, as well.

PALMING

Rub your palms together to create heat,

and then place them against your eyes for a few seconds.

EYE CIRCLES

Start by looking up and then slowly circle

a few times clockwise and then a few times counterclockwise.

FOCUSING

Hold your index finger at arm's length, focus your eyes on it, and slowly bring it closer until it's about 6 inches away from your nose.

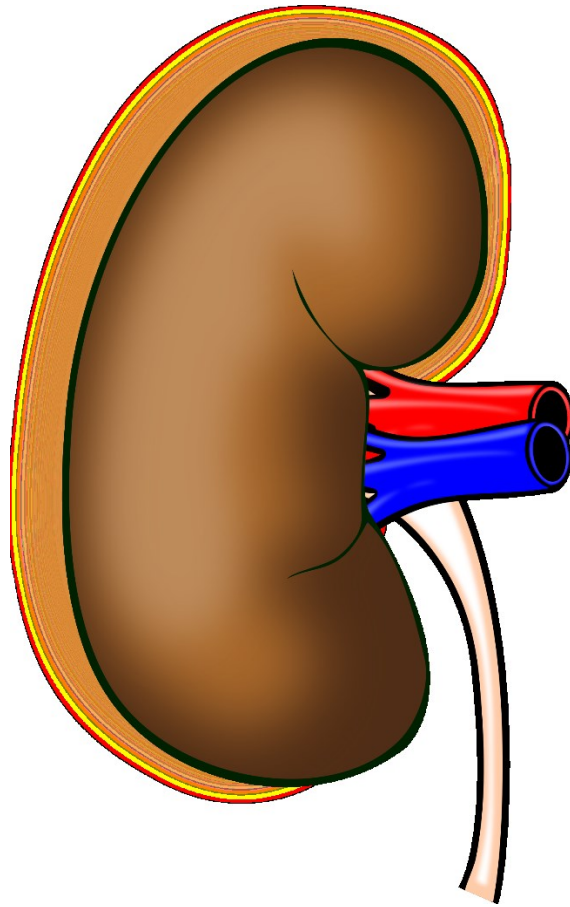
Then slowly move it back, keeping your eyes focused on your index finger, Do several times.

Eyes - Overworking the eyes stresses the kidneys

Overworking the eyes stresses the kidneys.

Take a nap,
if your eyes are desperately tired.
Concentrate on deep relaxation
of the eye muscles.
This helps remove dark circles
from under the eyes.

ORGANS



Kidneys - Caring for the kidneys

If there is fear or melancholy, the kidneys are troubled. - Oriental Diagnosis

1. Sip water just a mouthful at a time.

This hydrates your kidneys.

Sip it like you would a hot cup of coffee.

Avoid drowning your kidneys by drinking a lot at once.

However, be sure to drink lots of water throughout the day.

2. Get Sunshine

A key function of the kidneys is to activate Vitamin D. Sunshine absorbs Vitamin D through your skin so that your kidneys do not have to work as hard.

3. Exercise

Just casual, enjoyable walking outdoors is great.

4. Diabetics need to manage their health well

5. Fruits and veggies

The best fruits and veggies for your kidneys are:

Asparagus, watermelon, strawberries, raspberries, celery, carrots, peaches, cucumber, beets and parsley.

6. Avoid high blood pressure.

7. Qigong

Lightly pat your back with open hands 10 times at kidney level, just below where the rib cage is.

Do this daily to stimulate the Chi, life force, to "awaken" & heal your kidneys.

8. Alcohol is poison to the kidneys.

9. Relax

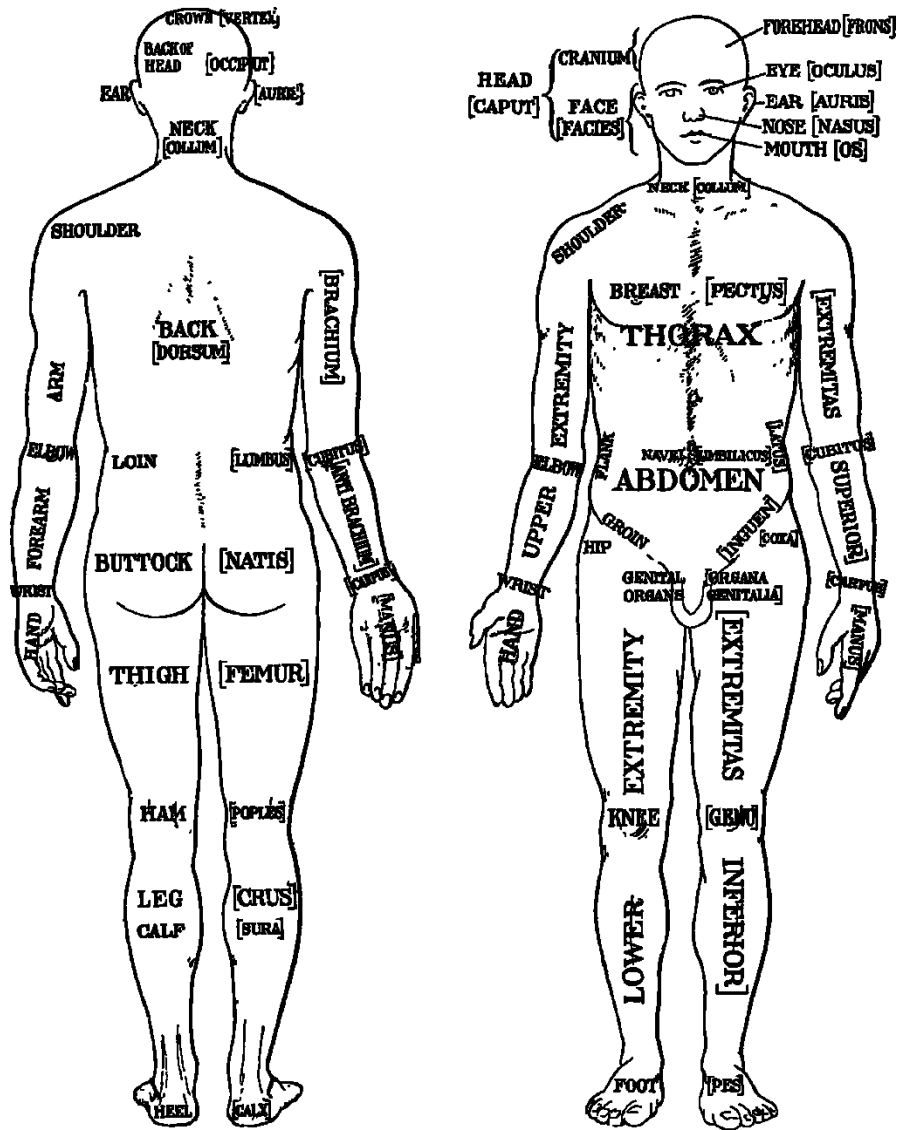
Breathe deeply, close your eyes, be in silence for a few minutes throughout the day.

Kidneys - Overworking the eyes stresses the kidneys

Overworking the eyes stresses the kidneys.

Take a nap,
if your eyes are desperately tired.
Concentrate on deep relaxation
of the eye muscles.
This helps remove dark circles
from under the eyes.

ANATOMY



Neck - Depression vs. Exhaustion

Is it depression or is it exhaustion?

Mind and Body Connection - the Neck

adrenal fatigue	androgens	DHEA
marathon	endurance	stress
cortisol	belly fat	be more than do
fat	poor eating habits	portion control
portion control	binge eating	eat at least every 5 hrs
eat meals	skipping, grazing	eat square meals
overdo	passion	knee jerk reaction
knee jerk	assumptions	stomp those ANTS
ANTS	automatic negative thoughts	thesaurus, emotions
thesaurus	ANTonyms	SYNonyms
Synonyms	words	eprime
eprime	equations, repetitive thinking	can become, will be

POSTURE



Posture - Steps to Correct

SITTING

Sitz bones	Place the hands under the buttocks, find the sitz bones. Rock left to right. Squeeze the bones together.
Core	Breathe out. Breathe in. Press the belly button inwards.
Ribs	Touch the top of the hips with the index fingers. Touch the bottom of the ribs with the thumbs. Lengthen the gap in between. Stretch.
Sternum	Touch the sternum and lift it an inch or so.
Shoulders	Touch the shoulders. Press back, then press down.
Shoulder blades	Squeeze together.
Chin	Touch the chin, push towards the spine. Having a double chin is okay.

STANDING AND WALKING

Tail bone – tuck

Ribs – lift

Shoulders – back

Chin – in

Neck – test against a wall that the back of the neck is flat.

Knees – soften

INSTANT POSTURE IMPROVEMENT

Sternum – Touch the sternum and lift it an inch or so.

Posture - Under and Up

Tail bone While standing, tuck your tail bone UNDER.

Tummy A protruding tummy will flatten out nicely.

Chest Lift the chest UP.

Posture - Standing Squats

Stand tall	Lengthen the rib cage, lift the sternum and tuck the chin.
Tail bone	Place one hand on the tail bone.
Tummy	Place the other hand on the tummy and squeeze inward.
Knees	Bend at the knees, go down about 6 inches.
Pose	Hold this pose several seconds.
Knees	Rise back up.
Squat	Repeat several times. Do throughout the day as needed.

This is great for improving posture,
by tilting the pelvis,
flattening the tummy
and strengthening the thighs.

Posture - Sitting - Gap

Keep the gap wide

between the hips and lower ribs.

Do not lean forward, sit upright.

Posture - Sitting - Sitz Bones

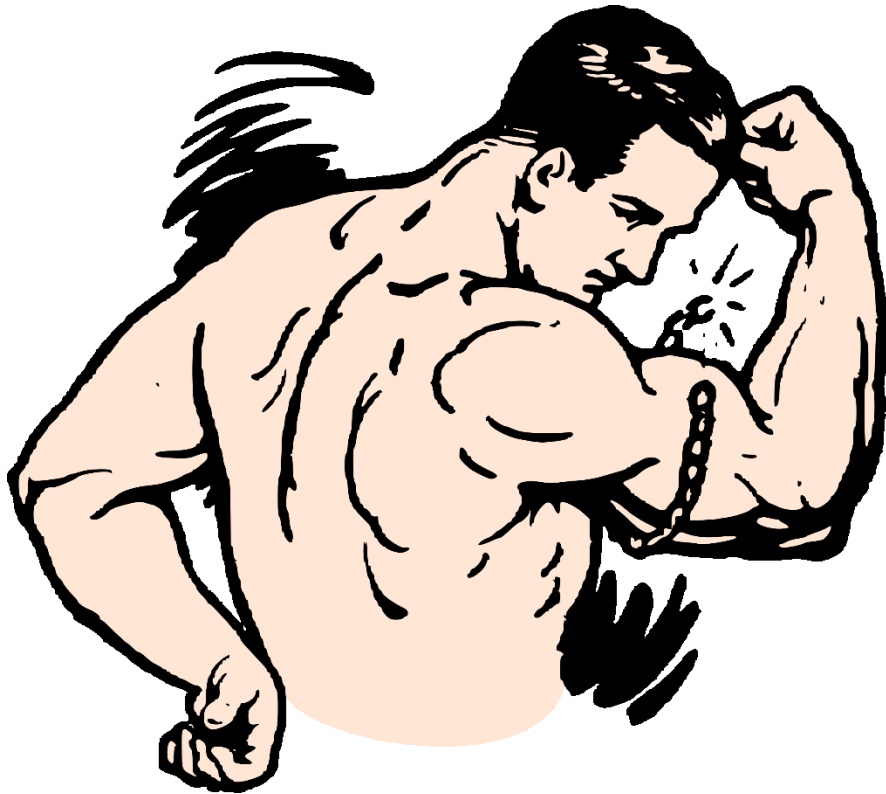
Pull your sitz bones together, then release.

Repeat several times.

You may grow taller by half an inch.

This is great for strengthening the pelvic floor.

MUSCLES AND MOVEMENT



Muscles - Cramps

WIP

HOW TO get rid of cramps, especially foot cramps

Nuts, peanut butter, ACV, mustard, banana, water, massage, accupressure

Increase: bananas, plant based milk, nuts

Decrease: salty foods

Solutions

- Nuts
- Vinegar, Pickle Juice, Mustard
- Water, Tonic Water
- Bananas
- Electrolyte Packets
- Heat area for 10 min.
- Massage, stretch and flex, accupressure points
- Magnesium Supplements

Magnesium

Magnesium relaxes muscles.

Good sources of magnesium: nuts, rice, salad, beans

40 mg = 10% daily value, 400 mg = 100%

MG	% DV - food - amt
50	15% - cocoa - 2 T
75	20% - almonds - 1 oz
75	20% - cashews - 1 oz
75	20% - pumpkin seeds - 1 oz
50	10% - molasses - 1 T
50	10% - peanuts - 1 oz
50	10% - peanut butter - 2 T
30	10% - oatmeal - 1/2 cup
20	5% - milk chocolate - 1 oz

Vinegar, Pickle Juice, Mustard

- 2 tsp ACV and honey
- 3 tsp pickle juice
- mustard

Vinegar remedies work so well that athletes get mustard packets to get fast relief from foot cramps.

Massage and Accupressure Points

Stretch and Flex one minute to get blood flowing to the area.

Massage hard or soft.

Accupressure Points:

IB upper lip and nose / base of calf / top of foot IB big toe, 2nd toe
press firmly, hold one min, release

Supplements

chelated magnesium - 400 - 600 mg/day of magnesium glycinate

take magnesium supplements, progesterone cream

Causes and Manifestations

Magnesium deficiency

Muscles need enough magnesium to relax.

Menstrual cramping - estrogen dominance and magnesium deficiency

muscle twitches, insomnia, bone spurs

dehydration, electrolytes

drink plenty of water.

electrolyte packets.

Tonic Water

minerals

potassium - lack of

potassium, calcium and magnesium - lack of

sodium - too much

anxiety

shallow breathing, reduction of oxygen causes cramping

prolonged exposure

prolonged strain on muscle group

sweating out the minerals your body needs

causing muscle contractions, spasms, cramps

overdoing exercise, standing too long

toe cramps from restricted blood flow - tight shoes

aging

aging, after 50, bones lose calcium

aging, muscle elasticity going

malfunctioning of systems

nerves and blood functioning not up to par

nerves provide nutrients, messages to muscles

nerves not up to the task

frequent foot cramps - signal

circulatory, central nervous system

Anatomy and Why

- MUSCLE TENSION and RELAXATION
- MAGNESIUM relaxes muscles.
- BLOOD FLOW - When muscles tense up, blood flow becomes constricted.
- ARTERIES - The muscular wall around the artery tenses up, then, the artery constricts and becomes narrower. That means, less blood flow.
- ANXIETY - shallow breathing, reduction of oxygen causes cramping
- PROLONGED EXPOSURE - prolonged strain on muscle group
- NEUROTRANSMITTER - VINEGAR has neurotransmitter - acetylcholine - that helps muscles work. The more acetylcholine, the better the muscles work.

Eye Yoga

WIP

Introduction

Simple exercises to change your life.

Prolonged exposure, stress, squinting, too much work

stuck, focus, mind

mind controls body

Design - body is not designed to FIXATE on the computer

for hours at a time, or READ for long hours at a stretch.

Daily repetition, strain - like assembly line

Relieve the STRESS by exercising the eye muscles.

Emotions and Personality Traits

Cataracts - uncertainty, unable to clarify inner thoughts, unable to let go of STUFF

Nearsighted - fear, making the world smaller, lost in thoughts and daydreams, analytical, detail oriented, critical, judgmental, lack of security, trying too hard, over focused, tunnel vision, straining, needing to please, shy, stubborn, avoid confrontations, high stress tolerance

Farsighted - resentment, anger, rage, need to be larger than self, egocentric, narcissism, unresolved anger, extrovert, aggressive, behavior problems,

Presbyopia, difficulty seeing up close - inflexible, fear of intimacy, emotional pain, feeling need to distance emotional, keep others at arms length, avoid intimacy, entanglements, state of mind: getting old, health, activity levels deteriorating

Astigmatism - out of balance, conflicting behaviors and messages, competing emotions, emotional chaos, uncertainty, tension, rigid, twisting, twisted spine, rigid, neck, pelvis

changed schools often as a child, many family upheavals, confusion, disorientation, immigrants

Cataracts, prevention of

accumulation of CLUTTER.

CLOUDS - impedes FLOW, circulation, nutrition

feeling STUCK, inflexible, uncertain

AFFIRM - clear AWAY, blocking my CLARITY

New Sight - UNCLOG FILTERS of life.

allow income flow, stimulate passion, enthusiasm

take in nutrition: spiritually, physically, emotionally, and mentally

Exercises

clock circles / diagonals / triangles / Zs / figure 8s

links neurology together

Recall

move eyes upward to recall visual memories.

Move eyes sideways to recall sounds.

Move eyes downwards to recall feelings, self-talk.

Finish up

Use an eye patch to correct dominant eye problems.

Right eye controls left brain - logical, analytical, yang

Left eye controls right brain - creative, emotional, yin

Index - Body

___ Body and Beauty ___	2
___ ANATOMY ___	35
___ BEAUTY ___	5
___ FIVE SENSES ___	24
___ MUSCLES AND MOVEMENT ___	43
___ ORGANS ___	32
___ POSTURE ___	37
___ SYSTEMS ___	13
___ THE END ___	51
___ SKELETAL SYSTEM ___	14
___ SKIN, HAIR AND NAILS ___	19
DIY Professional Teeth Cleaning	8
Eye Care	6
Eye Yoga	48
Eyes - How can I improve my vision?	25
Eyes - How can I prevent cataracts?	27
Eyes - Overworking the eyes stresses the kidneys	31
Fingernails, Early Warning Signs	20
Kidneys - Caring for the kidneys	33
Kidneys - Overworking the eyes stresses the kidneys	34
Muscles - Cramps	44
Neck - Depression vs. Exhaustion	36
Posture - Sitting - Gap	41
Posture - Sitting - Sitz Bones	42
Posture - Standing Squats	40
Posture - Steps to Correct	38
Reverse Osteoporosis Naturally	16
Strong Bones and Teeth	15
Tapping	11
Tooth Care	7
WIP	20, 44, 48

THE END

Appendix C - Chapters and Subchapters

Subchapters

- 01 [beauty](#)
 - a. attitude
 - i. smile
 - ii. gratitude
 - iii. fruit of the spirit
 - b. grooming
 - i. warm/cool showers
 - ii. avoid overdo
 - c. hair care - see CFI Baldness, thinning hair, gray hair 2012aug31
 - d. face care
 - i. moisturize
 - ii. massage
 - e. [eye care](#)
 - i. city dark - rest the eyes while it is dark
 - f. fingernails and toenails
 - i. blog - tumors, cancer...
 - g. mouth care
 - i. smile
 - ii. be pleasant
 - iii. avoid gossip
 - iv. build people up
 - v. be considerate
 - vi. avoid talking too much or too little
 - h. teeth
 - i. [Tooth Care](#)
 - ii. [DIY Professional Teeth Cleaning](#)
 - i. Relaxation and Stress - muscle contractions
 - j. Relaxation and Stress - slowing down, baby steps, gaps
 - k. skin care
 - l. [tapping](#)
 - m. weight loss tips - see HEAL Mag z. 1507
 - n. wrinkles - managing
- 02 [systems](#)
 - a. [skeletal](#)
 - i. healthy teeth
 - ii. Your teeth and bones are alive.
 - iii. bones
 - iv. about bones
 - v. [how to strengthen your bones and teeth](#)
 - vi. [reverse osteoporosis naturally](#)
 - vii. osteoporosis and sodium - see HEAL Mag z. 1508
 - viii. chiropractors
 - ix. ergo metrics

- b. digestive
 - c. endocrine, hormones - see CFI 2013mar21
 - d. nervous
 - e. blood flow
- 03 [five senses](#)
- a. [eyes](#)
 - i. How can I improve my vision? - see CFI
 - ii. [vision improvement](#)
 - iii. [cataracts - how to prevent](#)
 - iv. [Overworking the eyes stresses the kidneys](#)
 - v. Eyesight Insights - see CFI 2015jul23
 - b. ears
 - c. mouth
 - i. eating
 - ii. exercises
 - iii. jaws and tongue
 - d. nose
 - e. skin
 - i. reverse aging
- 04 [organs](#)
- a. bladder
 - b. brain
 - c. colon
 - d. heart
 - e. kidneys
 - i. [Caring for the kidneys](#)
 - ii. [Overworking the eyes stresses the kidneys](#)
 - f. liver
 - g. pancreas
- 05 [anatomy](#)
- a. neck - mind and body
 - i. [depression vs. exhaustion](#)
- 06 [posture](#)
- a. [sitting, standing, walking](#)
 - b. Sleeping
- 07 [muscles and movement](#)
- a. [cramps](#)
 - b. fun
 - c. sports
 - d. workout
 - e. dancing
 - f. ergo metrics
 - g. [eye yoga](#)
 - h. [massage](#)
- 08 More Topics - XREF - CFI Blog - Heal Index see [blog](#)

Appendix F - FLOW

2013dec04	fingernails	arthritis, inflammation, tumor, obesity, healing
2016jul18	HEAL Body	Muscles - Cramps
2016jul26	HEAL Body	Eye Yoga - see flyers
2016jul27	HEAL Body	Update Word Doc, index to bottom, clean up structure
2016aug27	HEAL Body	Clean up word doc, reorg chapters

Appendix K - Keywords

Bones, 2015mar12, strong bones and teeth, calcium, magnesium, caffeine, soft drinks, meat, contract muscle, tendon pulls on bone, brain sends minerals

Cramps, 2016jul18, muscles, foot cramps, magnesium, nuts, bananas, remedies, vinegar

Eyes, 2015may04, eye care, massage, cucumbers, dust, vacuum, routine

Eyes, 2014mar13, improve vision

Eyes, 2014may14, cataracts, simple daily acts to take good care of your eyes

Eyes, 2013apr10, kidneys, nap, dark circles

Eye Yoga, 2016jul26, emotions, NLP, exercises, personality, improve vision, cataracts

FINGERNAILS, 2013dec04, arthritis, inflammation, tumor, obesity, healing

Neck, 2015feb16, body, mind, mind & body connection, depression, exhaustion, adrenal fatigue, cortisol

Kidneys, 2013apr10, eyes, nap, dark circles

Kidneys, 2012may15, oriental diagnosis, sip, sunshine, vitamin D, Qigong, alcohol, fear

Posture, 2015apr07, steps to correct, sitting, walking, standing

Posture, 2015sep22, sitting, gap, hips, ribs

Posture, 2015jun05, standing squats - Born Posture Book

Posture, 2015nov05, sitting, sitz bones, pelvic floor

Tapping, 2015sep18, EFT, emotional freedom technique, meridians

Teeth, 2012dec05, tooth care, basics, tooth care 101, natural tooth care, hygiene, daily care, non-toxic, sesame oil, floss, pickling salt, baking soda, tooth powder, tongue scraper, Nadine Artemis, Hal Huggins, Daniel Vitalis, Tera Warner

Tooth care DIY, 2012dec31, teeth, professional cleaning, pickling salt, baking soda, apple cider vinegar, volcano

Appendix X

Cross Reference, References, Sources, Dates

Bones - 2015mar12, book, Improve your posture, Novak

Cramps - 2016jul18, foot cramps

magnesium deficiency - <http://www.bioidenticalprogesterone.info/coldhands.html>

tips for relief - <http://www.prevention.com/health/how-get-toe-cramping-relief>

Eyes - 2014mar13, improve vision

book - Seeing Without Glasses, Improving Your Vision Naturally

by Dr. Robert-Michael Kaplan

book - You and Your Body, Eyes by Aleksander Jedrosz

book - The Handbook of Self-Healing by Meir Schneider, page 350

Eyes - 2014may14, cataracts

<http://www.askdrmao.com/>

<http://www.doctoroz.com/expert/mao-shing-ni-lac-dom-phd>

<http://www.doctoroz.com/blog/mao-shing-ni-lac-dom-phd/3-natural-ways-improve-vision>

<http://www.sharecare.com/health/eye-vision-health/article/food-for-eyes-2>

<http://www.sharecare.com/health/eye-vision-health/article/symptoms-of-cataracts>

<http://www.sharecare.com/health/vitamins-supplements/article/vitamin-C-fights-cataracts>

<http://www.sharecare.com/health/cataracts/what-is-a-cataract>

<http://www.sharecare.com/health/cataracts/are-cataracts-serious>

<http://www.sharecare.com/health/eye-care/how-often-have-eye-exam>

<http://www.doctoroz.com/topic/eye-care>

Eyes - 2015may04, eye care - PAB's experience, routine

Eye Yoga - 2016jul26, library book 617, by Dr. Jane Rigney Battenberg

FINGERNAILS, 2013dec04, arthritis, inflammation, tumor, obesity, healing, wiki

<http://livefreelivenatural.com/eight-health-warnings-fingernails-may-sending/>

<http://en.wikipedia.org/wiki/Inflammation>

Magnesium chart - <http://www.ancient-minerals.com/magnesium-sources/dietary/>

PAB - VIP article - good info - with chart

source - <http://bottomlineinc.com/how-to-get-rid-of-cramps-especially-foot-cramps/>

CFI - <http://www.color-flow.com/book=heal/ch4/strongBones.htm>

CFI - <http://www.color-flow.com/book=mag/ch01/chron-mag01-Jan-2013.htm>

2013jan26 - bones - magnesium chart see 0H

Posture - 2015apr07 - steps to correct, sitting, walking, standing, PBS show -Sit and Be Fit
with Mary Ann Wilson, book - Posture, Get It Straight by Janice Novak

Posture - 2015jun01 - mary ann wilson, under and up, c. 2012 e. 1317

Posture, 2015jun05, standing squats, ref: Sit and Be Fit, c. 2015, e. 1501

Posture, 2015sep22, sitting, gap, hips, ribs, sit and be fit, PBS

Posture, 2015nov05, sitting, sitz bones, pelvic floor

Tapping, 2015sep18, Ref: sit and be fit c 2013 e 1401, www.emofree.com/

Teeth - 2012dec31, Tooth Summit Dec 2012/ Tera Warner & Nadine Artemis, 12 speakers

Tooth care - 2012dec05, toothsummit.com, Interviews by Nadine Artemus - Hal Huggins &
Daniel Vitalis