

Replacing Fear of Covid & Chaos with Hope



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How can we stop living in fear of Covid-19? How can we mitigate the chaos of these times in our lives? What actions can we take to strengthen our own and our loved ones' bodies and immune systems? The following answers will be helpful, I believe, both if you have taken the vaccine, and if you haven't. These solutions will keep you healthy and counteract the effects of both the virus and the vaccine.

FALSE EVIDENCE APPEARING REAL (F.E.A.R.)

There's no need to live in fear. Fear and anxiety only produce more illness in the body, as cortisol rises and the immune system's ability to do its work diminishes. So please, take action and watch how your fears will subside. So, what actions can you take?

There are many solutions available to keep your body healthy and to fight against the viruses going around. Many of these solutions come from a video and book by **Dr. Robert O. Young**, one of the top research scientists in the world. He advocates the theory that "the human organism is alkaline by design and acidic by function."

He suggests that there is only one sickness and one disease, which is caused by an over-acidification of the blood, which then moves into the tissues. This is due to our modern, upside-down way of living, eating and even thinking. There is no way to have health and acidity—but take heart—health and alkalinity is on the way!

Dr. Young explains that how we live, breathe, think, eat, and feel has a direct effect on the health of our body. I have already felt this in my own spirit. He says, "The body can live days without food, hours without water,

minutes without oxygen, but we can't live a second without hope!"

Many have already received the vaccine. I am not here to judge anyone. I am here to let you know that there are ways to keep yourself healthy, get the graphene oxide out of your system, and minimize the effects of what is in your body—whether you have, or have not, been inoculated.

For those that have been, Dr. Young states: "Those with the vaccine are transmitting (not shedding) radiation, since they are now linked to the "Internet of things." This will continue as long as they have the graphene/iron oxides [contained in the vaccines] in their connective and fatty tissues, in their blood, the interstitial fluids, the intracellular fluids, and in the heart, brain, reproductive organs and bone marrow."

Dr. Young teaches us how to live by the acronym C.O.W.S.E.S, which stands for: Chlorophyll (oxygen), Oil (essential fatty acids), Water, Salt (minerals), Exercise, and Sunshine (Vitamin D). Feel free to watch an interview with Dr. Robert O. Young by Joel Brown on [Rumble.com](https://www.rumble.com): "*How to Detox from the Vaccine and the Lies of Covid,*" dated September, 21, 2021.

Let's take a look at a few supplements and protocols that can help on your detoxification and immune-strengthening journey. First, educate yourself and get your body alkaline. I recommend reading Dr. Young's book, *The pH Miracle*. He says to focus on Chapters 5 and 11, which give you the foundation of what to take and what to eat.

I drink alkaline water every day and have done so for over ten years. If you don't have access to a machine to provide alkaline water, there is a simple and cheap way

to accomplish this: Add a teaspoon of baking soda (bicarbonate of soda) to a glass of water and drink it daily.

Try Dr. Katz's Niacin & Melatonin Protocol. Go to: iHeart.com/podcast/269-thomas-paine-podcast-92794/episode/part-1-exclusive-dr-dmitry-87305799, where Dr. Dmitry Kats details his Niacin Protocol, "Niatonin," to help keep you far away from the ICU. I have heard of many great results with this protocol, and he will give consultations to make sure you do this correctly.

Spike proteins from both the virus and the experimental Covid injections (sometimes mis-named "vaccines") do shed or "transmit," as Dr. Young states. I have a document that I can send you about this, with recommended herbs and supplements that can help disable this process. I have available almost all the herbs listed in this document, in the form of tinctures, teas or powder. Many of these herbs, like Feverfew, St. John's wort, Schizandra Berry, and Ginkgo, have a medicinal component called "shiimate." Wheatgrass is in powdered form and the pine needles are in tea form. This document also gives you the recipe to make your own Hydroxychloroquine. I make it, so if you don't have time, then at least you know where you can get it.

At Positive Life Changes, LLC, we have other solutions to heal and strengthen your body. *These include supplements we make:* Lugol's iodine 10% solution, and Colloidal Silver. *Others that we stock include:* Grapefruit seed extract (kills many viruses, bacteria, and fungi), Montmorillonite Clay (attracts the graphene and other metals and expels them from the body). *Tinctures and herbal product we make:* KVA (Garlic immune extract),

Elderberry Syrup (kids and adults love this delicious formula), Asthma Breathe-Free, Lung Tonic (made in small batches and taken every two hours until gone), Brain Support (boosts circulation and function), Crystal's Super Green Foods (with lots of chlorophyll, protein, nutrients). Over a hundred of our products are sold on ETSY.

A natural therapy that I offer that will help the body to recuperate quickly is **Bowenwork**. There are specific procedures that not only help the lungs, but will help to overcome colds, flu, and bronchial afflictions. There is also an effective procedure to help the body overcome anxiety and stress. Bowenwork is a gentle form of bodywork that takes the body out of "fight-or-flight" and gets it back into the "rest-digest-and-heal" mode. I regularly see people in Bozeman and Helena. I also hold classes to teach you the Bowenwork basics. The next class in Helena will be in the first part of December.

I am here to help in any way I can. I am willing to share all that I've learned, so call now to schedule your Bowenwork or massage session. I offer a free consultation, either by phone or in person, where we can discuss the therapies and the nutritional and herbal protocols that will be right for you.

Please stop living in fear and start taking actions that will boost your health, and then you can help others to do the same. Replace a sense of chaos with a knowingness that there is hope for the future—bolstered by right habits and right nutrition. Start now by making positive life changes. Mother Nature and our Creator are here to provide the solutions and to ensure hope.

In November and December, I will give a 20% discount off any herbs or supplements you order from us, and I can ship anywhere, with free shipping on orders of \$35 and over. ■



CRYSTAL MACEIRA is a Certified Bowenwork Practitioner, practicing in Helena. She has been a massage therapist for 20 years. She is

also a Master Herbalist and certified IIPA Iridologist. She prepares her own single and formula-blend herbal tinctures. Find out more by visiting PositiveLifeChange.info.

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