

# Don't Be Afraid Of The Swine Flu (H1N1)

## Prevention Is Always The Key To A Healthier Life!

Gain knowledge so you can be responsible for what you eat and how to take care of your body, while working towards a healthy body, mind, and spirit. **"Eat to live, not live to eat."** A Question for you.. If I sneeze near you and the next day you get sick would you blame me? Answer, I think it's your body's fault. If your immune system were high enough, your body would be able to fight off my germs. Boosting your immune system is the key to having confidence in your bodies' ability to ward off infections.

1. Don't live in fear! Research the health issue and make sensible decisions.
2. The most important thing is to eat whole food nutrition and organic as when possible, basically eating food as close to it's original state. The [Living Balanced Book](#) gives you list of good and bad foods.
3. Avoid canned and [prepackaged foods](#) that are laden with chemicals and have so many preservatives in them, that they [never mold](#). These types of food will never give you the nutrition you need to stay disease free, healthy and happy. Print out the [Toxic Chemical Cheat Sheet](#) and make sure you are not consuming (eating/drinking) or absorbing (skincare/cleaning products) any of these chemicals.
4. Drink plenty of water, adding fresh squeezed lemon would be great. Avoid store bought juices, soda, coffee etc. for they are very acidic and high in sugar, which brings down you immune system.
5. Boost your natural immunity with foods that are rich in Vitamin C and D. Sit in the sun for at least 15 minutes a day to soak in the Vitamin. D. See this link for your one a day vitamin [NingXia Red](#).
6. When you have to cough or sneeze, do it into your sleeve of your shirt, Kleenex or washcloth.
7. Frequently washing your hands with regular soap or [Thieves products](#). Do not use regular [hand sanitizers](#). It actually weakens your immune system and is very high in Ethel Alcohol & Triclosan & has proved to be toxic to our body. Most people over use anti-bacteria products! It destroys our good bacteria then our body doesn't know how or is unable to fight off the bad bacteria. [Uof M study](#).
8. Avoid touching your face -keep your hands away from your eyes, mouth and nose.
9. If some one is ill avoid them until they feel better when your immune system is high enough.
10. Insist your church or daycare use white distilled vinegar or Thieves Cleaner to clean the toys. You do not want to use Bleach or Lysol they are toxic please read the ingredient label [click here](#).
11. Most mouthwashes have Alcohol, [propylene glycol \(antifreeze\)](#) artificial sweetener (neurotoxin), dyes etc. in them. There is nothing beneficial in them and they are contrary to building your immune system up. I do not suggest using peroxide to gargle, for it kills the cell membranes lowing your immune response. Lastly, I do not suggest using any salt that is white in color! It is a chemical that creates inflammation in your body and will raise your blood pressure.
12. Gargle twice a day with warm water and Celtic sea salt or Himalayan salt Real salt will be gray, pink or black and is good for you and will not raise your BP like white salt.
13. Using Young Living Therapeutic Grade A Essential Oils will help you stay healthy. They are the only Oils in the USA that have been approved by the FDA for internal use (GRAS). You can use them internally, topically, aromatherapy, vaginally, rectally and are safe for children and pets. **\*\*[Thieves products](#)**, have been proven to **KILL** black mold, MRSA, Viruses (H1N1), Bacteria, Staphylococcus aureus, Pseudomonas aeruginosa, micrococcus luteus. It's properties are equal to penicillin, except it does not destroy your good bacteria (flora) and we drink it daily in my home. You can make your mouthwash for .50cents (4 drops of Thieves & 2 d. peppermint oil in 12oz of water then shake gargle and swallow). Mix baking soda with the same oils for toothpaste or you can buy it from Young Living. Put Thieves Oil on the bottom of your feet or in the diffuser. Immune Power oil on feet and thymus gland. Eucalyptus Globules an expectorant (gets rid of mucus) and anti-inflammatory, you use it the same way, also rub on your chest and back can use on infants as well.
14. Drinking Lemon, tangerine, peppermint, eucalyptus globules, Thieves essential oils will benefit your immune system greatly and help repair and maintain your health.

If you received this in print please go to [LivingAnointed.com](#) to access all of the resource links.

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