Healing by Design

PAIN

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

Top 10 List:

1) **Alkaline diet of fruits, veggies and greens.** A cleansing, healing diet which allow the body to cleanse and repair. Ideal scenario is roughly 80% fruits, veggies and greens and 20% lean meats, nuts, seeds, and healthy fats.

2) **CBD Oil** - Doing CBD oil along with diet change is virtually guaranteed to eliminate pain conditions. The nutrients in CBD oil FEED, HEAL and NOURISH the nervous system. CBD is being used in natural medicine to get people off pain meds. 15mg 2x daily is the minimum dosage. Severe situations may require upwards of 200mg per day. We ONLY recommend *Elixinol brand CBD Oil*. Consult your healthcare practitioner on the different options and dosages that may work for your condition.

3) Get an **OATS test, GPL-TOX test or Quicksilver Heavy Metal test from Spirit of Health** to discover a deeper root to your pain condition. If there is an infection, chemical toxicity or heavy metal issue, you want to find out so you can treat it properly. Many people change their diet and seem to do all the right things with minimal results, and this is often why.

4) B-Vitamins and especially B-12. Liposomal delivery best. *Quicksilver Methyl-B Complex and Quicksilver Methyl B-12* have helped a lot of people with pain.

5) A good chiropractor. There are great chiropractors and really bad ones, as with anything! A good chiropractor can help get you out of pain and inflammation by aligning your neck and spine. If local to the Kansa City area, we recommend *Dr Shane and Dr Adam at Catalyst Health Center*.

6) Use natural anti-inflammatories and pain relievers. What helps with pain is a wide variety of herbs and nutrients God gave us such as turmeric, ginger, boswellia, papain, bromelain, NAC, glutathione, etc. For an AMAZING blend of these nutrients in one formula, get *Dodecin by ByPro Nutrition*. We have amazing testimonials as to the efficacy of this product. Take 2 up to 12 depending on your pain level, but it works! We also love *Turmerol by North American Herb and Spice*.

7) Antioxidants - Strong antioxidants can prevent and reverse damage in the body. Glutathione is the most important antioxidant known. Here are four great products:
   A) **BioAstin by Nutrex** - This red algae is the most potent antioxidant known
   B) **Glutathione Spray by Quicksilver**
   C) **R-Lipoic Acid with Vitamin C spray by Quicksilver** - This stimulates glutathione production in the cells
   D) **Protandim** - Wonderful product to increase glutathione in the cells. MANY testimonials of people becoming pain free after taking this product for a few weeks.
8) Systemic enzymes are well known to clean up damage in the body. Proteolytic enzymes remove scar tissue and waste built up in the body. It will also clear out blocked arteries. For example, fibromyalgia is a buildup of FIBRIN (which is scar tissue) in the muscles. Systemic enzymes will clean up and remove the scar tissue. The strongest enzyme product on the market is called Neprinol by Arthur Andrew Medical. In a study, over 90% of fibromyalgia patients reported NO PAIN after 6 months of taking Neprinol.

9) Drink good water. We love the negatively ionized, alkaline water machines out there. We use the Vollara Living Water Machines. We have many people who have reported pain going away after a few weeks of drinking the water, including many cases of arthritis. Hydration is crucial to good health!

10) Try a castor oil pack. We use castor oil pack kits by Heritage Company. This oil is nicknamed "the oil that heals" and books have been written about its amazing healing properties. The combination if this healing oil with HEAT bring relaxation and blood flow to a damaged area. Bringing healing nutrient rich blood to the site of an injury speeds healing. We also love the Muscle & Joint salve by Smoky Hills Farm.

11. Magnesium has helped many people with nerve, joint and muscle pain. We recommend Magnesium Oil Foot Soaks from Health and Wisdom. Get a small foot tub, fill with warm water to cover your toes, add 2oz (1/4 cup) of magnesium oil and soak 15-20 minutes before bed. Life changing!

12. Essential oils are some of God's most powerful medicine! For pain specifically we love Wintergreen, Peppermint, Ginger and Frankincense. We use Aromatics International brand oils for purity and quality.

13. Cleanse the temple! This may be most important. Enemas will relieve headaches, migraines and even the worst cases of morning sickness in pregnant women. Toxins in the body cause problems! Spirit of Health has a colon cleanse, kidney cleanse, lymphatic system cleanse, microbe cleanse, liver cleanse, heavy metal cleanse and even a leaky gut healing protocol to help you become healthy and pain free!

Glory be to God for your healing. The One who created you is the ONLY One who can heal you!