



EVERYONE WANTS  
TO BE  
**HEALTHY**

## Hello Beautiful Soul!

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This information has found you, what a great first step! Please note that the topics mentioned below go much further in depth than we could ever write in one concise booklet, remember to go further on what calls to you.

### OUR NATURAL HUMAN STATE OF LOVE

Although this concept may seem more and more foreign these days, our natural state is actually one of Wellness. If that is so, why are more and more people suffering with health problems?



#### The short answer is this:

Our Western Medical System was hijacked around 100 years ago. Before that time, healers would focus on the cause of disease. In the current system, doctors mainly stick to the band-aid approach; They prescribe pain killers, or other pharmaceuticals that cover up symptoms. They rarely treat the root of the disease. As long as the root is not cured, Big Pharma has a lifetime customer. Interestingly in Chinese medicine, you pay your doctor when you're healthy, not when you are sick.



Here are some tips that will allow your body to return to its natural state of perfection:

## HEALTH TIP #1 REDUCE STRESS

Even the modern medical establishment agrees stress is a killer. When your mind is not at peace, these thoughts cause anxiety, take away from your standard of living, and greatly decrease your overall health.

Yes, stress is the biggest killer. Your body doesn't know the difference between a real threat - and an imagined threat. When you think about something that causes anxiety, your body releases cortisol, and gets your body ready to fight! This may give you a temporary energy boost, but it's extremely bad for your

health. The trauma from these thoughts (as well as the stress from all the fear-based programming/trauma from the culture) are stored in the body.

All disease is just misplaced negative energy. The #1 cure for this is having a high vibration and living in the essence of the LOVE frequency! Love is the greatest counter to lower (fear) vibrations. The entire world is kept in low vibrations, by us, buying into the fear.

### How do we overcome fear?

The greatest cause of fear is (in fact the root of all fear) is our perceived, need for survival. The permanent cure for that is remembering that we are eternal beings. This is the goal of the spiritual path.

I would suggest reading some of our materials over in the resource section of our website, to help you on that journey.

### CUTTING OUT LOW VIBRATION MEDIA:

In the immediate term, you must realize how damaging the media is and cut all such influences out of your life. This means all the news, violent/fear-based movies, music etc. Focus on things that raise you up and make you feel joy! There are plenty of movies and music out there made by conscious beings that is meant to lift you up! Invest your energies in that.

## LIVING YOUR LIFE IN ALIGNMENT:

Are you experiencing right livelihood? That means using your energy doing something that brings your soul joy. Are you doing what you really love in your life? If not, your soul knows, which causes unhappiness and stress. If you really want something, (and put energy towards it,) The universe always supports you.

Get into that career that brings you joy! No matter how much it pays, if your job is killing you, it's not worth it! Same goes for relationships! If you have people in your life that aren't adding to your joy, are not in alignment! When you cut out the jobs/people/situations that are NOT for your highest good, you are saying to the universe you are ready for better opportunities and people to enter your life. Have faith and say goodbye to whatever isn't working in your life. The right opportunities, and people will come! You must create the space for the things you WANT to manifest in your life but saying NO to the things that are NOT in alignment. That's how it works!

Life is meant to be about doing the things that bring you joy, and spending time with the people you love ALL the time. Not just when you have 'free time' from the system.



### Grounding:

This is one of the easiest and profound health hacks of all time! Grounding, also known as earthing, offers a profound connection to the Earth's natural energy, imparting a range of health benefits. When humans engage in grounding practices, they absorb electrons from the Earth's surface, which can neutralize harmful free radicals in the body, potentially reducing inflammation and stress. This practice has been linked to improved sleep, reduced pain, and heightened overall well-being. Forest bathing, a practice rooted in Japanese tradition, aligns with grounding by immersing individuals in the healing energies of nature. Scientifically, grounding has demonstrated the ability to balance the body's bioelectrical systems, providing a tangible pathway to enhance vitality and promote a profound sense of calm and balance in everyday life. Take your shoes off, and go for a walk in nature.



### Prayer:

When was the last time you asked your creator for some guidance? It doesn't matter what your exact beliefs are, or your religion etc. Even if you don't believe! You are part of Existence, and existence does not ignore any part of itself. Prayer works. Be Sincere, have Intention and ask for guidance when you need it. You may be surprised!



### Meditation:

This is something everyone's heard of, but most people never do. It's one of the ultimate secrets when it comes to health and wellbeing. They say a mind is a terrible thing to waste. So many people are trapped in repetitive and worrisome thoughts that never stop. If we learn to detach from the chatter of the mind and be truly present - it changes our entire lived experience. Our natural state is peace and presence. We just have to remember this.



There are many methods of reaching that peace. The easiest is simply to focus on your breath. Inhale through the nose, exhale whichever way feels natural. Allow thoughts to pass, and keep focusing on your breath. Another method is called box breathing. This is when the length of your inhale, the holding of your breath, the exhale, and the holding of your lungs empty are all the same length. Try it! Another simple technique is to light a candle and keep your focus on the flame (or any object you choose.)

With any of these methods, the key is to recognize thoughts when they come, but not to give them energy. Start even with one minute in the morning, and one minute before bed. ... and build on that. Believe me, you'll thank me later! ;)

There is another method that will help you de-stress you might find surprising...

Helping others! Yes, doing kind things for others! Whatever vibrations you put out, always come back. This is spiritual law. Helping others is a great way to feel good, now! The more love you give, the more you will receive.



## HEALTH TIP #2 FASTING

One of the oldest methods for restoring health is fasting. This is something almost all the old wisdom schools (and enlightened masters) agree on. Fasting gives the body a chance to divert its energy to repair. If you leave the body alone, it knows exactly what to do. You may have noticed that you naturally don't feel hungry when you are sick. Animals never eat when they are sick either. Once again, our intuition knows best.

There are many different types of fasts. The most popular is water fasting. That means only drinking clean water (not tap water!) Start with just 24 hours, and if you feel okay, you can experiment with longer amounts of time. Also, Intermittent fasting is extremely popular and beneficial. This is where you have a certain window during the day where you consume food. Generally speaking intermittent fasting follows a 16/8 rule. Fast for 16 hours and then eat for 8 hours. For example, 12-8pm as your eating window. That means you won't eat before noon, and you don't have any snacks after 8pm!

Another very powerful type of fasting is DRY fasting. That means no food, or water. We would suggest trying 24 hours and then increase by 6 hour windows each time you do this. For periods over 72 hours it is suggested to consult a professional.

The benefits of fasting are huge, but do your own research and see what works for you.

## HEALTH TIP #3 CORRECT FOOD COMBINING

This is a topic we are very passionate about, and something one never hears about. The concept is simple; the more food categories you put into your stomach at once, the harder it is to digest and requires more of your body's energy. Examples of food categories would be Fresh Fruit, Animal Proteins, Starches etc.

Also, some foods mix well together, and others do not. Having some non-starchy vegetables or a salad with a steak works great, but having a bunch of potatoes with the steak is not, because proteins and starches don't combine well and digest at different rates in the stomach.



#### HEALTH TIP #4 CLEAN WATER

Most people assume the water that comes out of their tap is safe. However, the filtration systems used for tap water are not of the highest quality. We are actually ingesting many different types of chemicals when we drink tap water. These include pharmaceuticals, pesticides, and fertilizers. Even the chlorine used to clean the water is toxic for humans. In some countries, fluoride is added to the water. Fluoride is a toxic waste product that comes from the aluminum industry. It was originally used as rat poison. It should be avoided. There are many systems for clearing water. Do your research. Berkey carbon water filters are one good possibility. Also, water responds to vibration. This has been proven by Masuru Emoto's experiments on water. You can see for yourself if you look up "Masuru Emoto water experiment" on YouTube.

#### HEALTH TIP #5 PROPER DIET

Diet is a huge topic, and different body types do better on different diets. However, there are a few factors that are universal. Eat natural foods. The less ingredients something has, the better. The core of our diet should contain fruits and vegetables. Grains should be minimal. Milk causes inflammation and should be avoided, unless it's unpasteurized. Then it is much better. Avoid anything artificial. No chemicals. No white sugar.

Try to avoid genetically modified foods and eat organic when you can. Also, don't eat too much. When you are at 75% full, stop!



#### HEALTH TIP #6 CLEARING ANY NON-BENEFICIAL ENERGIES

Human beings are affected by many forces that we can not detect using our normal senses. Some of these are friendly to us. However, some are not, and feed on our energy.

This knowledge has changed our lives over at iProject.Love. We highly recommend all beings read and use the clearing prayer provided over on <https://www.iproject.love/resources>

#### HEALTH TIP #7 AVOID EMF'S

Electromagnetic Frequencies: Humans are exposed to far more radiation these days than we've ever been before. Cell phones, WiFi, 5G, Bluetooth; it's everywhere! It's impossible to avoid these frequencies (unless you're in the middle of 'nowhere!'), but there are certain steps we can take to minimize our exposure.

The easiest things to do are simple. Get a timer so that your WiFi router turns off at night. Or even better, get an ethernet cable and plug your laptop in. Avoid the WiFi radiation altogether! You can get an ethernet adapter for your phone and do the same thing. If you want to get more serious about it, there are EMF detectors you can get for under \$200. Also, there are various technologies that can neutralize the frequencies. We suggest reading the book 'The Invisible Rainbow: A History of Electricity and Life' by Arthur Firstenberg.

#### HEALTH TIP #8 REDUCE EXPOSURE TO ARTIFICIAL LIGHT / BLUE LIGHT

Excessive exposure to artificial light, particularly the prevalent blue light emitted by screens and LED bulbs, poses significant health risks to humans. Prolonged exposure disrupts our circadian rhythm, leading to sleep disturbances and potential long-term consequences on overall health. Studies suggest a link between excessive artificial light exposure and increased risks of obesity, diabetes, and mood disorders.

Moreover, extended screen time can strain eyes, leading to digital eye strain or Computer Vision Syndrome. To mitigate these risks, individuals should prioritize natural lighting, reduce screen time before bedtime, and consider using blue light filters on devices or blue light filter glasses. A great program (by donation) is f.lux and another is called iris, although it's more expensive.

Additionally, establishing a consistent sleep routine and incorporating regular breaks from screens can greatly alleviate these health concerns associated with artificial light exposure. To go deeper on this topic, check out Jack Kruse on YouTube.



## HEALTH TIP #9 DETOXING

Detoxing, short for detoxification, is the process by which the body eliminates or neutralizes harmful substances, often referred to as toxins. These toxins can come from various sources, including the environment (like pollution), food and beverages (such as processed foods, alcohol, and GMO foods), beauty products (make-up, body lotions, perfumes) and metabolic byproducts produced within the body.

The human body has natural mechanisms for detoxification, primarily carried out by organs like the liver, kidneys, skin, and lungs. These organs work together to process and eliminate toxins, helping to maintain a healthy internal environment.

Engaging in detoxification practices or "detox diets" involves making specific dietary and lifestyle choices with the aim of supporting and enhancing the body's natural detox processes. This may include consuming certain foods, drinks, or supplements believed to aid in detoxification, as well as adopting practices like fasting or sauna sessions.

There are many different types of detoxes, here are just a few:



### ● Whole Food Detox:

This approach focuses on eating whole, unprocessed foods and eliminating processed foods, sugar, caffeine, and alcohol from the diet. It emphasizes fruits, vegetables, lean proteins, and whole grains.

### ● Colon Cleanse:

This involves methods to clear out the colon, such as enemas, laxatives, or herbal supplements. It's claimed to remove toxins and waste buildup from the colon.

### ● Sauna or Sweat Detox:

This method involves using saunas or other heat-based therapies to induce sweating, which is believed to help eliminate toxins through the skin.

### ● Liver Detox:

This focuses on supporting the liver, a key organ in detoxification, by consuming specific foods or supplements believed to enhance its function.

### ● Heavy Metal Detox

Heavy metals are elements that can be harmful to the human body when they accumulate in high levels. Some common heavy metals that can be toxic include lead, mercury, cadmium, and arsenic. They can enter the body through various means such as contaminated food or water, exposure to polluted air, or through occupational hazards.

Here are a few reasons why heavy metal detoxes are considered important:



### ● Accumulation Over Time:

Heavy metals can accumulate in the body over time, especially in tissues like the liver, kidneys, and brain. Prolonged exposure to even low levels of these metals can lead to health issues.

### ● Potential Health Risks:

Elevated levels of heavy metals can lead to a range of health problems. For example, lead exposure can affect cognitive function, while mercury can harm the nervous system. Cadmium is associated with kidney damage, and arsenic is linked to various cancers.

### ● Reducing Chronic Health Issues:

Some chronic health conditions, such as chronic fatigue syndrome, fibromyalgia, and certain autoimmune disorders, have been associated with elevated levels of heavy metals. Detoxification may be considered as part of a holistic approach to managing these conditions.

### ● Supporting Natural Detoxification Processes:

While the body has its own mechanisms for detoxification, high levels of exposure to heavy metals can overwhelm these natural processes. A targeted detox program may help support the body's efforts to eliminate these substances.

### ● Preventive Health Measures:

For individuals who work in industries or live in environments where they are at higher risk of heavy metal exposure, periodic detoxification may be considered as a preventive measure.

### ● Individualized Health Concerns:

Some individuals may have specific health concerns or genetic predispositions that make them more susceptible to the harmful effects of heavy metals. In such cases, a professional may recommend a detox protocol.

It's important to note that heavy metal detoxification should be approached with caution and under the guidance of a professional. Detox protocols should be tailored to an individual's specific circumstances, including the type of heavy metal exposure and their overall health status.

Additionally, there is no one-size-fits-all approach to heavy metal detox, and the effectiveness of various methods can vary. It's crucial to seek professional advice to determine the most appropriate and safe approach for an individual's unique situation.

## HEALTH TIP #10 PARASITE CLEANSE

A parasite cleanse, also known as parasite detox or parasitic cleanse, is a regimen designed to eliminate or reduce the presence of parasites in the human body. Parasites are organisms that live in or on a host organism and derive their nutrients at the host's expense. While not all parasites cause noticeable symptoms, some can lead to health issues and complications.

**Here are a few reasons why a parasite cleanse may be considered important:**

- **Symptom Relief:**

In cases where individuals experience symptoms associated with parasitic infections (such as digestive issues, fatigue, abdominal pain, or skin problems), a parasite cleanse may help alleviate these symptoms by reducing the parasite burden.

- **Preventive Measure:**

For individuals who live in or have traveled to regions with a higher risk of parasitic infections, or engage in activities (like hiking, camping, or swimming in certain areas) that increase exposure to potential parasites, a cleanse may be considered as a preventive measure.

- **Enhancing Gut Health:**

A healthy balance of gut flora is crucial for digestion, nutrient absorption, and overall immune function. Parasitic infections can disrupt this balance, and a cleanse may help restore a healthy gut environment.



- **Supporting the Immune System:**

Chronic parasitic infections can place stress on the immune system, potentially leading to a weakened immune response. Removing parasites can help the immune system function more efficiently.

- **Addressing Chronic Health Issues:**

Some chronic health conditions, such as irritable bowel syndrome (IBS) or autoimmune disorders, have been associated with parasitic infections. A cleanse may be considered as part of a holistic approach to managing these conditions.

- **Peace of Mind:**

For individuals who suspect they may have been exposed to parasites or have specific risk factors, a cleanse can provide peace of mind and assurance that potential parasites are being addressed.

The symptoms associated with parasitic infections can overlap with those of other health conditions, so it's important to seek professional advice for proper diagnosis and treatment.

One great tip to get rid of parasites is CASTOR OIL. You can even make ice cubes out of it to reduce the unpleasant taste!

## HEALTH TIP #11 DETOX FROM VACCINES & OTHER PHARMACEUTICALS

Many people are having health problems related to vaccines and other pharmaceuticals - especially the mRNA vaccines for CV19.

Unfortunately the mainstream narrative that vaccines are healthy, or necessary has been proven false.

There has never, in history, been a genuine double blind study to prove that vaccines are safe. If you would like to innerstand how this "vaccine hoax" was perpetrated, you can read the book called "Turtles all the way down: Vaccine Science and Myth."





This topic is huge, but there are excellent resources on the following link:  
<https://cvfacts.net/detox-from-the-vax/>

Dr. Peter McCullough, MD, recommends taking nattokinase supplements to mitigate harm and degrade spike proteins. He recommends taking 2000 units of nattokinase twice a day, along with bromelain and curcumin. The Wellness Company's Spike Support Formula contains nattokinase, dandelion root, Irish sea moss, great tea extract, selenium, and black sativa extract to provide immune and healing support for people concerned about the prolonged effects of spike proteins. Multiple preclinical studies suggest that nattokinase degrades spike proteins, leaving cells and tissues intact."

Also chewing 2mg nicotine seems to dislodge the spike proteins. There are many excellent interviews with Dr Bryan Ardis. <https://www.bitchute.com/video/pqUFWK7tkBVu/>

One other important aspect of this issue is to innerstand the spiritual aspect...

Anytime we do something that goes against our own will or better knowing, it is a self betrayal.

By agreeing to put a foreign substance into your body, a being makes a certain energetic agreement with certain forces and agendas that are not in alignment with Love/Truth/God.

Such an action may have consequences that go even beyond this lifetime. Therefore, It is important that a being who has done this innerstands that they must BREAK this agreement and declare their allegiance to Love/Truth/GOD.

Also it is very important to contemplate WHY this happened to you? Why did you make this choice? How have you sinned? What lessons have you learned? Innerstand that when YOU realize the lessons, there is no more suffering required. You got the lesson. Now the healing can begin.

With this innerstanding, you can once again use the clearing prayer over on [iproject.love/resources](http://iproject.love/resources) (I cover the basic re: breaking the contract concept in this video: <https://rumble.com/v210iow-a-message-for-the-vaccinated.html>)

We love you!