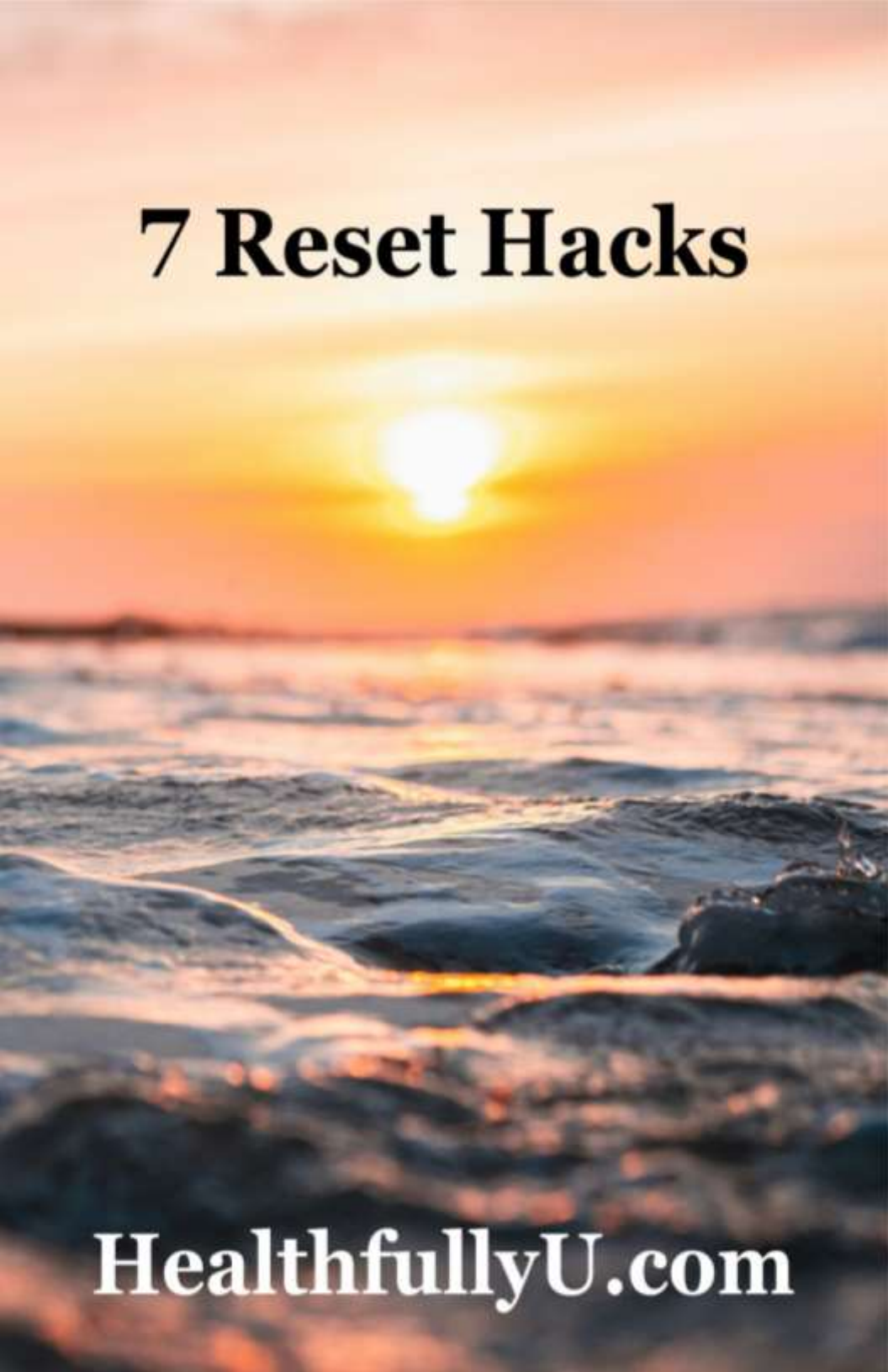


7 Reset Hacks

A serene sunset scene over the ocean. The sun is a bright, glowing orb in the center of the frame, casting a warm, golden light across the sky and water. The sky transitions from a deep orange near the horizon to a lighter, hazy yellow at the top. The ocean's surface is textured with gentle waves and ripples, reflecting the sun's light. In the foreground, the water is slightly out of focus, showing the intricate patterns of the waves as they move towards the shore.

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What is a Reset Hack?

A Reset Hack is something that you can do that will have a profound impact on your health, and your life.

Who are these Reset Hacks for?

These hacks are for you who are not satisfied with your:

- * Levels of energy
- * Gut health
- * Digestion
- * IBS or Crohn's
- * Hormones, cycles, or fertility
- * If you are always getting sick
- * Or any other health issue.

How do Hacks work.

Hacks are changes that you do with your lifestyle, and The way your generation before you lived that affect you today. Studies show that a woman's health at the time of her pregnancy affects at least 5 generations. It affects her, her children, and their children.¹

And, you probably are thinking that I am doing the best that I possibly can.

You are doing the best that you can.

The problem is you are not getting better.

You not getting better because the information that you are using doesn't fit your unique needs. We are all different, and our needs are different.

That's why what may work for somebody else, will not work for you.

1. <http://www.newscientist.com/article/dn18799-rats-on-junk-food-pass-cancer-down-the-generations.html>
below

How you live affects your hormones, it affects how your immune system works, how you build your proteins, it affects everything inside of you.

How you live even affects your genetic expression.

Epigenetics is the study of how genetic expression changes with the way that you live . That study shows that each gene that you have has a potential of 30,000 different ways it can express itself. ²

This means that how you live determines who you are.

It also means that how you live will determine how well you can heal.

So, let's look at some parts of the way that you live affects your health.

- Water quality: we are made up of **72-75% water**. Water is the medium in which all of our life's processes occur.
- Nutrition: most of the major causes of death in the world hinge on quality of nutrition.
- Food intolerances: linked to multiple organ systems breaking down.
- Sleep rest cycles: our bodies need adequate rest to heal and regenerate.

2. Picture <http://www.sigmaaldrich.com/life-science/epigenetics/learning-center/video-gallery.html> 2-18-11 below

- **Air quality: there is no faster route into your body than through the air.**
- Exercise: critical to help regulate hormones and most body processes.
- Toxicity: can overwhelm every process in your body.
- Environment: A combination of air, water, & dwelling, determines the ability to clear toxins.
- Yeast/Fungus/Mold: can affect most every process in your body.

All of these parts of your living conditions need to be looked at to help you go forward in healing.

So let's look at water, the medium in which all life processes take place.

- 2 billion people on our earth try to survive on water contaminated with feces.³
- **US manufacturers dump 271 million pounds of pharmaceuticals in our waterways each year.**⁴
- Synthetic estrogen in water causes male fish to make eggs.⁵

3. <https://www.who.int/news-room/fact-sheets/detail/drinking-water> accessed 1/8/21.

4. http://m.apnews.com/ap/db_8559/contentdetail.htm?contentguid=GLx5gU3e below.

5. <http://www.sciencemag.org/content/vol316/issue5831/twil.dtl#316/5831/1542c> below

- **Chlorine in water can damage any tissue it comes in contact with. This includes the skin, lungs (from steam), and gut (from drinking).**

6

90% of the fresh water in the world is underground. As it travels through the ground it picks up minerals. These minerals are in the rock form.

Plants cannot absorb crystal form minerals; they need the microbes in the soil to convert minerals into the phosphate form so that the plant can use them.

People, as well as other mammals can't absorb minerals in either the crystal form or the phosphate form. We can only absorb minerals in the chelated form that plants make.

This is the reason why shallow wells such as sand points and fresh water springs are some of the best sources of water. Other sources need to be filtered properly.

Here is a link to one of the best pitcher type of drinking water filter. <https://amzn.to/36fJjJJ>

Nutrition

Nutrition is one of the biggest and most misunderstood foundations of health.

6. <https://www.h2odistributors.com/pages/contaminants/contaminant-chlorine.asp>

There has been a big movement toward the organic foods market. But **we have to question if the organic label guarantees that the product is healthy.**

The Kellogg Report (not the food company) is an amazing compilation of congressional reports and studies on the nutritional quality of our food. It highlights:

- Soil depletion of nutrients needed to grow crops since the 1930's.
- **How crop nutrients have declined with soil depletion.**
- **That crop nutrients vary widely from field to field.**
- **Food nutrients deplete rapidly with transportation and storage.**

The bottom line is this, **food grown on depleted soil cannot promote health.**

So, let's look at what nutrients are needed to grow healthy food. We will refer to Dr. Carey Reams work on this subject.

- Nitrogen draws minerals to the roots of a plant.
 - Anionic Nitrogen gives growth to the leaves, roots, and stalk.
 - Cationic Nitrogen gives growth to fruit.
- Phosphate carries minerals into the plant.
 - Acts as a catalyst to make sugar.
 - Works with nitrogen to promote growth speed.
- Potassium determines the size of the leaf and stem.
 - Number of fruit that sets.
 - Size of the fruit.

These 3 elements constitute the **primary fertilizers that are used commercially as NPK. As you can see, these are for growth only. There is nothing here to make quality nutrition.**

These elements build nutrition in the soil for plants:

- **Calcium** determines the soil's energy to grow crops.
 - Doubles crop yields.
 - Major contributor to biological structure.
 - Catalyst and buffer for chemical reactions in the plant.
 - Stabilizes proteins and plant juice.
 - * Critical for every bodily process in us.
- **Carbon** holds and draws water into soil and plants.
 - Major contributor to biological structure in plants and animals.
- **Iron** creates heat for photosynthesis.
- * Carries oxygen in blood.
- **Copper** allows the bark of a plant to stretch.
- * Essential co-enzyme.
- **Manganese** allows for reproduction in plants and animals.
- **Zinc** helps control magnetism to bring nutrients to the plant.
 - * Essential for smell and taste.
- **Boron** helps control sap flow.
 - * Bone & tooth health.
 - * Wound Healing.
 - * Prevents Vitamin D loss.
 - * Reduces Inflammation.
 - * Helps balance hormones.

*** We need all of these nutrients to be healthy too.**

Here are some things to consider with your food.

- Don't eat foods with corn in them.
- All feedlot beef, pork, fish and chicken are fed on corn.
- All dairy is fed on corn.
- **All feed corn has probably been sprayed with Atrazine & Roundup.**
- **Atrazine kills a male's ability to be fertile.**
- **Atrazine disrupts male and female sexual hormones.**
- **Atrazine causes fetal mutations.**
- **Roundup destroys gut health and is linked to cancer.**
- **Most wheat has just been sprayed with Roundup.**
- Buy all dirty dozen foods organic.
- **Only buy locally grown crucifers (broccoli, cabbage, kale, etc.).**
- Buy your meats locally grown from a farmer.
- **50% of your food needs to be vegetables.**
- Extra Virgin Olive Oil is still one of the healthiest oils.

Consider growing your own microgreens.

Microgreens have up to 300 times the nutrient density of the full-grown plant. Make sure that you feed them with sea minerals like fish emulsion to make them healthy.

The only way to know if your food is grown in nutrient rich soil is to buy locally. This will allow you to **ask the local farmers how they feed their soil.** Healthy food can only be grown on soil that is fed these nutrients.

Food Intolerances

Let me explain what food intolerances really are.

Actual food allergies only make up a very small amount of our potential bad responses to food. **Food allergies are measurable, but they may only make up about 2-3% of our adverse food reactions.**

The other 97-98% of adverse food responses makes up the intolerance responses.

Take wheat for example. **Wheat decreases the blood flow in your brain.** ⁷ This is not an allergic response, it's a reaction. And most will realize that decreasing the blood flow in your brain is not a good idea.

Food intolerances commonly respond somewhere far from our gut. They can show up in the brain as with wheat above.

Food intolerances affect your hormones, your nervous system, your skin, your lungs, in fact they can show up almost anywhere.

And it is common for food intolerance responses to show up 10 days after you have eaten them.

7. Rubén Peña, Gabriela Román, et al, Celiac Disease and Neurological Manifestations of Gluten Sensitivity. What Do They Share in Common?, International Journal of Celiac Disease, 2018, Vol. 6, No. x, xx 3 (2018), <http://pubs.sciepub.com/articleinpress/ijcd/ijcd-6-3-5.pdf>. Accessed 12/18/18.

This is why **the modified elimination diet approach does not work very well. There is no direct response** to which a person can relate to a given food that they have eaten. One cannot connect the dots 10 days after eating something that shows up far away from their gut.

These need to be tested by means that are not commonly available to mainstream healthcare.

Sleep and rest cycles are crucial to healing.

With our driven society, people with compromised health issues don't get enough rest.

Any person with a chronic health issue is going to have adrenal fatigue. That is a given reality. **Adrenal fatigue cannot recover on just 6-7 hours of sleep a night.**

It commonly requires 8-10 hours or more of good, restful sleep a night to allow the adrenals to heal.

Good sleep normalizes:

- Circadian rhythms.
- Hormones.
- Brain health.
- Digestion.
- Metabolism.

Even machines need to rest for maintenance. We need to be able to rest to rebuild ourselves.

Air Quality

You might think that since you live in America, or some other civilized country, that you have good air. But think again.

Is there a haze over where you live? Is the sky crystal blue? Can you see the sky filled with myriads of stars at night, or do you only see just a few?

And this is just looking outside. How about inside?

If air fresheners are used in your home, or at your work, or anyplace that you frequent, something is being covered up.

When you take in a breath, does the air feel fresh?

The presence of smoke, **off gassing** from toxic wall and floor coverings, toxic finishes on wood, scents, and the like are all indicators of poor air quality.

If you have considered air machines, ozone generators, air scrubbers, HEPA filters, or professionals to inspect your home, you probably have air quality issues.

Exercise is a vital part of life.

It used to be that a physical way of life provided all of the exercise that a person needed. Storing firewood for the winter, growing your own crops, and providing for your family all required physical work in the past. This was our exercise.

Now people have sedentary jobs that consume a large part of their day. Some go to gyms, some bike or do some other activity,

and some are just too busy to do anything more.

And there are others who either don't care, or are not able to exercise.

Here are some of the benefits of proper exercise:

- Normalizes blood sugar.
- Normalizes hormones.
- Speeds up metabolism.
- Helps burn fat.
- Decreases inflammation.
- Makes you more attractive.
- Helps you to feel better.

A minimum of 20 minutes of exercise 3 times a week puts all of this into action.

Toxicity.

Detox has become a byword lately.

But what does it really mean?

Have you ever thought that a lot of the detox marketing gurus have no formal health education?

People are just recycling the same old nonsense.

And we are buying it!

So let's make some common sense here.

You can't detox without knowing which toxin you are trying to clear.

To Detox, you have to know where the toxin is coming from.

And, you have to know the route of access, the route of excretion, and the tissues in which the toxin is located before you can detox!

So what is a toxin?

A toxin is a foreign substance, not a living thing. Toxins create adverse responses in our bodies. And toxins stimulate the immune system to destroy them.

Clearing toxins takes energy.

Fasting depletes energy.

So fasting is not the answer.

- Specific nutrients are needed to pull toxins out of tissues.
- Specific nutrients are needed to carry toxins away.
- Other specific nutrients are needed to detoxify.
- Organ systems need to be upregulated to excrete toxins.

All of these factors may be different for different toxins, and different tissues in which the toxins are.

There is no one certain way that will clear everything.

Most systems that promote the one thing does it all are a waste of time, money, and effort.

Yeast, Mold, and Fungus.

All 3 of these can be just different forms of the same organism.

Yeast is the easiest to deal with because our immune system can be effective.

Mold and fungus have feeding tubules called mycelia.

Mycelia are made up of chitin. Chitin is the same thing that makes up the outer shell of bugs and beetles. Chitin is what the shell on shrimp and shellfish are made up of.

The problem with mycelia, is that it is impervious to our immune system. That means that our immune system can't touch it.

So, when mycelia start to grow in our gut, or our lungs, or our skin, or somewhere inside, we are helpless. Our immune system can't help us.

In fact, yeast in its different forms is one of the foundational problems that destroy our health.

And. If you look at the forums out there, people everywhere are struggling with yeast, mold and fungus.

The conventional treatments are toxic. And most of them are ineffective.

Most alternative approaches are ineffective. **There are specific nutrients are needed to detoxify. These nutrients can be different for different toxins.**

We've tested many so called chitin busting enzymes, they were both ineffective and toxic.

To be able to deal with yeast, fungus and mold, you have to address:

- Toxic access.
- Toxic clearance.
- Detox pathways.
- Immune function.
- Chitin.
- The parasitic organism.
- Gut function.
- HPA dysregulation.
- Food intolerances.
- All other internal responses.
- With mold, it is commonly in your air too.

If your environment has yeast, fungus, mold, off gassing, or any other toxic source, these will have to be dealt with in order for you to be able to heal.

It's a difficult job to clear this.

The products that actually work are too potent to give to someone without first testing them to see which combinations work best for them.

And, as people heal, these products will change several times.

Only the best help out there knows how to help people with this.

We have over a 30-year history of helping over 90% of people with chronic health problems regain their health.

10% of the people just don't follow instructions.

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- Food intolerances.
- All other internal responses.

With mold, it is commonly in your air too.

It's a difficult job to clear this.

The products that actually work to clear mold and fungus are very potent. These products are too potent to give to someone without first testing them to see which combinations work best for them.

The wrong products can make you feel worse. They can also make you sicker.

And, as people heal, these products will change several times.

Only the best help out there knows how to help people with this.

We have over a 30-year history of helping over 90% of people with chronic health problems regain their health.

The other 10% of the people just don't follow instructions.

If you really want to address your health problems, and want to restore your health,

Go to

www.HealthfullyU.com