

Believe in your body's ability!

The established physicians and scientists with the power, have been withholding information and nutrients from our body for so long that we've forgotten what to do. Our body however, hasn't forgotten. As soon as we restore these lost nutrients, the body begins to process them immediately. The body knows what to do.

You may feel like you are broken but you are not broken, you don't have the building blocks for restoration. You need to go back and look at the original plans from the architect (Mother Nature).

WWII took the lard and animal fats for the War effort. Proctor and Gamble developed cottonseed oil out of a waste product, packed it in cans called Crisco and advertised it in ladies' magazines as a clean, nonsmelly, replacement for lard. Another waste product margarine took the place of butter. My own mother resisted for a while but around 1963, she wanted to be modern and vogue so all animal fats left out house. They told my father he had high cholesterol so out went the eggs, whole milk, and cream. Manure in the fields was replaced with NPK mix (Nitrogen, Phosphorous, Potassium) so that when we buy things out of industrial fields we aren't getting a full complement of minerals. The chemicals used on the soil have killed the bacteria so the soils are basically dead.

copper resonates with red light, iron resonates with blue light.

Adrenal Cocktail Recipes - <https://therootcauseprotocol.com/faq-adrenal-cocktail-recipes/>

Potassium Broth – NT Cookbook

Ways to reduce iron

1. blood donations
2. private phlebotomy
3. apple cider vinegar (work up to one tablespoon a day)
4. fermented foods and lactofermented vegetables
5. Diatomaceous Earth (DE)
6. Curcumin (turmeric)
7. Phytic Acid, IP-6 (Rice Bran – blocks absorption, although it is not a sure-proof solution and some people don't tolerate it well.
8. Tannic Acids – block iron absorption
9. Activated Charcoal – short term only, it has the ability to chelate other minerals too.
10. Sweating is an effective way to eliminate iron (exercise, heat, sauna)
11. Rosemary – has iron blocking/binding effects
12. iDetox
13. apolactoferrin
14. quercetin/bromelain

Recipe for Mag Water - <http://my-magnesium.com/mag-water-recipe.html>

Milk of Magnesia without bleach <https://www.toxinless.com/milk-of-magnesia>

CoFactors for magnesium

Vitamin B6 - food sources are bee pollen and/or unfortified nutritional yeast

Boron - in the trace mineral drops and Borax in the baths

Bicarbonate - in the Mag Water that we make.

Recipes for foot soak

- ½ oz of mag oil
- ½ c baking soda
- ½ T boron
- Or
- ½ c Epsom salt
- ½ c baking soda
- ½ T boron

Recipes for Bath Soak

2 cups Epsom salt

1 cup baking soda

2 tablespoons Borax

Combine in the tub, soak 20 minutes.

Mag-a-Hol

- 7 oz 80 proof vodka
- 4 ounces magnesium chloride flakes

Combine in a glass jar, mix, cover with lid. After flakes have dissolved pour into a spray bottle or roller bottle. Apply externally.

Magnesium oil

- 12 cup magnesium chloride flakes
- ½ cup distilled or purified water
- Bring water to boil, add flakes and still well until dissolved. Remove from heat and allow to cool. Pour into a spray bottle.

Magnesium butter <https://wellnessmama.com/8586/magnesium-body-butter/>



The quick and easy compress.



½ cup Epsom salt



¼ cup baking soda



1 tsp. Borax



1 pair white cotton socks



2 large plastic bags



shallow container

1

Make the EpsomSox Compress.

Add the Epsom salt, baking soda and borax to the shallow container.

Add ¾ cup boiling water.

Mix well.

Let cool until warm.

Add one or two socks.

Let soak to saturate.

Wring out the socks so not dripping wet.

Reserve any left over Epsom salt solution.

2

Apply the EpsomSox Compress.

Place a sock on a foot.

Cover the sock with a plastic bag.

Keep the sock compress on for about 20 minutes.

DO NOT WALK with the plastic bags on as they are slippery!

To walk with the EpsomSox compress, put on a pair of slippers or shoes over the plastic..

3

Store and ReUse the EpsomSox Compress.

Remove the socks and plastic bags.

Place the socks in the plastic bags.

Refrigerate.

To re-use another two more times:

Reheat the socks to warm.

Now you are an EpsomSox master!

Be aware you may be so relaxed you fall asleep!

P.S. My Dad made me my first Epsom salt compress when I was five years old and twisted my ankle. True story of a tomboy!

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The body needs to "wind down" properly after a stressful event and this podcast talks about that step in the stress cycle. I experienced the shaking during TRE. The uncompleted stress cycle is why we stay in fight-flight stage. The fight or flight stage increases the body's magnesium burn rate.

"Burnout and How to Complete the Stress Cycle"

Note – I think there were some language in this podcast.

https://brenebrown.com/podcast/brene-with-emily-and-amelia-nagoski-on-burnout-and-how-to-complete-the-stress-cycle/?fbclid=IwAR2DC30Xs2vfE5axxzyt4MdQ_LRkWJsHZR5ZHi2BXfeSsx5gsuvfjznkIHI

How to take a hair sample for HTMA https://youtu.be/D2MWP-p_rH8

Site for studying the dangers of Hormone D (private group)

<https://www.facebook.com/groups/517807781731760>

Phlebotomy service <https://americanmobilephlebotomyservice.com/>

Could 'Folate deficiency' be an EPI-genetic deficiency of bioavailable copper?

<https://therootcauseprotocol.com/mag-pie-alert-20-toxicity-of-iron/>

MTHFR and Epi-genetics https://therootcauseprotocol.com/faq-common/?fbclid=IwAR2rk8bmt-hSZ527LVDL1v7trGu-tlSX2jz_H2PXnvKoWpMeuJucolhxBYU#MTHFR

All of Morley's webinars are found on www.rcp123.org (either under New and Resources) or under the Resources Link).

Weston A Price Foundation Journal <https://www.westonaprice.org/journal-fall-2020-toxins/>

Toxic Iron and Ferroxidase, the Master Antioxidant

<https://www.westonaprice.org/health-topics/toxic-iron-and-ferroxidase-the-master-antioxidant/>

Dr Ben Edwards "You're the Cure" is Dr. Ben's weekly radio show of expert interviews and enlightening discussions of health topics. Monday's with Morley.

<https://medical.veritashealthycommunity.com/resources/radio-talk-shows/>

THIS MASTERCLASS SERIES INCLUDES:

MASTERCLASS 1:

Thursday 12th / Fri 13th Nov

What's the root cause of fatigue?

<https://www.facebook.com/RootCauseProtocol/posts/3416342558435257>

***NOTE:** This session will be provided as a **FREE** gift from Morley.

If you're not wanting to purchase the full Masterclass series at this moment in time and would like to try out a Masterclass,