



NHC
NATURAL
HEALTH
CLINIC

From the Desk of
Faith Pierce
Doctor of Naturopathy



2001 W. Kenosha * Broken Arrow, OK , 74012 * herbpower21.com *
For mail order of supplements and vitamins call: 1-800-798-HERB

Make sure you drink half (1/2) of your body weight in ounces of water daily. This allows the Lymph fluid, as well as the other fluids in your body to be able to flow and do their jobs. An example would be a person weighing 100 pounds drinking 50 ounces of water daily.

A lack of exercise does not allow the Lymph fluid to flow and carry away waste products and debris from your cells, so cellular breakdown is more likely to occur. Your tissues become toxic. Tissues form organs, and your whole body becomes toxic.

Regular walking, Dry Skin Brushing with a natural fiber skin brush, and regular exercise are very important. Attached to this are some specific Lymph system exercises. Jump for Joy! Jump rope! :)
Jump up and down and be silly! Add FUN, yes... FUN to your day!

Regular Detoxing of your whole body and colon are imperative! You clean the outside of your body, you need to clean your insides too! At least twice a year is good, but quarterly with the change of seasons is best. Our Super Herbal Body Cleanse is the best, most thorough cleanse on the market. It is the only one that targets cleaning the Lymph System. Start with 1-2 capsules with 16 ounces of water 30 minutes before bed. Take another 1-2 in the morning with at least 16 ounces of water. Depending on how regular your bowel movements are, gradually increase the number of capsules & water until you are going 3 times every day. Maintain this for 30 days for a thorough detox cleanse.

A process called Oil Pulling is also very good to help your body get rid of toxins. Every morning before you brush your teeth (with Herb Power 21) swish a teaspoon of extra virgin pure olive oil, or oil that is beneficial for your blood type. Swish it around and around in between your teeth for 10-20 minutes, then spit out into a napkin, so you won't clog your pipes with oil. This removes bacteria, viruses & toxins, while bathing your teeth, gums and mouth tissues with those wonderful essential fatty acids.

Bathe in pure non chlorinated water when necessary, but most Americans bathe much too often! Dry Skin Brushing is really sufficient, when you are eating a clean diet & detoxing regularly! When you wish to, you can use essential oils for fragrance or to help in purification. Geranium, Grapefruit, Lavender, Lemon, Lemongrass, Lime, Orange and Tangerine oils are excellent for the Lymph System! Our pure, raw Shea Butter is also good for the skin! A great skin and Lymph cleanser is made by combining in a glass container with a tight lid:

½ cup Raw Shea Butter,
1 ½ cups Epsom Salts,
and 5-8 drops essential oils

Exercise is very important, but there must be a balance,. Overwork is not good for your health in general! You must be sure to get at least eight (8) hours of sound sleep every night, and regular days off to rest. Rest, Relaxation and Recreation are necessary for your body to rebuild itself! Our Great Creator designed our bodies to rest once a week! If you were to check your pulse every day, you would find that every seven (7) days it is slower! So get enough rest for your body to repair and renew itself!

Spiritual and emotional health are also important to your overall health! Keep a positive outlook! Focus on the GOOD! Let everything you think about be positive and have a joyful attitude! I don't mean "pie in the sky" but there is always something good in every situation! Have fun! Look for joy and laughter! Keep a smile on your face & make people wonder what you are up to! Have a thankful heart and a song in your heart! Spend time in prayer, sharing your heart with God and spending time in His presence! Read Scripture everyday! This will help keep your mind renewed and on good and pure things, like Philippians chapter four verse 8 says to do!

Also let every word you say be true, helpful, important, and kind! If what you want to say does not fit this, don't say it! THINK before you speak and ask God for something that is fit to say.

Do things for others. Do things with the outlook that what you are doing is bigger than yourself and will outlast you. It's not about you, but using your special gifts and talents that make you valuable! If you follow this advice, then everything you do should be more beneficial to yourself and those around you, as well as more pleasing to our Great Creator!

Love, Blessings and Best wishes! Thank you for allowing me to help you on your journey to

Better Health!

Dr. Faith