

**97 EASY THINGS  
THAT YOU CAN DO  
FOR YOUR  
HEALTH**

By

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*"The Health Detective"*

# 97 Easy Ways to Optimize Your Health

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Do you know there are healthier, safer, less toxic alternatives in life? Are you able to resist advice from well-meaning family members and social media friends? Do you question what motivates “experts” in the media? Do you really believe what governmental bureaucrats and Big Pharma want you to believe? Or do you want the ammunition to think for yourself? It is my hope this e-book will help catalyze your thoughts and empower you to live a healthier life?

## **ABOUT YOUR LYMPHATIC SYSTEM**

**Keep your lymphatic system moving. It is your “sewer system” which eliminates toxins and waste. When it gets blocked, you get sick just like the house with a blocked toilet.**

1. Drink ½ oz of spring water per pound of your weight every day. No. Tea, coffee, pop or lemon water do NOT count.
2. Walk, or bounce, on a rebounder, trampoline or sit-bounce on an exercise ball for 10 minutes a day.
3. Before taking a shower, use a skin brush in a circular motion from the tips of your fingers and toes towards the heart, until your skin tingles and glows a healthy pink.
4. Use Lymphatic Massage if you cannot do the above or need more lymphatic drainage.

## ABOUT CIRCULATION

**Blood circulates best when it is thinner rather than thicker.**

5. Drink Pau D'Arco tea often. It purifies and thins the blood safely.
6. Take Niacin [the flushing kind] to bring blood closer to your skin before taking saunas.
7. Take the stairs instead of elevators to pump blood better.
8. Do leg lifts while in an airplane, car or theatre to keep blood moving.
9. Wear VOXXLife™ socks or insoles to aid circulation and balance neurology in the whole body.
10. Tabebuia tincture drops help cleanse the body.
11. Take a nitric oxide product [like Cardio4Life™ or Synergy™] to clean the artery walls of plaque and cleanse the blood.

## ABOUT TOXINS

**Because toxins are stored in our fat cells, it is important to avoid rapid weight loss regimens until you have detoxed completely. If you lose weight while still toxic, the fat cells release their stores of poison. You may get sick [e.g. chronic fatigue, hormonal imbalances, lymphedema, sleep disturbance and vertigo] and most certainly will regain ALL the weight.**

12. Get your heavy metals, toxins and organ viability checked by an Integrative Wellness Practitioner so you know where your vulnerabilities lie.

13. Use Far Infra Red Saunas or Ion Cleanse foot baths until you are assured that the liver can handle any other form of Detox regimen.
14. Avoid vaccines, amalgam dental fillings, metal crowns and implants, CFL light bulbs and other sources of mercury / heavy metals as much as possible.
15. Avoid micro-waved food. Microwaves denature DNA in food and cause the food to become toxic. Even heating up coffee or water affects your cells negatively. Follow the link [www.dietoflife.com/microwaved-water-does-to-plants/](http://www.dietoflife.com/microwaved-water-does-to-plants/) for more information on what microwaved water does to plants.

## **ABOUT ELECTROMAGNETIC FREQUENCIES**

### **EMF's are causing brain fog, headaches, chronic fatigue and gliomas – brain cancer.**

16. Keep ALL electronic devices out of your bedroom. Cell phones, cordless phones, computers, e-readers, tablets, remote controls and televisions all emit EMF.
17. Turn Wi-Fi off when not in use.
18. Wear shungite [a natural stone that changes microwaves from electronic devices into less harmful radiation] to shield you from EMF you cannot control – like Wi-Fi at work or cell towers.
19. Put shungite cell buttons on all your electronic devices.
20. Do not let children use the cell phone against their head. Their skull bones are thin and radiation affects their brain much more than adults. Use BlueTube™ technology or speaker features

## ABOUT DIGESTION

**Constipation is a common cause of illness that causes toxins to accumulate in the body and prevents nutrients from being absorbed.**

21. Eat at least 6-8 Servings [ $\frac{1}{2}$  cup is one serving] of fruit and vegetables – preferably raw or steamed - every day.
22. If you have hemorrhoids, keep your stool softer than normal and heal them with Epsom Salt baths and Hamamelis Compresses™.
23. Squat posture eliminates better on the toilet. Use a lower toilet or a “quatty Potty™ or similar device to raise your knees.
24. Limit your intake of dairy and chocolate.
25. Take magnesium citrate and vitamin C [avoid laxatives] and increase doses until you eliminate softly 3 times a day or more.
26. Clean out your colon thoroughly 3 - 4 times a year by doing a Magnesium Oxide flush, a Colon Hydrotherapy, or a fast [like Stanley Burrough’s Master Cleanse™].

## ABOUT BODY ACIDITY / ALKALINITY

**Keep your body pH on the Alkaline side [i.e. 7 - 7.5].**

27. Coffee from coffee shops is very acidifying. It takes 17 glasses of water to wash away the acidity of one cup of some of the most popular brands or coffee-shop coffee. Instead drink a coffee like Gano™ or OrganoGold™ brand that has added Ganoderma Mushrooms.

28. Pre- packaged food such as cereals, micro-waved food, aspartame, pop and sugar cause the body to become acidic. Eat fresh, home cooked, natural, organic foods whenever possible.
29. Avoid fluoridated tap water. Fluoride toxifies the body and makes it acidic.
30. If you have Reverse Osmosis Filtration, re-mineralize it with liquid minerals.
31. EAT SPROUTS? Drink greens and chlorophyll to alkalinize.

## **ABOUT YOUR THYROID**

**The Great Lakes area is called the Goiter Capital of North America. A goiter occurs when the thyroid gland swells due to a lack of its main nutrient IODINE. When iodine is not available, the thyroid seeks out other halides which are similar to iodine in structure. These are readily available in the form of bromine, chlorine, and fluoride. When the thyroid absorbs these, the thyroid poisons itself and develops nodules, Hashimoto's Autoimmune Thyroiditis or Hypo-Hyperthyroidism, it often is because it is starved for Iodine.**

**Protect and feed your thyroid. It is the master gland of your body and controls your heart rate, your body temperature, your weight, and your brain power!**

32. Get your iodine level tested. If low, supplement with appropriate amount of Lugol's iodine. Most people need at least 3 drops a day.
33. Avoid fluoride in your oral health products, water, general anesthetics and drugs like antidepressants.

34. Avoid radiation from x-rays, living close to hydro towers and cell towers.
35. Eat seaweed.
36. Spend time at the ocean.

## **ABOUT ANTIBIOTICS**

**Antibiotics destroy your gut biome and cause leaky gut, allergies and superbugs. We are fast approaching the Post-antibiotic era where antibiotics no longer are effective in killing pathogens, and Superbugs like MRSA are flourishing.**

37. At the first sign of a cold, take 1000mg of Vitamin C PER HOUR until you get diarrhea or get better.
38. Colloidal silver is a natural antibiotic that can be used by babies, animals and adults alike. Use it on cuts, as a spray in the nose and sinus, on wounds or in your pet's water bowl.
39. Oregano Oil under the tongue is not tasty but kills most bugs pronto!
40. Echinacea helps immunity. Take it for 2 weeks at a time instead of a Flu Shots! Flu Shots give you the flu! Do not visit senior homes for 2 weeks after a flu shot or you will be spreading the flu!
41. Medical Ozone therapy will cure most infections – even Ebola, H1N1, MRSA and Zika Virus!
42. Treat cold sores, Herpes and Shingles with ozonated water/oil and a laser. Even a laser pointer will work.

## **ABOUT TECHNOLOGY ON YOUR BODY**

**Wearing technology on our body stresses the body with EMF. Cell phones in men's trouser pockets are implicated in infertility. Heavy use of Bluetooth ear devices, cell phones and cordless phones cause glioma [brain cancer] and FitBits, WiFi and Electrosmog are implicated in lowering our immunity, causing headaches, brain fog and fatigue. Policemen holding radar guns in their laps are getting testicular cancer.**

43. Use BlueTube™ [see Mercola.com] to keep cellphone away from your head.
44. Put shungite on all devices you need to wear or wear shungite jewellery.

## **ABOUT HAND CLEANLINESS**

**Hand sanitizers are being used WIDELY EVERYWHERE by EVERYONE. Isopropyl alcohol [contained in hand sanitizer] is a major factor in liver cancer. Nurses use hand sanitizers every few minutes. Nurses are getting liver cancer.**

45. If soap and water is not available, use ethyl alcohol [vodka] or essential oils to sanitize hands.
46. Avoid liquid soap that contains Sodium Lauryl Sulfate [SLS] which is a carcinogen.
47. Read every label on every product that goes into your mouth or onto your skin. My rule is: If it cannot be ingested safely by a baby, it has no place into or onto your skin!



48. Replace most face creams, cleansers, moisturizers and wrinkle reducers with coconut oil. It feeds, heals and rehydrates the skin and has great anti-aging properties.
49. To make your own, safe sun block / protection, mix coconut oil with Zinc Oxide.
50. Read labels on baby powders. Most contain GMO corn. Replace with finely ground Bentonite clay - not talcum which is toxic when breathed in.

## **ABOUT TOXINS IN OUR ENVIRONMENT**

**Fluoride kills our thyroid function. Dentists and hygienists promote fluoridated water and products containing fluoride without studying the science behind this chemical, and without looking at all the other toxins that are in mainstream products like Crest, Colgate, Listerine and Sensodyne.**

51. Avoid all fluoridated oral health products.
52. Avoid Sodium Lauryl Sulfate [a carcinogen] in most soaps, shampoos and toothpastes.
53. Acetones, acrylic dust, toluene and in nail polish, and acrylic dust and vapours in nail salons, all are toxic to the liver, and rob us of immunity.
54. Filter your water of Chlorine and Fluoride with a water filter at least for the water you drink and cook with.

## **ABOUT SUPPLEMENTS**

**Take some critical supplements to keep your systems working well.**

55. Vitamin C at 3000 mg will keep your immune system working well, nip colds, viruses, toxins and infections in the bud, and keep you young. There is no maximum or toxic dose, so feel free to raise it to 10 - 20,000 mg per day as needed. All that can happen is some loose stools and younger looking skin.
56. Vitamin D – the sunshine vitamin – is low in most people. Even in the summer we do not expose enough of our body to the sun for long enough time. 10,000 IU a day is a good dose to consider for a few months and then test your levels to see if you need to adjust lower or higher.
57. Vitamin D needs Vitamin K2 to work better. K2 removes harmful calcium deposits from your blood vessels.
58. Magnesium is critical for so many of our processes. Take 650 - 1500 mg to help you sleep better, calm your brain, prevent muscle cramps and relax muscles.
59. Zinc is a common mineral deficiency.

## **ABOUT OUR FOOD**

**Wheat and corn are crops that have been hybridized and genetically modified. This introduces DNA from different species which when put into our bodies, cause our genes problems. Also, the industrialized farming methods involve Roundup (Glyphosate) to be sprayed on the crop 2 weeks before harvest to get rid of weeds and to “pre-dry” the grain. If I eat North American wheat that is not organic, I get bloated and sick. And it is not a gluten issue, because I can eat other grains. When I travel in Europe I am able to eat all the bread and croissants I can find without having those problems.**

60. Avoid commercial wheat products. Bake your own from organic or European wheat.
61. Use potato starch, lotus root flour, or organic corn for sauces, breads, etc.
62. Consider changing your “sandwich culture” to organic tortilla wraps, lettuce wraps, or “naked burritos” instead of the proverbial sandwich for lunch.

## **ABOUT DAIRY**

**Most ear infections are associated with high milk intake. Many people are now dairy intolerant. It may not be a dairy problem but a problem of the processing of our milk. When milk is pasteurized and homogenized, it is no longer digestible like raw milk would be, because the casein - when heated - becomes indigestible, and the homogenization process further denatures it. What with the industrialized way cows are medicated, grain fed, and kept in stalls without movement, no wonder nature's "perfect food" has become a toxin to us.**

63. Drink raw milk.
64. Eat cheeses made from raw milk.
65. Ghee or organic butter is good for you. Frying / sautéing with Ghee is better than oils that decompose with heat.
66. Avoid margarines or other hydrogenated oil products. They are toxic.
67. Use avocado or olive oil rather than canola, corn, rapeseed or vegetable oil for your salads.

## **ABOUT THE CANDIDA PROBLEM**

**With the overuse of antibiotics in our foods, at the first sign of a cold and the high intake of sugar in our society, our gut biome [friendly bacteria in the intestines] gets wiped out. That is when a fungus [Candida Albicans] overgrows and causes everything from poor digestion to brain fog to bloating to sugar cravings to toenail fungus.**

68. Candida Cleanses that are sold on health food store or drug store shelves may help some, but rarely do the whole job. In order to beat Candida you need to be free of parasites, and heavy

metals, your kidneys, colon and liver need to be clean. In addition, the treatment time must run a minimum of 18 weeks [i.e three-6 week Candida Life Cycles.

69. Diet alone rarely cures Candida, but supplementing with kefir, kimchi, probiotics, sauerkraut, and yogurt helps keep the friendly bacteria replenished.

## **ABOUT THE COMMON COLD**

**Colds detox the body through release of mucous from the sinuses, lungs and bronchi. Colds are caused by a virus, but “caught” by people in need of detoxing. To get rid of a cold fast, without resorting to over the counter decongestants, Tyleno, antihistamines and antibiotics take:**

70. 1000 mg of Vitamin C PER HOUR until you get diarrhea or get better, plus 30 mg Zinc Citrate.
71. chicken soup, or hot toddies with lemon, honey and a splash your choice of alcohol. Sweat it out in an Infra Re Sauna, or under your duvet.
72. 1 teaspoon of colloidal silver daily until all better.
73. an Ozone insufflation.
74. a NettiPot that contains 1 tablespoon of saturated Himalayan Salt solution to a potful of warm water to clear the sinuses. Go to a Salt Cave and breathe the salty air for an hour.
75. a Rife treatment for colds.

## **ABOUT PARASITES**

**Parasites are a problem we address poorly in today's society. Our grandparents "dewormed" their families and their animals spring and fall. We have fallen out of this kind of hygiene practice. When I do a microscopic plaque analysis, it tells me what the infecting bug is that is causing the gum problem, or the bad breath, or the bleeding gums. Parasites are the most destructive of the infections, and if eliminated, the healing is often spectacular without surgery, antibiotics or deep cleanings.**

76. See a Wellness Practitioner for a microscopic plaque analysis, stool analysis or Electrodermal Testing. Check if parasites may be a factor in your symptoms. If parasites show up, eliminate them with a Hulda Clark Parasite Cleanse or other protocols your Wellness Practitioner suggests.

## **ABOUT MODERN DENTISTRY**

**Dentistry saves teeth with root canals, replaces lost ones with titanium implants and makes them look pretty with crowns, braces and other metal-containing processes which block acupuncture meridians and cause hidden infections or release toxins.**

77. At all cost, avoid root canals. If the tooth is dead, have it removed.
78. Ask for non-metallic (Zirconium) bridges, crowns, and implants.
79. Opt for least invasive choices such as Lumineer™ [cosmetic] veneers that need no tooth structure removed, bridges or partial dentures.

80. Choose early orthopaedic interventions such as Occlusoguide ALF™, and other removable orthopaedic appliances that guide growth so the jaws and teeth grow straight and do not need extractions and braces later.

## **ABOUT YOUR IMMUNE SYSTEM**

### **Keep your immune system strong and prevent diseases from flu to cancer.**

81. Eliminate parasites and clean your liver often. Aloe Vera, Diatomaceous Earth, Hulda Clark protocols and papaya seeds work really well especially after being kissed by your dog, eating raw seafood or sashimi, and travelling to foreign countries.
82. Detox. Detox. Detox with bentonite clay, far infrared sauna, and ion cleanse [PES™] foot baths.
83. Make sure you supplementing glutathione and take adequate amounts of Vitamins A and C.
84. Fight inflammation with natural anti-inflammatory supplements like Rain™ [Soul and Core], immune system boosters like Chaga and Cordyceps mushrooms, Wobenzyme™, etc.
85. Eat clean, organic, home cooked meals with lots of greens and sprouts. If it is not green and growing, it does not have the enzymes to feed your body nutrients. Take your homemade lunch to work.
86. Green juices and smoothies made with greens pack a nutritional punch.
87. Throw away your microwave oven.
88. Avoid restaurants that use aluminum pots and pans, microwave ovens and MSG.

89. When travelling by airplane or in crowded buses, put a drop of peppermint oil, Thieves Oil™ or Tooth and Gums Spray™ in your mouth to protect you from the bugs circulating in the re-circulated air [Frequent cause of “coming home cold”.]
90. Avoid drugs. Whether over the counter or prescription, all pharmaceuticals have side effects! e.g. Tylenol™ is one of your liver’s greatest enemies.

## **ABOUT ACHES AND PAINS**

**Sore joints, broken bones, pulled muscles complicate our lives.**

91. Magnets heal bones faster and help alleviate pain. Nikken™ makes them or you can look for others.
92. Polychromatic lights [Lumen Photon™ or InLight™ systems] reduce pain, help broken bones knit faster and speed healing after surgery.
93. Ozone injections give immediate relief to anything from sore joints and muscle spasms to Carpal Tunnel Syndrome and may even eliminate the need for surgery].

## **ABOUT BODY PIERCINGS**

**Piercings in certain areas of the body are very harmful. For instance belly button and nasal septum piercings block the acupuncture meridian “Conception Vessel” and can cause infertility. Tongue piercings have caused a multitude of problems from Encephalitis and Chronic Fatigue to broken teeth and allergies.**

94. Limit piercings as much as possible!!!



## ABOUT BODY ART

**Tattoos have become a popular art form. Most inks used in tattooing are derived from mercury, the most toxic element on earth. Therefore, tattoos become a permanent and continuous source of toxicity to the body that may be already in need of detoxification in order to stay healthy.**

95. Avoid tattoos!

## ABOUT VACCINES

**Vaccines are a source of many toxins. They contain heavy metals such as aluminum, the DNA of animals and aborted human foetuses, and allergens. When given to a baby whose mother already carried a burden of toxins from amalgams, environment and agricultural chemicals, the baby's immature immune system gets overwhelmed. This is a main factor implicated in autism spectrum diagnoses.**

96. Get more info by accessing scientifically based programs like the movie **Vaxxed** with Dr. Andrew Wakefield, or the summit **The Truth About Vaccines** by Ty Bollinger. If you decide you must vaccinate, WAIT until after the child is 3 years old, and vaccinate no more often than every 6 months.
97. Ask for single dose vial of single, [not combined like MMR] vaccines.

**Thank you** for downloading this e-book and allowing me to share with you some pearls of information gleaned from my fifty plus years of seeking truth in science. If you have any questions, or would like additional information, please:

- visit my website [www.drSawiak.com](http://www.drSawiak.com)
- read my book, "You Well - The Exponential Health Program" [available on Amazon]
- email me at [besthealthdetective@gmail.com](mailto:besthealthdetective@gmail.com)
- call my office 905.279.6619 for a free 15 minute consultation

In his book, "Principles and Applications of Ozone Therapy, A Practical Guide for Physicians", Frank Shallenberger, M.D., HMD, ABAAM states,

***"I never learned anything from someone who agreed with me".***

I agree with Dr. Shallenberger: over the years, many people, because of their belief systems or T.V. Radio, Ads, have not shared my views.

Oksana M. Sawiak, DDS. IMD. MAGD. AIAOMT.

What do all those letters mean?

DDS (Doctor of Dental Surgery)

IMD (Doctor of Integrative Medicine)

MAGD ( Master of the Academy of General Dentistry - first woman in the world)

AIAOMT (Accredited with the International Academy of Oral Medicine and Toxicology)