
THE WORLDWIDE
KEPT SECRETS OF
BLUE ZONE
WELLNESS
VIP REMEDIES

FIRST OF ALL, I WANT TO THANK YOU FOR TAKING THE TIME OUT OF YOUR DAY TO COMPLETELY READ AND (HOPEFULLY) IMPLEMENT THE INFORMATION INSIDE OF THIS! IT'S TAKEN ME YEARS OF RESEARCH AND A HEALTHY PORTION OF MONEY TO ACQUIRE ALL OF THIS KNOWLEDGE AND I KNOW IT HAS THE POWER TO CHANGE YOUR LIFE IF IMPLEMENTED PROPERLY!!

VIP REMEDIES

IF NATURE DIDN'T MAKE IT, DON'T TAKE IT!!!

THE WORLDWIDE KEPT SECRET OF OUR BODIES - YOUR BODY WILL CURE ITSELF GIVEN THE RIGHT BALANCE OF HOMEOSTASIS, GUT HEALTH, MENTAL, PHYSICAL HEALTH, PH LEVEL, AND DETOXING THE CHEMICALS, HEAVY METALS, PARASITES, AND NEUROTOXINS!

JUST FEED YOURSELF THE RIGHT FOODS. NOT A SINGLE BIG PHARMA DOCTOR HAS EVER SAVED A LIFE WITH MEDICATION!! WHEN WILL WE ALL COME TO THAT REALIZATION AND PUT OUR FEET DOWN? GOD DID NOT MAKE ANYTHING WITH STARCH IN IT EITHER. STARCH TURNS INTO CARBONIC ACID IN THE BODY

YOU CAN EITHER STAY STUCK ON MEDICATIONS, DOCTOR VISITS, SURGERIES, ASSUMING YOU NEED MEDICAL HELP OR THERAPY OR A PSYCHOLOGIST, OR YOU CAN CHOOSE TO EAT THE ALKALINE, ENERGIZING AND MICRO/MACRONUTRIENT RICH FOODS, UPGRADE THE QUALITY OF YOUR DRINKING WATER, AND DETOX YOUR BODY'S INDIVIDUAL ORGANS TO GAIN BACK THE QUALITY OF YOUR LIFE YOU ONCE HAD. EVERYTHING IN LIFE IS SELECTIVE. YOU HAVE TO CHOOSE WISELY.

HEALTH IS A CHOICE NOT A PRIVILEGE!
GENETICS MAY LOAD THE GUN BUT LIFESTYLE EITHER PULLS THE TRIGGER OR UNLOADS THE GUN.

VIP REMEDIES

AND IF IT DOESN‘T HAVE ANY SEEDS, DO NOT EAT IT! SEEDLESS IS NOT NATURAL! IMAGINE YOU BEING INFERTILE? YOU WOULDN'T LIKE THAT. SOME OF YOU ARE INFERTILE, AND YOU PROBABLY WONDER WHY. YOU CAN ALSO CHANGE YOUR INFERTILITY ISSUES SO YOU CAN HAVE KIDS AS WELL. IT ALL STARTS WITH WHAT YOU EAT. UNLESS YOU HAVE A PHYSICAL DEFECT PREVENTING YOU FROM BIRTHING CHILDREN.
THAT CAN’T BE FIXED.

IF IT HAS MORE THAN 10 INGREDIENTS, MAYBE YOU SHOULD PUT IT BACK ON THE SHELF. AND IF YOU KNOW THAT THERE IS GMO (GENETICALLY MODIFIED) FOODS OUT THERE, THEN OBVIOUSLY SOMETHING IS WRONG WITH THE FOOD INDUSTRY. ALL THIS IS TO HELP CONNECT MORE DOTS ABOUT THE WORLD AND THE TRUTH ABOUT THIS SIDE OF CORRUPTION.

IF YOU HAVEN'T NOTICED YET, THIS IS THE DEVIL'S WORLD. IT'S NOT A CONSPIRACY ANYMORE. LOOK AROUND YOU. EVERYTHING IS MEANT TO KILL US FASTER THAN WE ALREADY ARE DYING. BUT THIS ISN'T A LIST THAT COVERS ALL THE TRUTH IN THE WORLD. THAT’S WHAT MY YOUTUBE CHANNEL VIP TRUTH IS FOR. I'VE SEEN A LOT OF MESSED UP THINGS, AND HEALTH VIDEOS AND DELETED CLIPS FROM THE INTERNET. I'VE EXPOSED EVERYTHING I FIND ON THAT CHANNEL IF THAT INTERESTS YOU.

VIP REMEDIES

- 99% OF SUPPLEMENTS AND PREPACKAGED VITAMINS AT THE STORE ARE FAKE AND SYNTHETIC (ALL BIG BRANDS AND SOME SMALLER BRANDS)
- FLINSTONE GUMMIES ARE TOXIC TO YOUR KIDS (FOOD DYE, CITRIC ACID, VERY TOXIC FOR YOUNG DEVELOPING KIDS)
- MOST KID AND ADULT HEALTH VITAMINS AND SUPPLEMENTS ARE TOXIC AND FAKE.
- ZEOLITE IS TOXIC VOLCANIC ROCKS
- SHILAJIT IS GARBAGE. IT'S "NATURAL" BUT IT'S NOT GOOD FOR THE BODY, IT COMES FROM THE HIM-A-LAYIN PETRIFIED GIANT MOUTAINS

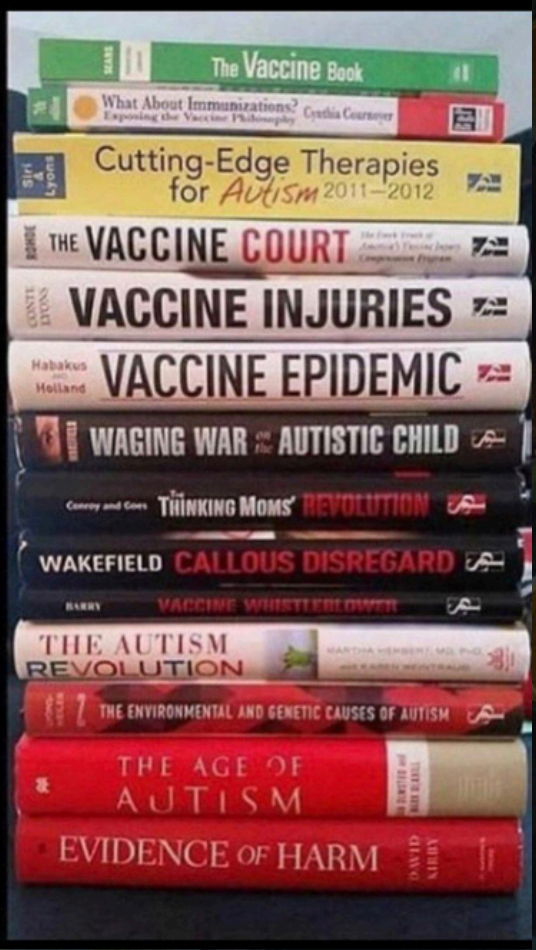
MOST "VITAMIN" SUPPLEMENTS ARE MADE IN A LAB WHEN THERE ARE NATURALLY OCCURING VITAMINS AND MINERALS

- ISAGENIX HAS TONS OF GOOD INGREDIENTS, BUT WITH MOST OF THEIR PRODUCTS CONTAINING CITRIC ACID AND NATURAL FLAVORS, IT DOESN'T MAKE IT A SAFE PRODUCT OR BRAND. DO NOT USE ISAGENIX
- PEDIALYTE IS VERY ACIDIC AND HAS TOXINS IN IT, KEEPING YOU SICK.
- LIQUID DEATH IS VERY BAD, AND ACIDIC
- ALCOHOL IS VERY BAD FOR YOU OBVIOUSLY
- BIG BRAND PLASTIC BOTTLED WATER (DASANI, MOUNTAIN VALLEY SPRING, NATURE'S PROMISE SPRING, EVIAN, "PH WATER", AQUAFINA, FIJI, SMART WATER, BODY ARMOR THAT HAS CITRIC ACID IN IT. IF YOUR SO CALLED "WATER" HAS INGREDIENTS...THAT'S NOT WATER!)
- NOT TO MENTION HOW DETRIMENTAL FLUORIDE IS TO OUR HEALTH!!

VIP REMEDIES



Millions of pages written on vaccine injury & corruption in the last 30 years, but the industry still insists that you believe there's no problem.



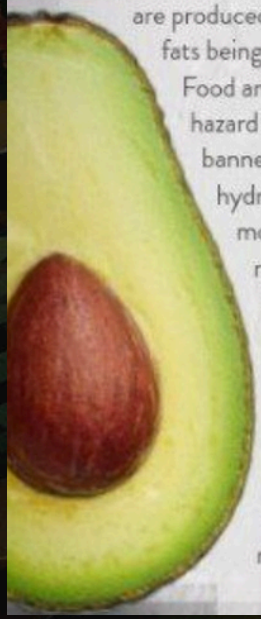
VIP REMEDIES

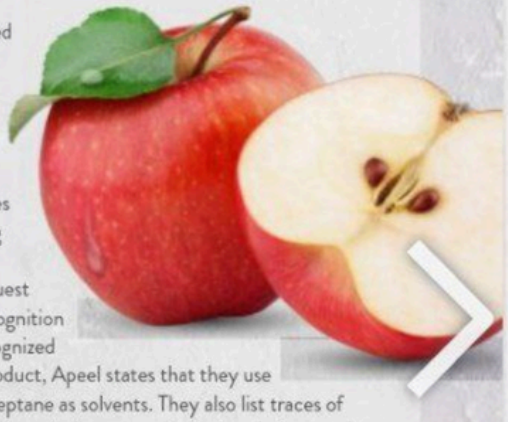
APEEL IS NOT OUR FRIEND

Apeel claims their post-harvest sprays extend produce shelf-life. One of their products, Organipeel™ is listed by the Organic Material Review Institute (OMRI) for use "as a fungicide for post-harvest use in organic production or food processing and handling" according to a United States Department of Agriculture (USDA) spokesperson. Apeel products are being used on both conventional (as Edipeel™) and organic produce (as Organipeel) including avocados, citrus fruits, apples, and cucumbers. In terms of ingredients, Apeel states that their products are "made of purified mono- and diglycerides that have been derived from plant oils" and adds "Apeel for organic produce contains citric acid." According to Organipeel's EPA pesticide product label, citric acid makes up 0.66 percent of the ingredients—the other 99.34 percent of ingredients remain a mystery. But the ingredients for products used on organic produce should never be a secret.

Though the mystery remains, this is what we know

Though it remains unclear whether the ingredients listed in Apeel's Edipeel are also in Organipeel, if indeed they are the same, we have reason to be concerned. Mono- and diglycerides are produced in a way that can result in human-made trans fats being present in the finished product. In 2015 the Food and Drug Administration (FDA) recognized the hazard that human-made trans fats pose to health and banned the use of human-made trans fats, or partially hydrogenated oils in the food supply. However, because mono- and diglycerides are regulated as emulsifiers rather than fats, they are allowed for use in/on food and produce in spite of the fact that they can contain human-made trans fats. This means that products may be labeled as "free of trans fats" even if they contain mono- and diglycerides. It is also important to note that mono- and diglycerides are only allowed in organics for drum drying (a method used to dry out liquids from raw materials), not as a consumable or coating.





To process grapeseed oil into mono- and diglycerides, Apeel products go through an industrial process that inevitably leaves traces of processing agents and heavy metals. In their request to the FDA for recognition as a Generally Recognized as Safe (GRAS) product, Apeel states that they use ethyl acetate and heptane as solvents. They also list traces of heavy metals including palladium, arsenic, lead, cadmium, and mercury. Though trace amounts may not sound like much, is any amount of heavy metals added to fruits and veggies okay? And what about those fruit and veggie lovers who eat more than the projected average amount per day?

In the application for GRAS, Apeel cites several studies on the general safety of grapeseed oil derived mono- and diglycerides, but there are no studies on the effects of Apeel products themselves on human or environmental health.

According to Apeel, in terms of washing their products off fruits and veggies they state, "it's unlikely that you'd be able to remove all of it," and add "it wouldn't maintain the fruit's natural freshness if it was easily removed." Yikes!

Our conclusion

Produce sprayed with this mysterious coating leaves us with exposure to the ingredients themselves (which still haven't been made clear) and to the by-products of their processing. Fruits and vegetables are nutritional gems best kept organic. Apeel and Organipeel do not meet our high standards, therefore, you will never find produce coated with it at any of our stores.

APEEL IS NOT OUR FRIEND

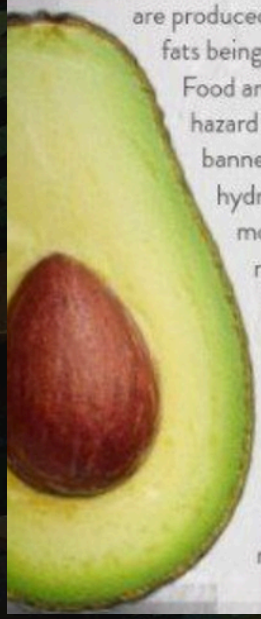
Organics are about transparency, about knowing exactly what goes into (and what doesn't go into) the production of the foods we eat. In recent months, concern has been growing about the lack of transparency of a post-harvest fungicide coating by Apeel Sciences that has been approved for use on organic produce, though the full ingredient list has not been made public.

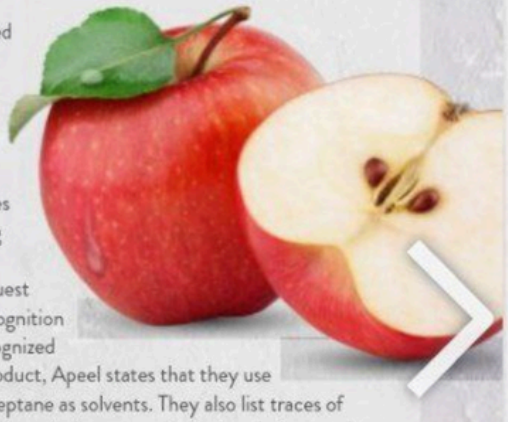
Editor's note: We reached out to Apeel multiple times requesting a full list of ingredients, but never received a clear answer about what is in Organipeel.

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FAKE FOODS

MORTON SALT

IODIZED SALT (ALL FAKE IODINE)

PINK HIMALAYAN SALT (TONS OF RADIATION AND LEAD IN ALL KINDS OF FAKE HIMALAYAN SALT BRANDS)

EVERY SALT IN EXISTENCE BESIDES THE ONE I LISTED BELOW

ALMONDS

SEEDLESS FRUITS

SEEDLESS VEGETABLES

SEEDLESS BANANAS

ASPARAGUS

SPINACH

CORN

BEETS

BROCCOLI

CAULIFLOWER

POTATOES

RADISH

HOTDOGS

PORK PRODUCTS

GARLIC

CUMIN

BEEFSTEAK TOMATOES

PAPRIKA

PEAS

CASSAVA

CAGE FREE, AND FREE RANGE EGGS

ECHINACEA

ICEBERG LETTUCE

CABBAGE RED AND WHITE (NO SAUERKRAUT EITHER)

EGGPLANT

HONEY

KIWI

TURMERIC

MOST KALE IS GMO EVEN ORGANIC KALE

PROCESSED RED MEATS ARE CARCINOGENIC AND VERY ACIDIC AND CONTAIN PARASITES

ALL BEANS ARE FAKE EXCEPT WHAT'S LISTED BELOW

ALL RICE IS FAKE, EXCEPT WHAT'S LISTED BELOW. (MOST RICE IS FULL OF STARCHES AND MICROPLASTICS, YUMMY...NOT) GOD DID NOT MAKE FOODS WITH STARCH

MANUKA HONEY (STILL MADE WITH GENETICALLY MODIFIED HONEYBEE HYBRIDS, WHICH MEANS THE HONEY IS NOT ALL NATURAL)

CELERY (CONTAINS FAKE SODIUM AND CAUSES STRESS IN BODY)

BRUSSEL SPROUTS

WHEATGRASS

ALL KINDS OF STORE BOUGHT APPLES, HONEYCRISP, GALA, FUJI, RED DELICIOUS, LEMONADE APPLES, GRANNY SMITH, ALL FAKE AND BRED FOR SUGAR AND TOXIC ACIDS

PINEAPPLES

VIP REMEDIES

FAKE FOODS

SWEET N LOW
EQUAL SUGAR
CANE SUGAR (WORSE THAN HEROIN, AND CRACK)
SPLENDA - STOP EATING THESE FAKE SUGARS
MAPLE SYRUP
SWEET POTATOES
3D PRINTED AND LAB GROWN MEAT FROM ANIMAL CANCER CELLS, YES I SAID 3D PRINTED AND LAB GROWN.

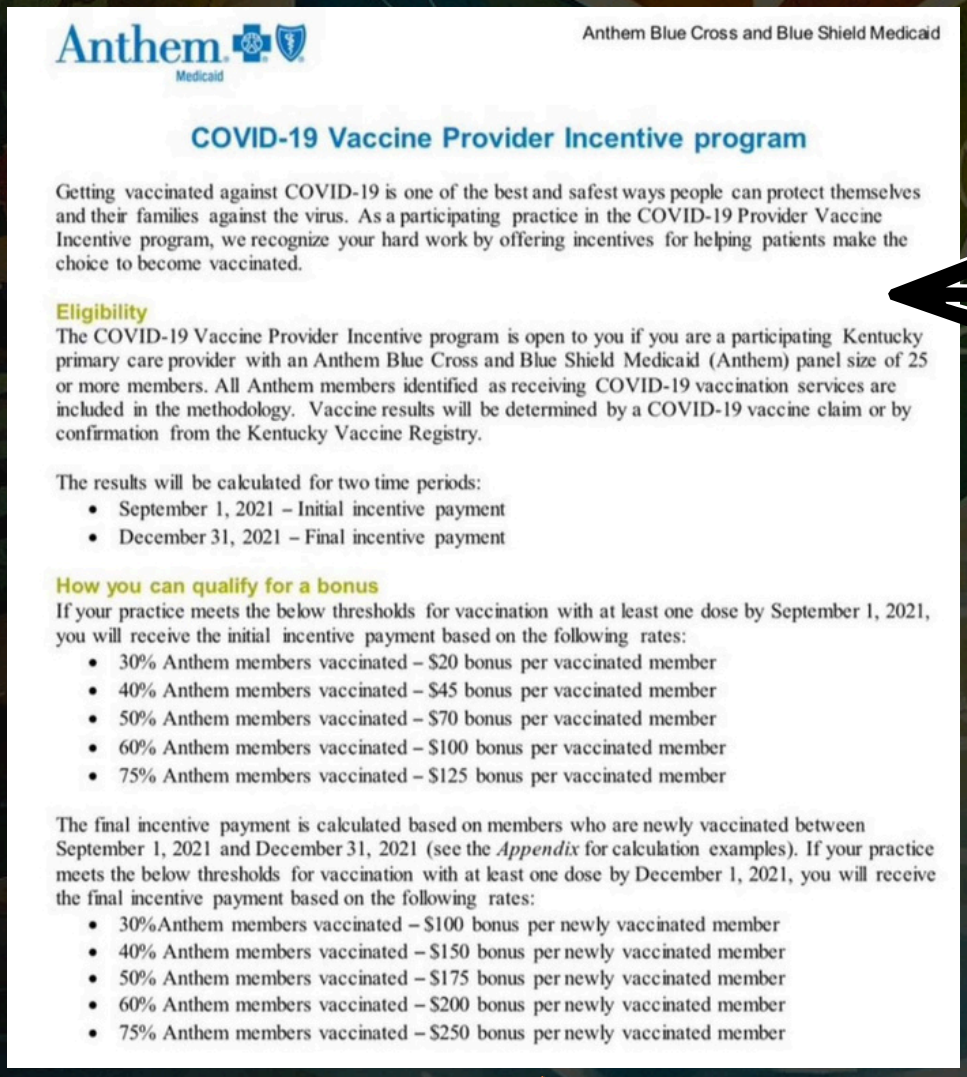
MOST PROCESSED MEATS AND SEAFOODS ARE EXTREMELY ACIDIC AND TOXIC AS WELL.
ALONG WITH ALL THE TRAIN DERAILMENTS GOING ON POISONING THE NATURAL WILDLIFE IN THE WATER AND ON LAND, IT'S KILLING TONS OF NATURE. YOU CAN POINT FINGERS AT THE GOVERNMENT AND THE DEVIL FOR THAT.

THESE ARE ALL HYBRID/FAKE/ GMO FOODS THAT THEY CAN LEGALLY GROW AND CALL "ORGANIC" BUT ARE SIMPLY NOT. GIANT FRUITS AND VEGETABLES BESIDES SQUASH, PUMPKINS AND MELONS SHOULD NOT BE EXTREMELY HUGE. REAL FOODS ARE SMALLER. ANYTHING DERIVED FROM THESE FAKE FOODS IS TOXIC, CARCINOGENIC AND POISONOUS. MOST MEATS ARE TERRIBLE FOR YOU AS WELL AS PROCESSED RED MEATS, IT'S A SCHEDULE 1 CARCINOGEN. CONSIDER CHIA AND HEMP SEEDS FOR OMEGA 3 OILS AND COMPLETE PROTEINS, ADD THEM TO FRUIT SMOOTHIES AND OTHER STUFF. ANYONE WHO SAYS PLANTS DON'T HAVE PROTEIN ARE COMPLETELY BRAINWASHED!! MORE INFORMATION ON THAT DOWN BELOW

VIP REMEDIES

COVID-19

THERE IS HOPE FOR ANYBODY WHO IS VACCINATED WITH THE C19 JAB(S) OR VERY SICK AND NEEDS HELP! YOU MUST TAKE ACTION NOW IF YOU ARE SICK IN ANY WAY. DO NOT GO "SEE" A DOCTOR! YOU MUST CHANGE YOUR WATER ASAP AND DETOX YOUR BODY IN THE RIGHT ORDER AS SOON AS POSSIBLE IF YOU WANT TO IMPROVE!!! CLEANSE YOUR GUT, YOUR GASTROINTESTINAL TUBES, PANCREAS, LIVER, LUNGS, EYES, COLON, EVERYTHING. A COMPLETE BODY DETOX, TO RID ALL OF THE OXIDATION, ACIDITY, INFLAMMATION, MUCUS, AND PARASITES IN OUR BODIES THAT THE GOVERNMENT GAVE US THROUGH FDA FOOD AND PILLS, MEDS, VACCINES, CONSUMERISM AND LACK OF WISDOM.. IT'S ALL RAN BY THEIR SATANIC AGENDA.



Anthem Medicaid

Anthem Blue Cross and Blue Shield Medicaid

COVID-19 Vaccine Provider Incentive program

Getting vaccinated against COVID-19 is one of the best and safest ways people can protect themselves and their families against the virus. As a participating practice in the COVID-19 Provider Vaccine Incentive program, we recognize your hard work by offering incentives for helping patients make the choice to become vaccinated.

Eligibility

The COVID-19 Vaccine Provider Incentive program is open to you if you are a participating Kentucky primary care provider with an Anthem Blue Cross and Blue Shield Medicaid (Anthem) panel size of 25 or more members. All Anthem members identified as receiving COVID-19 vaccination services are included in the methodology. Vaccine results will be determined by a COVID-19 vaccine claim or by confirmation from the Kentucky Vaccine Registry.

The results will be calculated for two time periods:

- September 1, 2021 – Initial incentive payment
- December 31, 2021 – Final incentive payment

How you can qualify for a bonus

If your practice meets the below thresholds for vaccination with at least one dose by September 1, 2021, you will receive the initial incentive payment based on the following rates:

- 30% Anthem members vaccinated – $20 bonus per vaccinated member
- 40% Anthem members vaccinated – $45 bonus per vaccinated member
- 50% Anthem members vaccinated – $70 bonus per vaccinated member
- 60% Anthem members vaccinated – $100 bonus per vaccinated member
- 75% Anthem members vaccinated – $125 bonus per vaccinated member

The final incentive payment is calculated based on members who are newly vaccinated between September 1, 2021 and December 31, 2021 (see the *Appendix* for calculation examples). If your practice meets the below thresholds for vaccination with at least one dose by December 1, 2021, you will receive the final incentive payment based on the following rates:

- 30%Anthem members vaccinated – $100 bonus per newly vaccinated member
- 40% Anthem members vaccinated – $150 bonus per newly vaccinated member
- 50% Anthem members vaccinated – $175 bonus per newly vaccinated member
- 60% Anthem members vaccinated – $200 bonus per newly vaccinated member
- 75% Anthem members vaccinated – $250 bonus per newly vaccinated member

THE DOCTORS WERE BRIBED TO JAB PEOPLE NOT EVEN KNOWING WHAT WAS IN THE VACCINE

WHEN YOU REARRANGE DELTA AND OMICRON, IT SPELLS MEDIA CONTROL. THAT SAYS A LOT

COVID BACKWARDS IS DIVOC WHICH IN HEBREW IS DYBBUK, WHICH MEANS DEMON

VIP REMEDIES

COVID-19 PT II

ALL 4 OF THE VACCINES FROM PFIZER, MADERNA, J&J, AND ASTRAZENECA, ALL OF THEM CONTAIN AI NANOPARASITIC SPIKE PROTEINS THAT ARE PROGRAMMED TO MANIPULATE AND MODIFY YOUR DNA

THE WORLD HEALTH ORGANIZATION HAS ALREADY COME OUT AND SAID THAT CORONAVIRUS WAS IN FACT A PSYCHOLOGICAL TEST ON HUMANITY

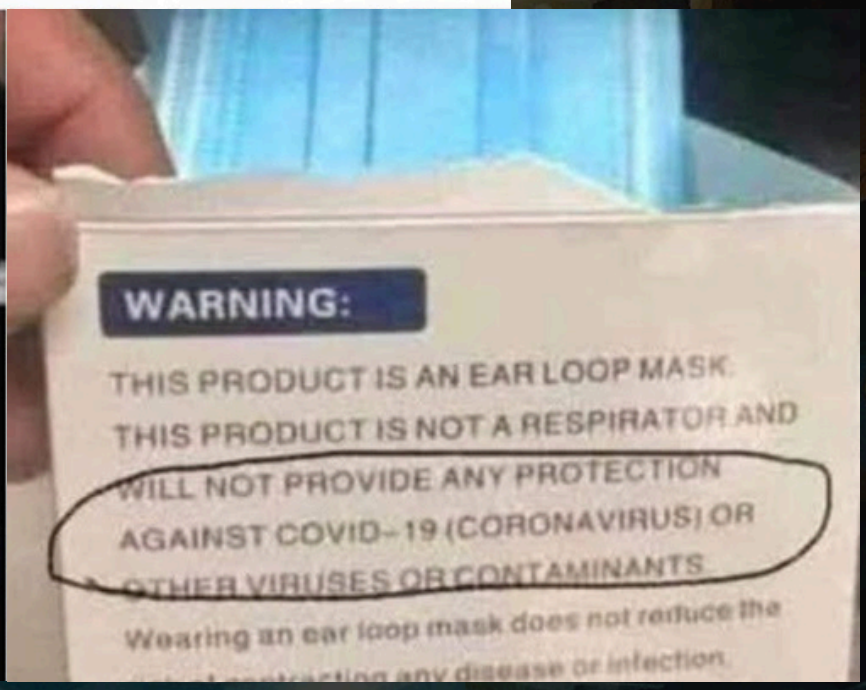
DR FAUCI ALSO CAME OUT AND CONFESSED HIS LIES ON MASKS AND SOCIAL DISTANCING

REVEALED: Dr. Anthony Fauci confesses he 'made up' covid rules including 6 feet social distancing and masking kids

By Jon Michael Raasch, Political Reporter In Washington, D.C., For Dailymail.Com
15:52 02 Jun 2024, updated 20:50 03 Jun 2024

MASKS ALSO SERVE ABSOLUTELY NO PURPOSE





VIP REMEDIES

COVID-19 PT III

Athletes who have died since January 2024
Totally normal.



VIP REMEDIES

REAL FOODS

THIS LIST IS WHAT IS LEFT OF THE ONLY REAL FOODS GOD HAS LEFT FOR US IN OUR DECEIVED, DISTRACTED AND DIVIDED SOCIETY.

HOMEGROWN OR LOCALLY SOURCED IS USUALLY BEST
TRY TO STAY AWAY FROM FROZEN PRODUCTS IF YOU CAN, ESPECIALLY FRUITS AND VEGETABLES AND ENTREE MEALS

GRASS FED BISON
GRASS FED ELK
GRASS FED VENISON
DUCK EGGS/PASTURE RAISED CHICKEN EGGS OR FROM A LOCAL CHICKEN FARM
RAW DAIRY
GOAT CHEESE PRODUCTS
TALLOW/ANIMAL FATS
REAL FRUITS (IF YOU SOMEHOW THINK YOU CANNOT EAT FRUITS BECAUSE OF THE SUGAR THEN YOU HAVE A YEAST PROBLEM SOMEWHERE AND YOU NEED TO DETOX THAT OUT FIRST BEFORE YOU EAT FRUIT)

- CRAB APPLES
- SEEDED MELONS
- SEEDED BANANAS OR BURRO BANANAS, SAME THING PRETTY MUCH
- SEVILLE ORANGES
- PAPAYA, THE SMALLER ONES
- PEACHES
- MANGOS
- PEARS
- PRICKLY PEARS (FROM NOPALES CACTUS)
- PLUMS
- SEEDED GRAPES, BASICALLY REVERSE MANY CANCERS
- PRUNES
- ELDERBERRY!!!!!!! MUST HAVE THIS FRUIT!
- BLACK CURRANT
- ALL OTHER BERRIES EXCEPT FOR CRANBERRY
- DATES
- TAMARIND SEEDS
- CHERRIES (DON'T GO BUYING MARASCHINO CHERRIES DRENCHED IN RED DYE THINKING THOSE ARE HEALTHY, THAT'S NOT HEALTHY)
- WILD BLUEBERRIES!!!
- BLACK AND RASPBERRIES
- SQUASH
- PUMPKIN
- SMALLER AVOCADOS NOT HASS AVOCADOS

VIP REMEDIES

REAL VEGETABLES

- BELL PEPPERS ORGANIC OR HOMEGROWN
- ORGANIC ONION, RED IS GREAT FOR SINUS RELIEF AND CONGESTION (PUT SMALL SLICED ONIONS IN SOCKS FOR KIDS/ADULTS OVERNIGHT AND IT WILL CLEAR UP AND HELP SLEEP BETTER)
- AVOCADOS, SMALLER THE BETTER. (THIS ONE IS BRED FOR SIZE)
- ZUCCHINI, SMALL AND ORGANIC AS POSSIBLE.
- CUCUMBER ALTHOUGH THIS ONE IS ALTERED AS WELL.
- ORGANIC BABY HEIRLOOM TOMATOES, IF POSSIBLE CHERRY OR PLUM TOMATOES.
- MUSHROOMS (AMAZING SUPERFOOD) EXCEPT SHIITAKE AND PORTOBELLO, BRED FOR SIZE. MORE ON THOSE IN THEIR OWN SECTION
- ORGANIC LETTUCES, ROMAINE, SPRING MIXES, RED LETTUCE
- AMARANTH GREENS
- MICROGREENS
- ARUGULA WILD PREFERRED
- MEXICAN SQUASH - CHAYOTE
- GARBANZO BEANS (CHICKPEAS)
- HEMP SEEDS / HEMP SEED HEARTS
- DANDELION GREENS
- GINGER
- CACTUS IZOTE
- NOPALES CACTUS
- OKRA
- SEAWEED AND SEA MOSS
- OLIVES
- SQUASH

VIP REMEDIES

REAL MILKS

- COCONUT ORGANIC UNSWEETENED, NO "GUM" INGREDIENTS
- HEMP MILK ORGANIC UNSWEETENED
- MAKE YOUR OWN HEMP SEED MILK
- MAKE YOUR OWN CHIA SEED MILK

REAL OILS

- GRAPESEED OIL (HIGH HEAT TOLERABLE)
- WALNUT OIL (MED TO HIGH HEAT)
- SESAME OIL (MEDIUM HEAT ONLY)
- COCONUT OIL (MEDIUM HEAT ONLY
- AVOCADO OIL (HIGH HEAT)
- HEMP SEED OIL (LOW TO MEDIUM HEAT ONLY)
- BATANA OIL FOR HAIR
- CASTOR OIL FOR DEEP INTERNAL HEALING THROUGH EXTERNAL APPLICATION (SIMILAR TO POULTICE)

VIP REMEDIES

REAL BUTTER

- WALNUT BUTTER
- COCONUT BUTTER
- SESAME BUTTER

REAL SALT

- JACOBSEN SEA FLAKE SALT

REAL SWEETENERS

- ORGANIC MONK FRUIT POWDER
- ORGANIC STEVIA EXTRACT/ POWDER
- ORGANIC STINGLESS BEE HONEY
- DATE SUGAR/ SYRUP
- FRUIT SYRUPS
- ORGANIC AGAVE (DARKER COLOR IS BETTER)

- DIY SALAD DRESSING! ONLY MAKE YOUR OWN:
- ANY APPROVED OIL OF CHOICE,
- SIMPLY ADD DILL OR PREFERRED APPROVED SPICE
- QUALITY APPROVED SALT! TO TASTE
- ORGANIC HEMP HEARTS

VIP REMEDIES

REAL SPICES

- BASIL
- BAY LEAF
- CLOVES
- DILL
- OREGANO
- SAVORY
- SWEET BASIL
- TARRAGON
- THYME
- CAYENNE PEPPER
- ONION POWDER
- ACHIOTE
- SAGE
- HABANERO

REAL MUSHROOMS

- REAL MUSHROOMS
- REISHI
- LIONS MANE
- CHAGA
- CORDYCEPS
- OYSTER
- CHICKEN OF THE WOODS
- TURKEY TAIL

REAL GRAINS/NUTS

- GRAINS/NUTS
- AMARANTH
- FONIO
- KAMUT
- QUINOA
- RYE
- SPELT
- TEF
- BRAZIL NUTS
- WALNUTS
- WILD RICE (LOOKS LIKE LONG BLACK THIN GRAINS) (HARD TO FIND, CAN BE FOUND ON AMAZON HERE ONLY BECAUSE IT'S A WAREHOUSE PRODUCT SO THEY WILL SHIP IT TO YOU. IT'S A MINNESOTA/CANADA PRODUCT

VIP REMEDIES

PLANT PROTEIN VS PLANT BASED 'PROTEIN'

THERE'S SOMEHOW A POPULAR MISCONCEPTION THAT THERE'S NO PROTEIN IN PLANTS FROM CARNIVORE DIETERS AND THAT VEGANS SOMEHOW CLAIM THAT PLANT BASED PROTEINS ARE GOOD FOR THEM WHEN IN REALITY IT'S NOT! REAL PLANT PROTEINS ARE WHAT YOU'RE SUPPOSED TO EAT!

PLANT PROTEINS ARE THE PARTIAL OR COMPLETE USE OF PLANTS TO EAT, WHICH ARE MORE EASILY DIGESTIBLE ALTERNATIVES TO ANIMAL-BASED PROTEINS. YOU NEED DIGESTIVE ENZYMES IN ORDER TO DIGEST FULLY COOKED MEAT. IT CAN TAKE UP TO 7 DAYS FOR DIFFERENT TYPES OF MEAT TO DIGEST IN THE BODY. THESE PLANT PROTEINS ARE OFTEN USED IN VEGAN/VEGETARIAN/EUROPEAN AND MEDITERRANEAN DIETS AS A VERY VERY HIGH SOURCE OF PLANT PROTEIN.

PLANT BASED PROTEINS ARE YOUR GARBAGE MAN MADE PLANT DERIVED PROTEIN PRODUCTS AND INGREDIENTS LIKE SOY, SOYBEANS, SOYBEAN OIL, PEA PROTEIN, RICE PROTEIN AND OTHER GARBAGE LIKE THAT. THAT STUFF IS SYNTHETIC AND IS TOXIC TO YOUR BODY. SOY ENCOURAGES FAKE ESTROGEN TO GROW IN THE BODY

VIP REMEDIES

CLOTHING MATERIAL

I LOOKED AT ALL THE MATERIALS AND THEIR TOXICITY TO THE HUMAN BODY AND RANKED THEM FROM LEAST TO MOST TOXIC.

WOOL: IT STANDS OUT AS THE BEST OPTION AMONG FABRICS DUE TO ITS MINIMAL PROCESSING. IT'S LESS CHEMICALLY TREATED THAN OTHER MATERIALS, PRESERVING ITS NATURAL STATE FROM FLEECE TO FABRIC. WOOL'S LANOLIN ACTS AS A NATURAL MOISTURIZER, SOOTHING SKIN RASHES. ITS FIBERS REGULATE TEMPERATURE, MAKING IT IDEAL FOR BABY CLOTHES AND BLANKETS.

LINEN: MADE FROM FLAX PLANT FIBERS, LINEN IS LIGHTWEIGHT, BREATHABLE, AND KNOWN FOR ITS DURABILITY AND COMFORT. IT'S BIODEGRADABLE AND ENVIRONMENTALLY FRIENDLY, WITH LITTLE TO NO CHEMICAL PROCESSING IN ITS PRODUCTION.

ORGANIC COTTON: IF COTTON ISN'T ORGANIC, IT MIGHT BE MORE PRONE TO GROWING MOLD BECAUSE NON-ORGANIC COTTON CAN RETAIN MOISTURE DUE TO THE CHEMICALS USED IN ITS GROWTH AND PROCESSING. ORGANIC COTTON, ON THE OTHER HAND, IS MADE WITHOUT THESE HARSH CHEMICALS, MAKING IT A HEALTHIER CHOICE THAT'S LESS LIKELY TO DEVELOP MOLD.

HEMP: HIGHLY SUSTAINABLE, REQUIRING MINIMAL WATER AND PESTICIDES. HEMP FABRIC IS DURABLE, BREATHABLE, AND HAS NATURAL MILDEW-RESISTANT PROPERTIES, WITH MINIMAL CHEMICAL PROCESSING NEEDED.

SILK: A NATURAL PROTEIN FIBER THAT'S SMOOTH AND SOFT AGAINST THE SKIN. DESPITE ITS HYPOALLERGENIC AND TEMPERATURE-REGULATING BENEFITS, SILK'S PRODUCTION IS LABOR-INTENSIVE AND LESS SUSTAINABLE, OFTEN INVOLVING CHEMICAL TREATMENTS FOR DYEING AND FINISHING.

BAMBOO: NATURALLY HYPOALLERGENIC, ANTIBACTERIAL, AND MOISTURE-WICKING. HOWEVER, IT MUST GO THROUGH INTENSIVE CHEMICAL PROCESSING WHERE THEY DISSOLVE THE BAMBOO PLANT WITH TOXIC SOLVENTS, LIKE CARBON DISULFIDE, TO CREATE A PULP.

MODAL: THIS FABRIC, WHILE DERIVED FROM ECO-FRIENDLY BEECH TREE PULP, RELIES ON CHEMICALS LIKE CARBON DISULFIDE IN ITS TRANSFORMATION PROCESS. CARBON DISULFIDE IS LINKED TO NEUROLOGICAL EFFECTS AND OTHER SERIOUS HEALTH ISSUES.

VIP REMEDIES

CLOTHING MATERIAL PT II

TENCEL (LYOCELL): TENCEL REQUIRES CHEMICALS LIKE N-METHYLMORPHOLINE N-OXIDE FOR PROCESSING WOOD PULP. WHILE LESS TOXIC THAN SOME OTHER FABRICS, IT'S STILL TOXIC AND CAN CAUSE SKIN DAMAGE AND IRRITATION.

RAYON (VISCOSE): MADE FROM CELLULOSE BUT OFTEN PROCESSED WITH HEAVY CHEMICALS LIKE SODIUM HYDROXIDE AND CARBON DISULFIDE WHICH HAVE BEEN SHOWN TO CAUSE SKIN IRRITATION, RESPIRATORY ISSUES, AND MORE SERIOUS LONG-TERM HEALTH EFFECTS.

POLYESTER: MADE FROM PETROLEUM, POLYESTER PRODUCTION RELEASES VOLATILE ORGANIC COMPOUNDS (VOCS), ANTIMONY, AND ETHYLENE GLYCOL. VOCS CAN CAUSE RESPIRATORY IRRITATION AND LONG-TERM HEALTH ISSUES LIKE CANCER, WHILE ANTIMONY IS TOXIC TO THE HEART, LUNGS, AND SKIN, AND ETHYLENE GLYCOL CAN DAMAGE THE KIDNEYS AND NERVOUS SYSTEM.

ACRYLIC: THE PRODUCTION OF ACRYLIC FABRICS EMITS ACRYLONITRILE, WHICH HAS BEEN LINKED TO CANCER AMONG WORKERS EXPOSED TO IT. IT CAN ALSO CAUSE RESPIRATORY ISSUES, SKIN IRRITATION, AND IF INGESTED, CAN BE HARMFUL TO INTERNAL ORGANS.

NYLON: THIS FABRIC'S MANUFACTURING PROCESS EMITS NITROUS OXIDE, A POTENT GREENHOUSE GAS, ALONG WITH OTHER VOCS. THESE EMISSIONS CAN CONTRIBUTE TO RESPIRATORY PROBLEMS, SKIN IRRITATION, AND MORE SERIOUS CONDITIONS SUCH AS CARDIOVASCULAR DISEASE OVER TIME.

POLYURETHANE (SPANDEX OR ELASTANE): THE CREATION OF THIS STRETCHY FABRIC INVOLVES TOLUENE DIISOCYANATE, WHICH CAN CAUSE SEVERE LUNG ISSUES, SKIN AND EYE IRRITATION, AND POTENTIAL NEUROLOGICAL HARM WITH LONG-TERM EXPOSURE.

ACETATE AND TRIACETATE: PROCESSING THESE FIBERS INVOLVES HEAVY USE OF ACETIC ACID, WHICH CAN IRRITATE THE SKIN, EYES, AND RESPIRATORY SYSTEM.

POLYVINYL CHLORIDE (PVC): PVC PRODUCTION RELEASES DIOXINS, SOME OF THE MOST POTENT CARCINOGENS KNOWN TO SCIENCE. THEY CAN CAUSE REPRODUCTIVE, DEVELOPMENTAL, AND IMMUNE PROBLEMS IN HUMANS AND PERSIST IN THE ENVIRONMENT, AFFECTING FOOD CHAINS.

VIP REMEDIES

NONTOXIC KITCHEN COOKWARE, ETC

- WOODEN UTENSILS
- GLASS /CERAMIC STORAGE WITH WOODEN LIDS
- GLASS, GLASS AND MORE GLASS
- STAINLESS STEEL KNIFE SET
- MEDICAL GRADE STAINLESS STEEL SILVERWARE OR WOODEN EATING UTENSILS
- GLASS/WOODEN CUTTING BOARDS
- COPPER POT AND PAN SETS
- CAST IRON SKILLETS
- CERAMIC MEALPREP WARE
- DRYING RACK
- BAMBOO BRUSH SET FOR WASHING DISHES
- WOODEN PLATES
- WATER BOTTLE

LESS CHEMICALS MEANS BETTER FOCUS AND LESS STRESS. IT'S A WIN WIN FOR EVERYONE WHEN EVERYONE IN THE FAMILY CAN BENEFIT FROM REDUCING THE TOXINS AND PLASTIC CONSUMED ON A DAILY BASIS

PRO TIP: THROW YOUR CANCER CAUSING MICROWAVE AWAY!! IF ITS MOUNTED, JUST DONT USE IT. USE THE OVEN OR THE STOVE. THAT'S ONE OF THE MAIN CAUSES OF NEURODEGENERATIVE DISEASES LIKE ALZHEIMERS AND DEMENTIA

VIP REMEDIES

NONTOXIC TOILETRY ESSENTIALS YOU NEED

- UNBLEACHED TOILET PAPER
- UNBLEACHED PAPER TOWELS
- SHOWER FILTER
- MICROPLASTIC FREE TOOTHBRUSH
- BODY BRUSH TO STIMULATE LYMPHATIC SYSTEM
- EARTHPASTE
- GUM THAT REMINERALIZES YOUR TEETH
- SHAMPOO / CONDITIONER
- OIL PULLING KIT (THROW AWAY TOOTHBRUSH BECAUSE IT HAS MICROPLASTICS)
- EARTHWEAVE HOUSE CARPET
- CARPE DEODORANT
- NATURE RESTING GROUNDING SHEETS
- AVOCADOGREEN ORGANIC MATTRESS
- SKY AND SOL NONTOXIC SUNSCREEN
- NATURAL SCENTS
- EARTHBREEZE LAUNDRY SHEETS
- HAVN EMF PROOF CLOTHES
- ORGANIC COTTON UNDERWEAR
- FREQUENCY PARASITE KILLER
- ORGANIC EGYPTIAN COTTON BATH TOWELS

VIP REMEDIES

HEAVY METALS

HEAVY METALS ARE AMONG THE MOST TOXIC SUBSTANCES TO HUMAN HEALTH, CAUSING ALL KINDS OF SIDE EFFECTS FROM:

NERVOUS SYSTEM DYSREGULATION
LOW ENERGY PRODUCTION
AUTOIMMUNE DISORDERS
WEIGHT LOSS RESISTANCE
HIGH CORTISOL / STRESS
HORMONE IMBALANCE
THYROID IMBALANCE
DEPRESSION
BRAIN FOG
ANXIETY
FATIGUE
AND MUCH MORE...

SOME COMMON PLACES WHERE HEAVY METALS HAVE BEEN DETECTED INCLUDES:

NON-ORGANIC FRUITS AND VEGETABLES
TAP WATER
LARGER FISH SUCH AS TUNA OR SALMON
DARK CHOCOLATE PRODUCTS
MOST PROTEIN POWDERS
LOW-QUALITY HERBAL SUPPLEMENTS
RICE PRODUCTS
CHILDREN'S FRUIT JUICES
BABY FORMULA
COSMETIC PRODUCTS
HOUSEHOLD PAINTS
JEWELRY AND TOYS
COOKWARE
E-CIGARETTES

VIP REMEDIES

TOXIC AIR FRESHENERS

- GLADE AIR FRESHENERS
- AIRWICK
- 99% OF CANDLES ARE EXTREMELY TOXIC ESPECIALLY TO PERS UNLESS MADE WITH NATURAL INGREDIENTS LIKE BEESWAX AND ESSENTIAL OILS
- ALL PERFUMES
- ALL COLOGNES
- FEBREZE
- FABRIC SOFTENERS AND SCENTED WASHER BEADS

THROW ALL THAT NASTY GARBAGE OUT THAT'S ROBBING YOU OF DIFFERENT PARTS OF YOUR HEALTH

WHY ARE THEY TOXIC

VIP REMEDIES

WHY IS HEALING THE GUT SO IMPORTANT?

- NUTRIENT ABSORPTION: A HEALTHY GUT OPTIMIZES NUTRIENT ABSORPTION, CONTRIBUTING TO STRONGER IMMUNITY, BETTER ENERGY LEVELS, AND OVERALL HEALTH.

- IMMUNE FUNCTION: A SIGNIFICANT PORTION OF THE IMMUNE SYSTEM RESIDES IN THE GUT. A HEALTHY GUT MICROBIOME SUPPORTS IMMUNE DEFENSES, REDUCING THE RISK OF INFECTIONS AND AUTOIMMUNE DISEASES.

- MENTAL HEALTH BENEFITS: THE GUT-BRAIN AXIS HIGHLIGHTS A STRONG LINK BETWEEN GUT HEALTH AND MENTAL WELL-BEING. IMPROVING GUT HEALTH CAN HELP REDUCE SYMPTOMS OF ANXIETY AND DEPRESSION.

- REDUCTION IN INFLAMMATION: A HEALTHY GUT CAN REDUCE SYSTEMIC INFLAMMATION, WHICH IS A ROOT CAUSE OF MANY CHRONIC DISEASES LIKE HEART DISEASE AND DIABETES. LOWER INFLAMMATION LEVELS CONTRIBUTE TO OVERALL HEALTH AND DISEASE PREVENTION.

- WEIGHT MANAGEMENT: GUT HEALTH AFFECTS BODY WEIGHT BY INFLUENCING METABOLISM AND THE HORMONAL REGULATION OF APPETITE. A BALANCED GUT FLORA HELPS IN MAINTAINING OR ACHIEVING A HEALTHY WEIGHT.

- IMPROVED ENERGY LEVELS: OPTIMAL NUTRIENT ABSORPTION DUE TO A HEALTHY GUT BOOSTS ENERGY LEVELS AND OVERALL VITALITY, RESULTING FROM MORE EFFICIENT DIGESTION AND METABOLISM.

- SKIN HEALTH: IMPROVING GUT HEALTH CAN ALLEVIATE SKIN CONDITIONS SUCH AS ACNE, ECZEMA, AND PSORIASIS BY REDUCING INFLAMMATION AND REGULATING HORMONE-RELATED SKIN ISSUES.

- LONGEVITY: MAINTAINING GUT HEALTH CAN CONTRIBUTE TO A LONGER LIFE BY MINIMIZING DISEASE RISKS AND SUPPORTING VITAL BODILY FUNCTIONS, FOSTERING OVERALL WELLNESS AND LONGEVITY.

VIP REMEDIES

WHERE DO I LIKE TO SHOP?

MY FAVORITE STORES ARE DEEP ROOTS MARKET, SPROUTS MARKET, TRADER JOES, FARMERS MARKETS AND LOCAL FARMERS, CONDUCT A TRADE OR SOMETHING WITH THEM. THROW AN OFFER OR TRADE. AND GET YOUR HANDS ON SOME SEEDS AND PRODUCE

HERE'S OTHER PLACES I SHOP (NOT AFFILIATE LINKS)

GRAZLY - GRASS FED MEAT CRISPS, KINDA LIKE JERKY

THRIVE MARKET - 40% OFF FIRST ORDER

MISFITS MARKET - SAVE 30% ON FIRST ORDER

FORCE OF NATURE MEATS - GRASS FED AND FINISHED

CARNIVOREBARS - VERY HIGH SNACK/MEAL SOURCE OF GRASSFED ANIMAL FATS, AND PROTEIN

THAT'S IT FRUIT BARS - FOR KIDS AND ADULTS, SIMPLE HEALTHY INGREDIENTS. SLIGHTLY HIGH IN NATURAL SUGARS BUT THERE'S NO ADDED SUGARS

SIMPLEKNEADS - HIGHER QUALITY LOAVES OF BREAD (RECOMMENDED BY BARBARA O'NEILL)

LAKEWOOD ORGANICS JUICES

ELDERBERRY JUICE

PRIMAL KITCHEN

WYMANS

BUTCHERBOX

PURELY ELIZABETH (GRANOLA'S, CEREALS ETC)

VIP REMEDIES

CONCLUSION



YOU SIMPLY ARE WHAT YOU EAT. THE BIGGER THE BELLY THE SMALLER THE BRAIN. AND MOST PEOPLE WEIGH A LOT BECAUSE THEY HAVE A CLOGGED COLON FULL OF UNDIGESTED SHIT. AND YOUR ORGANS ARE STRETCHED OUT INSIDE YOU. YOU'RE NOT BIG BONED

VIP REMEDIES

CONCLUSION

"Body Positivity" Shouldn't Ignore the Medical Reality

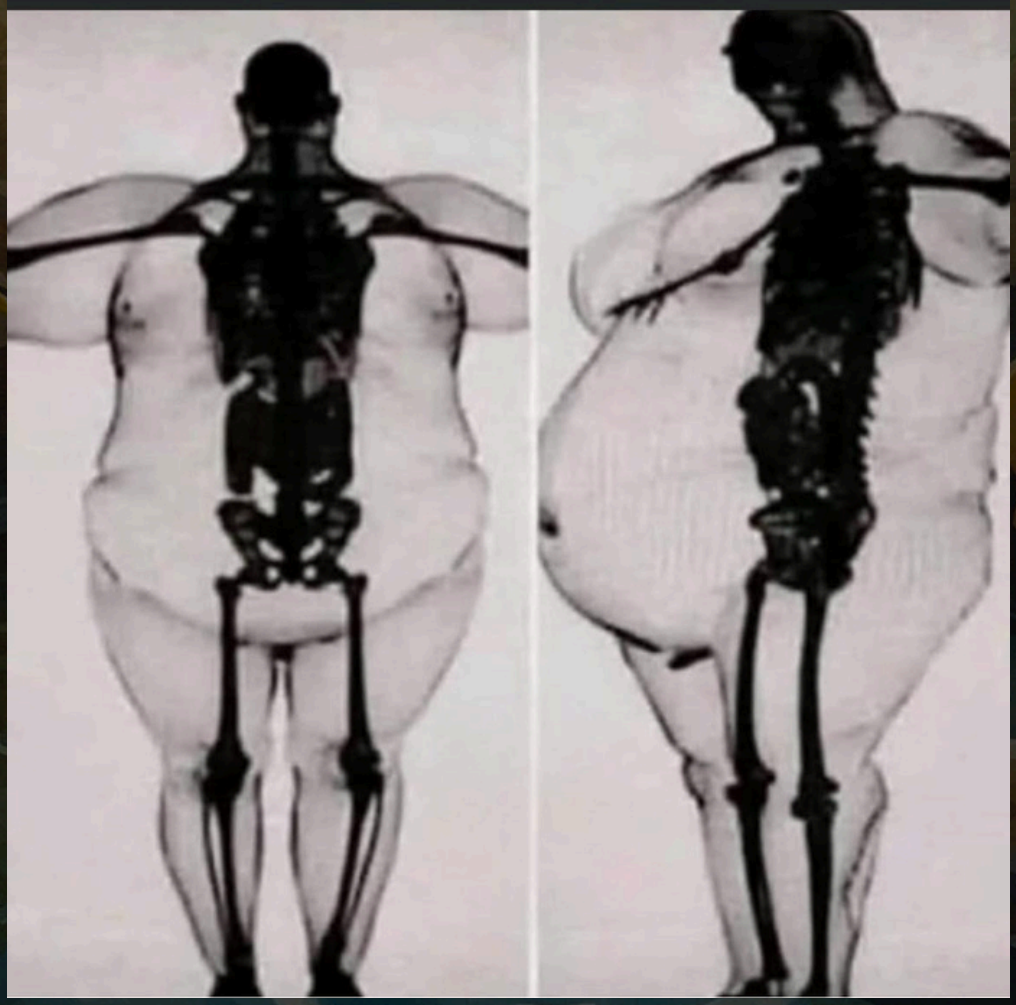
This is a real X-ray showing the stark contrast between the human skeleton and excess body mass in severe obesity.

The bones are the same as anyone else's, but they are under immense strain.

This isn't just about appearance
- The spine is crushed under pressure
- The hips and knees deform over time
- The heart is pushed beyond its limits
- Organs like the liver and pancreas become overwhelmed
- The risk for cancer, stroke, and diabetes climbs rapidly

Fat isn't just 'extra'... It is dangerous.
It isn't beautiful. It is deadly.

Obesity is a chronic and complex disease, not a body type. And while it is serious, it is also treatable and preventable.



VIP REMEDIES

CONCLUSION

EVERYTHING IS TOXIC BUT ALSO THERE'S ALTERNATIVES TO JUST ABOUT EVERYTHING. YOUR GUT HEALTH IS DIRECTLY CONNECTED TO YOUR BRAIN SO IF YOUR GUT HEALTH IS POOR THEN YOUR MENTAL HEALTH IS POOR AND YOUR PHYSICAL HEALTH IS POOR TOO. PARASITES ALSO ROB YOU OF NUTRIENTS AND MESS WITH YOUR MENTAL HEALTH. THEY ALSO CAN BE BORN, LIVE AND DIE INSIDE YOU.

PARASITOLOGISTS HAVE FOUND THAT A WHOPPING 93% OF PEOPLE IN THE US HAVE SOME FORM OF SIBO AND/OR LEAKY GUT WITHOUT KNOWING IT RESULTING IN TOXINS TO SEEP THROUGH THE LINING OF THE INTESTINES INTO THE BLOODSTREAM, WREAKING HAVOC ON OUR MOOD, MIND, ENERGY, CLARITY, AND OVERALL WELL BEING.

IF THE GUT IS NOT IN GOOD SHAPE, ALL OTHER DETOX PROCESSES WILL COME TO A HALT AS WELL.WHEN YOUR BODY DETOXIFIES LITERALLY ANYTHING, IT MUST PASS THROUGH THE INTESTINES, AND IF THE LINING OF THE INTESTINES ISN'T IN FULL INTEGRITY, THESE TOXINS WILL RECIRCULATE THROUGHOUT YOUR BODY, POTENTIALLY CAUSING WORSE HEALTH THAN YOU STARTED WITH.

THE GUT AND THE BRAIN ARE ALSO DIRECTLY CONNECTED VIA THE GUT-BRAIN-AXIS WHERE 90% OF SEROTONIN + 50% OF DOPAMINE ARE PRODUCED IN THE GUT (OUR HAPPINESS CHEMICALS). MEANING THAT IF OUR GUT IS IN GREAT SHAPE, YOU WILL HAVE BETTER MOOD, ENERGY, AND CLARITY!

95% OF PEOPLE HAVE NO CLUE ABOUT THE INFORMATION I HAVE IN HERE SO CONSIDER YOURSELF BLESSED
95% OF PEOPLE ARE ALSO CHRONICALLY DEHYDRATED
95% OF PEOPLE ARE ALSO STRESSED OUT
STRESS IS THE NUMBER ONE CAUSE OF DEATH

VIP REMEDIES

WILDCRAFTED HERBAL REMEDIES

IF YOU BUY HERBAL TEAS FROM BRANDS LIKE TRADITIONAL MEDICINALS, YOGI, TAZO, BIGELOW, LIPTON, CELESTIAL MORNINGS, YOU ARE CONSUMING LOTS OF HEAVY METALS AND YOU DONT EVEN KNOW IT. NOT ONLY THAT, THE TEABAGS ARE BLEACHED.

THE HERBS IN MY STORE ARE ALL WILDCRAFTED AND SOURCED FROM THEIR NATIVE COUNTRIES. AND I CARE MORE ABOUT PEOPLE AND THE PRODUCT QUALITY, RATHER THAN THE PROFIT. IF THE SITE IS EVER "CLOSED FOR MAINTENANCE", I AM ADDING PRODUCTS TO MY SITE FOR EVERYONE'S HEALTH, OR ADJUSTING THINGS AND IT WILL BE BACK UP SOON.



VIP REMEDIES

STRESS COMES FROM 3 MAIN SOURCES

- HEALTH, FINANCES, AND UNHEALED TRAUMA

NEGATIVE EMOTIONS ALSO WEAKEN YOUR ORGANS AND IMMUNE SYSTEM WHICH IS STRESSFUL. IT'S VERY SIMPLE YET COMPLICATED AT THE SAME TIME. LEARN THE TRUTH. IT DOES SET YOU FREE!

THE EQUATION YOU'VE BEEN WAITING TO HEAR THE ENTIRE TIME YOU'VE BEEN ALIVE IS GOOD HEALTH + FINANCIAL STABILITY OR FREEDOM + HEALED TRAUMA = BETTER FOCUS AND PERFORMANCE IN ALL AREAS OF YOUR LIFE. AND IT'S ALWAYS UP TO BOTH OF YOU TO MAKE IT HAPPEN. TAKE CARE OF YOURSELF FOR HIM, SO HE CAN TAKE CARE OF HIMSELF FOR THE WOMAN, MENTALLY, PHYSICALLY, EMOTIONALLY, SOCIALLY, FINANCIALLY, AND SPIRITUALLY!

THANK YOU FOR READING THROUGH THIS. I HOPE IT BROUGHT VALUE TO YOUR LIFE. I KNOW THIS WILL HELP YOU ON YOUR JOURNEY TO BETTER HEALTH IN MANY DIFFERENT WAYS!

NATE, AT VIP REMEDIES

VIP REMEDIES