Everyday A New Beginning

10 Ways to Support a Healthy Life

1. Eat at Least 70% Live Food

- Best anti-cancer vegetables to eat are broccoli, asparagus, Brussels sprouts, cabbage, and cauliflower.
- Use Raw organic coconut oil.
  Artisana Organics Non GMO Raw Coconut Butter, 14 oz (3 Pack)

- Read The Coconut Miracle Book by Bruce Fife
  The Coconut Oil Miracle: Use Nature's Elixir to Lose Weight, Beautify Skin and Hair, Pr...
- Drinking a combination of organic celery, cucumber and parsley juice will help rejuvenate/cleanse the body.

  -Celery Juice Recipe: How to Make Celery Juice Taste Good

  -If you are unable to make your own Celery Juice this is a good brand to purchase:

  Suja Celery Juice Suja Cold Pressed Celery Juice, 12 Fluid Ounce - 6 per case.

Suja Uber Greens
Suja Uber Greens Organic Vegan Fruit & Vegetable Juice Drink - Gluten and Dairy f...

- Download a free copy of the Wheatgrass Book: https://ecosaludcl.wordpress.com/wp-content/uploads/2013/07/the-wheatgrass-book.pdf
- Wheatgrass Powder:
  🌐 Micro Ingredients Sustainably US Grown, Organic Wheat Grass Powder (100% Whole-...

2. Power of Your Thoughts

-Meditate and pray upon waking and through the day and also before going to bed.

- Watch "Gregg Braden- Feeling Is The Prayer" on YouTube
  🌐 Gregg Braden - Feeling Is Prayer
- Watch "Guided Meditation for Calming the Mind and Nervous System with Dr. Peter Van Houten" on YouTube
  🌐 Guided Meditation for Calming the Mind and Nervous System with Dr. Peter van Hou...
- Watch "Guided Meditation for Energy and Success with Nayaswami Jyotish" on YouTube
  🌐 Guided Meditation for Energy and Success with Nayaswami Jyotish
- Watch "Meditation for Students and Professionals by Swami Vivekananda" on YouTube
  🌐 Simple Meditation Methods for Students and Professionals || Swami Vivekananda Me...
- Watch "9 Important Tips for Meditation by Paramahamsa Yogananda" on YouTube 🌐 9 Important Meditation Tips by Paramahamsa Yogananda

3. Laughter

-Laughter is the best medicine!

- Watch “The Cancer That Died of Laughter | Eyal Eltawil |TEDxTelAvivUniversity” on YouTube 🌐 The cancer that died of laughter | Eyal Eltawil | TEDxTelAvivUniversity

4. Forgiveness

-Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ~Colossians 3:13

- How to Practice Ho'oponopono in Four Simple Steps:
  🌐 How to Practice Ho'oponopono in Four Simple Steps
- The Huna Process of Ho'oponopono: https://www.ancienthuna.com/ho-oponopono.htm
- Watch Before Sleep Affirmation Meditation for forgiveness:
  🌐 Before Sleep Ho'oponopono Affirmation Meditation for Forgiveness, Reconciliation, ...
- Morrnah Nalamaku Simeona on Ho’oponopono: https://www.zero-wise.com/morrnah-nalamaku-simeona/

5. Trauma Release

-Traumatic Stress Relief (PTSD) is important for the health of the body

- Facilitated Self-Havening Dr Robin Youngson: 🌐 Dr Robin's Havening Videos
- How does Havening Work? 🌐 Dr Robin's Havening Videos
- Havening Practitioners: 🌐 Havening Practitioners
- Havening Technique: Healing When It Seems Impossible
  🌐 Havening Technique: Healing When It Seems Impossible

6. Gratitude

- Watch “Want to be Happy? Be grateful by David Steindl-Rast” on YouTube:
  🌐 Want to be happy? Be grateful | David Steindl-Rast

7. Alkalize the Body and Stay Hydrated

- Alkalize body with proper alkaline water (Use Hydrion PH strips to check PH):
  🌐 Hydrion 9800 plastic pH indicator strips, 0.0 to 14.0, flip top vial packaging
- One of the best waters to alkalize the body is Kangen water:
  🌐 Exclusive Global Producer of Kangen Water® Ionizers » Realizing True Health Around t...
- This is an *alternative* for the Kangen water. Drink Kangen or Jon Ellis water daily with coral calcium in it to alkalize body.

  -John Ellis: 🌐 John Ellis Water Machines The most unique energized water

  -Coral Calcium: 🌐 Coral Calcium Supplements by Bob Barefoot

- Distillers that make pure energized water that releases hydrogen easier. If you don't want to buy a distiller, then Gregory Paley 805-325 -0015 sells the water separately. He is a very nice helpful person. Although the distiller is much more economical.
- Best Type Coral Calcium to alkalize the body is Coral Calcium and can be put in the John Ellis water. The Coral Calcium distributors name is Lon or his son John. Their phone number is 509-467-1113

8. Foods to Avoid

Eliminating these foods from your diet helps to reduce inflammation in the body.

- Wheat and Gluten (i.e. breads, pasta, and other grains containing gluten such as barley and rye)
- Refined sugar
- Homogenized milk (avoid most dairy if possible; unless it is raw/local)
- Nightshade vegetables (tomato, pepper, potato, eggplant)
- Hydrogenated oils
- Red meat and pork
- GMO Food

- Microwave (avoid using the microwave as it reduces the nutritional value of food and makes it harder to digest)

<u>If needed for protein small amounts of these foods may be consumed:</u>

- Fresh cold water fish (salmon, sardines, herring, mackerel)
- Free Range Turkey

9. <u>The Importance of Gut Health</u>

- Watch “How the Gut Microbiome affects the Brain and Mind”
  How the Gut Microbiome affects the Brain and Mind
- Watch “Feed Your Microbes-Nurture Your Mind”
  Feed Your Microbes - Nurture Your Mind | John Cryan | TEDxHa'pennyBridge
- Watch “Food for Thought: How Your Belly Controls Your Brain”
  Food for thought: How your belly controls your brain | Ruairi Robertson | TEDxFulbrig...
- Watch “Daily Bread--Can Any Human Body Handle Gluten?”
  Daily bread -- Can any human body handle gluten? | Dr. Rodney Ford | TEDxTauranga
- Take Dr Ohira’s Probiotic
  Dr. Ohhira’s Probiotics Original Formula with 3 Year Fermented Prebiotics, Live Activ...

- Use Braggs Raw Apple Cider Vinegar
  Bragg Organic Apple Cider Vinegar, Raw, Unfiltered, With The Mother, 128 oz

- Eat raw, organic fermented foods like saurkraut, kvass and miso.
- Ancient Nutrition offers a full spectrum line of gut-health products:
  Ancient Nutrition - Dietary Supplements & Vitamins

10. <u>Supplements for Health</u>

- Super Reds:
  COUNTRY FARMS Super Reds, Energizing Polyphenol Superfood, 48 Super Fruits and ...
- Organic Beet Powder:
  Chérie Sweet Heart Organic Beet Root Powder (3 lb), Raw & Non-GMO
- Super Greens:
  COUNTRY FARMS Super Greens Natural Flavor, 50 Organic Super Foods, USDA Organ...

- D3:
  🌐 Garden of Life Vitamin D3 5000 IU, Raw Whole Food Supplements with Chlorella, Fru...
- MultiVitamin For Women:
  🌐 Garden of Life Organics Multivitamin for Women - Women's Once Daily Multi - Whole ...
- MultiVitamin For Men:
  🌐 Garden of Life Once Daily Whole Food Multivitamin for Men, Organic Mens Vitamins ...

Additional Links and Resources

Healthy Eating

-Green/Keto Diets to Increase Live Foods in Your Meals

- Nightshade Food List & Why You May Want To Avoid Them-Unbound Wellness:
  🌐 Nightshade Food List : Should You Avoid Them?
- The Ideal Diet for Humans: "Increase Your Life Energy with Yogic Diet - Sadhguru, on Yogic Foods" on YouTube:
  🌐 Increase Your Life Energy with Yogic Diet - Sadhguru, on Yogic Foods
- Vegetarian Ketogenic Diet (includes recipes and meal plan):
  🌐 Vegetarian Keto Diet (What It Is, Protein Sources & Recipes)
- Health Effects of an Alkaline Diet: https://pubmed.ncbi.nlm.nih.gov/27089527/
- Become Healthy or Extinct! Free E-Book: 🌐 Become Healthy or Extinct!

-Wheatgrass Products

- Organic Wheatgrass Powder: 🌐 Green Superfood, Plant Based Protein & Effervescent
- Organic Wheatgrass Juice Powder:
  🌐 Adapted Nutrition Organic Wheatgrass Juice Powder with Kamut | 75 Servings | Chlor...
- Raw Organic Kamut Wheatgrass Blend:
  🌐 Raw Organic Kamut® Wheatgrass Blend – Juice Powder (large or small) - Immune Sol...
- Anti-Inflammatory Diet from John Hopkins University: 🌐 Anti Inflammatory Diet

-Plant Based Protein Sources:

- Pecans 🌐 NOW Real Food, Raw, Unsalted, Organic Pecans, no added oils, 10 oz (284 g)
- Walnuts
  🌐 Organic Raw Walnuts – Unsalted 3 Pound (48 oz) Vacuum Sealed, Non GMO, No Salt, ...
- Sunflower Seeds
  🌐 Go Raw, Organic Sprouted Sunflower Seeds with Sea Salt, 14 oz (397 g)
- Pumpkin Seeds 🌐 Go Raw, Organic Sprouted Pumpkin Seeds, Sea Salt, 14 oz (397 g)

The Power of Sound

- Daily Utterance of AUM Will Transform You:
  🌐 Sadhguru - Daily utterance of AUM will transform you.

- Health Freedom Through Sound Healing-Sharry Edwards:
  🌐 Health Freedom Through Sound Healing w/ Sharry Edwards
- SOUND ALCHEMY Documentary - Hermetic Sound Science - Egyptian Roots of Modern Sound Healing – Ani Williams:
  🌐 SOUND ALCHEMY Documentary - Hermetic Sound Science - Egyptian Roots of Mode...
- Bioacoustic Biology-Sharry Edwards:
  🌐 ▶ Bioacoustic Biology - Sharry Edwards & Ashley James - #100 ◀
- Bioacoustic Biology-Sharry Edwards-Remedies for Covid:
  🌐 Bioacoustic Remedies For COVID-19 & 5G w/ Sharry Edwards
- Sharry Edwards Websites:
  🌐 Portal Community – Supports of the application of Bioacoustics in holistic human he...
- Benefits of Aum Chanting: 🌐🕉Sadhguru - Benefits of AUM Chanting | OM Chanting

Music for Sleep and Meditation

- Healing music for Sleep and Immune System:
  🌐 Healing Sleep Music ★ Immune System Booster ★ Delta Waves Binaural Beats Music
- Praye and Meditation for Love and Guidance:
  🌐 Talk To God | Prayer Meditation | Receive Clarity, Love & Guidance | 963 Hz Soft Praye...
- Peaceful Prayer Music:
  🌐 God's Loving Presence ➤ Prayer Meditation | Ask And You Shall Receive ➤ 639 Hz Pe...
- Connect to Spirit:
  🌐 Peaceful Prayer Music ✧ Connect To God ✧ Open Your Heart To Spiritual Connectio...
- Attract Love:
  🌐 639Hz | Attract Love Frequency Music ➤ Manifest Love While Sleeping ➤ Connect To...
- Manifest Miracles:
  🌐 Manifest Miracles | Ask And You Shall Receive | Talk To God | 963 Hz Music To Connec...

Breathwork

- Breathing Technique:
  🌐 *Breathing Techniques* (Yoga, Meditation, Relaxation, Stress, Cancer, Blood Pressure...
- How Breathing Can Change Your Life:
  🌐 Dr. Joe Dispenza 2021 | How Breathing Can CHANGE YOUR LIFE (Secret Revealed)
- Activate Your Brain: 🌐"It Will Activate Your Brain To 100% - USE IT TODAY!!! | Wim Hof

Earthing, Grounding and Sungazing

- What is Earthing? 🌐 Earthing–A Technique to Help Ground Your Body
- Sungazing: 🌐 Sun Gazing: How to Tune into the Healing Power of the Sun
- The Earthing Movie:
  🌐 The Earthing Movie: The Remarkable Science of Grounding (full documentary)
- Integrative and Lifestyle Medicine Strategies Should Include Earthing:
  https://www.sciencedirect.com/science/article/pii/S1550830719305476
- Reconnecting to Earth's Surface:
  🌐 Earthing: Health Implications of Reconnecting the Human Body to the Earth's Surfac...

- Electromagnetic Fields:
  🌐 EMFs (Electromagnetic Fields): How EMFs Affect Your Health & Home Optimization

Natural Pain Relief

- Dr. Christopher's Wild Lettuce Extract: 🌐 Wild Lettuce Leaf Extract

Helpful Online Courses

- Sky Breath Course: 🌐 Online Meditation and Breath Workshop
- Dr Joe Dispenza: 🌐 The Official Website of Dr Joe Dispenza
- Ananda Joy is Within You Meditation Course: https://www.ananda.org/meditation/meditation-courses/
- Self Realization Fellowship Lessons: 🌐 Lessons for Home Study
- Inner Engineering with Sadhguru:
  🌐 Inner Engineering | Shambhavi Mahamudra Kriya | Offered by Sadhguru

Self Mastery

- Self Mastery: 🌐 Self Mastery Through Conscious Autosuggestion
- Self Mastery: 🌐 Dr. Bruce Lipton Explains How To Reprogram Your Subconscious Mind
- Change Your Future: 🌐 The Science That Will Change Your Future | Dr. Bruce Lipton
- You Create!
  🌐 "Use This FORMULA To Achieve ANYTHING YOU WANT!" | Dr. Joe Dispenza & Lewis H...

Helpful Information About Cancer

- Use Frankincense in a nebulizer or diffuser daily. This is a very informative and helpful article that will help. It really applies to ALL types of cancers. Frankincense truly is a natural miracle to eliminate cancer. Survive brain cancer with Frankincense: https://www.happypreppers.com/brain-cancer.html
- How to survive cancer naturally: https://www.happypreppers.com/survive-cancer.html
- How to detoxify and survive cancer: https://www.happypreppers.com/detox.html

Our Non-Profit Website: http://www.gatewayoflight.com

Gateway of Light

1092 W Highland Rd

Pearce, AZ 85625

Gateway of Light is a 508(c)(1)(A) Organization that is open to all, to promote holistic living and spiritual transformation.

Donations made to the Organization go toward funding programs for the Community and operating expenses.