

For Better Health Remove The Following Blocks From Your Healing

In order to receive full benefit from the programs listed on supplement, homeopathic, TKM® and other health recovery programs, it is **imperative** to follow these guidelines. When you've completed this protocol, it is **beneficial** to continue with the following suggestions to promote optimal longevity, good health, and wise preventive medicine habits. The following topics are further discussed in seminars.

Not complying with the following can impair or void the effectiveness of proper health recovery protocols. Wearing or having the following items within a few inches of your skin will impair vital bioelectromagnetic conductivity or energy flow through the body and significantly hinder the effectiveness of treatments and home-care programs, including TKM®:

- **Any metallic objects, i.e. jewelry, necklaces, rings, etc.**
- **Most watches (any battery operated and metallic watches)**
- **Any magnets, magnetic devices or objects** (includes magnetic strips on credit cards and other cards).
- **Wire rim glasses** and glasses with **metal bridges** across nose, and/or **with metal wire brace** inside the front frames or side pieces (Titanium obstructs energy circulation more than other metals).
- **Metal belt buckles**, especially worn in the mid-line of the body.
- **All under-wire bras** (bras in all cases have a negative effect, but some are multiple times worse than others).
- **All Synthetic or fabric blends; synthetic clothes** (clothing labels and tags are usually synthetic or blended materials), **synthetic bedding materials** including sheets, mattress pads, pillows, blankets and comforters.
Any fabric blends in clothing or bedding are considered hybrid, and have proven to be cause issues!

NOTE: All materials that come in contact with the body should be made from 100% cotton, linen, genuine leather, wood, most animal hair products, ramie or silk. Even natural fibers that are blended should not be worn!

Contaminated water (chlorinated or fluorinated water) can hinder or nullify the benefits of many therapies. Therefore drinking, showering, bathing or swimming in contaminated water (city water) can be toxic to the point of sabotaging your health recovery protocol. It is important to drink purified water and to always use properly filtered water for showering and bathing. A suggestion for the shower and/or tub is Rainfresh Water company or Berkey Purification Systems. You can shop and compare for other quality filters (look for quality, not price). Your health is the focus and cutting corners shortcuts your health. Paying a higher price doesn't always mean better either. Do NOT drink distilled water!

Vitamin C can impair the uptake of certain pharmaceuticals, herbals and heavy metal chelators. However, if you're not taking a high grade vitamin C during any portion of your protocol, it is imperative that you drink the juice of one large lemon on even days of the month and one large lime on odd days of the month during this time to prevent scurvy. If instructed by an experienced health professional, vitamin C can be taken appropriately while on herbal programs (separate timing from herbs).

Geopathic and Electromagnetic Radiation also impedes healing and creates a disease friendly environment. Studies reveal that we're currently exposed to 100 million times more EMF's than our grandparents at the same age. If you're geopathically stressed, you're urged to make corrections in your environment related to the suggestions made by Glenn T. King or your health professional concerning the Geopathic Radiations that emanate from the earth. This should be done as soon as possible, if not immediately. This world wide grid has correlated with many cancer-causing sources, immune disorders, neurological disorders, as well as other diseases. Caution: Most all devices to protect you from these grids have shown no scientifically tested benefit.

All Electrical Devices that plug-in should be kept at least 10 feet from your bed. **Television, radio, music, and other media should be turned off and unplugged for sleeping.** It is also important for **light to be absent during sleep.** Exceptions are dim red lights (LEDs on most clocks are red). Light impedes proper melatonin release and prevents proper levels of sleep (REM) needed for health restoration and to revitalize the immune system.

A safe way to make sure that you're not being affected electromagnetically, wherever you are, is to purchase a gauss meter (Trifield Meter 100EX model). The meter reading where you or your family spend time should be no greater than 0.2 milligauss maximum. A gauss meter is a very important device to have and we highly suggest it ASAP. One can be purchased online at www.trifield.com or [amazon](http://amazon.com). Great to use for home, office, and to find healthy sleeping areas away from home, and more.