

# TENNANT TIPS FOR HEALTH

## Making New Cells

**Voltage** - you get voltage from Eating Unprocessed Food, Sunshine, Exercise, Biomodulator, Fulvic Acid, etc.

**Protein** - to digest the protein you need Iodine, Zinc, Vitamin B1, and Salt

**Fats** - to digest fat you need Bile

**Thyroid** - to have your thyroid work you need to avoid Fluoride and you need to have – Iodine, Zinc, Iron, Selenium, Progesterone, Cortisol, and Glutathione, Vitamin A

**Fulvic Acid** - in a product called “*Raw Materials*”

**Vitamins and Minerals** - Vitamin C, D3, B12 with Folic, Boron, Sea Salt with “*Raw Materials*”

**Water** - Alkaline Water gives you voltage - Acidic Water takes away your voltage

## Toxins - Interfere with Making New Cells

**Liver** – needs **good fats** to function like Coconut Oil, and Extra Virgin Olive Oil

**Bad Fats** – any partly hydrogenated oils are bad - Soybean, canola, vegetable, corn, safflower, cottonseed, rapeseed are all unhealthy oils

**MSG, Aspartame, Fluoride, Soy** – Are all Neurotoxins (there are many more, but these are the ones you can come in contact with every day)

**Dental Infections** - create Gliotoxins, which are very harmful and one of the main reasons we don't have enough voltage; Which include: Root Canals, Crowns, and Amalgam Fillings that are infected by decay

## Removing Body Toxins

**Fulvic Acid** “*Raw Materials*” - helps to chelate many types of toxins including heavy metals

**Boron** - helps to remove fluoride

**Pure alkaline water** - helps to detox the whole body

**Coconut Oil** - helps to cleanse the liver

**Probiotics** - help the large intestine kill infections including Candida

**MMS** - helps rid infections, bacteria, viruses, protozoa, yeast, and fungi, in the body

## Essential Oils Help the Cells to Communicate

Essential Oils carry frequencies - Frequencies are needed for cells to communicate - We can be missing an important frequency that is needed, just like we can be missing an important mineral or vitamin. So essentials oils could be that missing piece to the puzzle that is needed to achieve better health.