

HOLISTIC HEALTH
EBOOK

Top 4 Free Holistic Health Resources



CURATED BY EMMA @ THE HEALTHY LIFE


Introduction



It can be hard -- especially in these days of censorship and suppression on Google -- to find helpful information regarding natural, holistic health.

If you don't already know good sources to go to, the search can be daunting and downright frustrating. Mainstream medical sites such as WebMD are always at the top of the list of Google search results, but how much do you trust what they have to say about Vitamin D, the immune system, or any chronic condition?

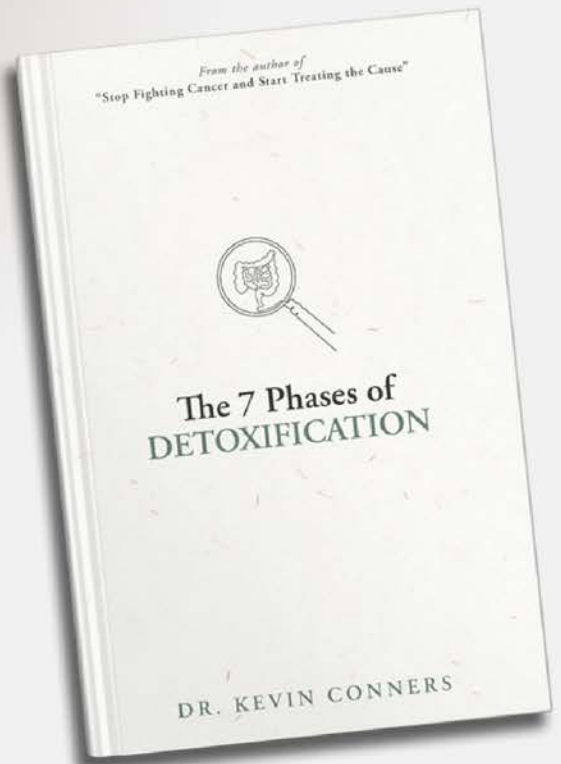
That's where this guide comes in. Our purpose here was to curate only a select few (there are so many!) FREE resources that you can learn from, and that you can trust. Enjoy!



FREE RESOURCE 1

The 7 Phases of Detoxification

DR. KEVIN CONNERS
CONNERS CLINIC



DOWNLOAD

There are so many different detox supplements and programs available to us, should you just choose one and try it?

What most people don't understand is if you don't have each phase of detox cleared and functioning properly, you could really bring trouble on yourself!

Historical, practical, TACTICAL, and very easy to follow, The 7 Phases of Detoxification offers not merely an understanding of what is going on in your body, but more importantly: tips on what to do.

The protocols provided in this groundbreaking book are based on Dr. Connors' many years of academic study and clinic experience helping those suffering with Toxicity in his practice.

FREE RESOURCE 2

The Need To GROW

FOOD REVOLUTION



The Need To GROW takes you inside the hearts and innovations of three very different leaders:

- An 8-year-old girl challenges the ethics of a global organization.
- A renegade farmer struggles to keep his land as he revolutionizes resource-efficient agriculture.
- A visionary inventor faces catastrophe in the midst of developing a game-changing technology.

It will make you laugh, make you cry, give you chills, and inspire you to participate in the restoration of this beautiful Earth.

STREAM FOR FREE



THE NEED TO
GROW

FREE
Screening Of
The Need To
GROW



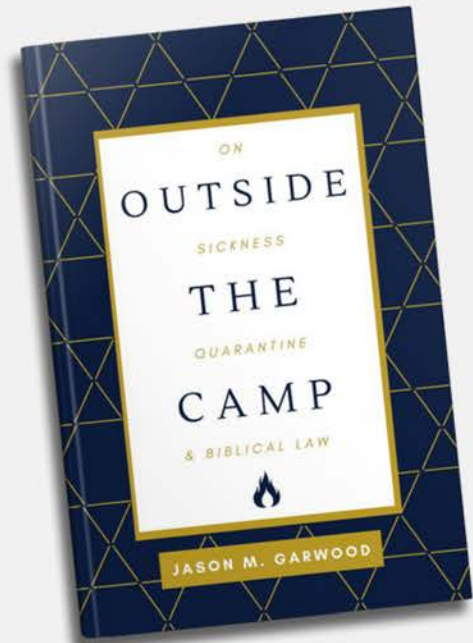
Outside the Camp: On Sickness, Quarantine, & Biblical Law

REV. DR. JASON GARWOOD



The COVID-19 global pandemic took the world by surprise and many were left wondering if the cure was, in fact, worse than the disease. This was especially true as time went on and the narrative evolved. However, it wasn't just a mass of confusion from the U.S. government and media outlets; many Christians were and are to this day unsure of how to approach medical ethics.

Should Christians simply do whatever the “experts” tell them? Does the civil magistrate have jurisdiction over so-called “public health”?



DOWNLOAD

What about the leprosy passage in Leviticus 13 & 14 — can this be used as a guide for developing public health policies?

In this short book, Dr. Jason Garwood revisits the Levitical passage and makes the case that no, the magistrate has no authority or jurisdiction over public health.

FREE RESOURCE 4

The Defense Health Protocol

ZONIA



Are these "healthy" foods and medications destroying your body?

Discover:

- The main triggers of chronic inflammation - the **#1 cause of disease** in the world! Protect yourself with healthy anti-inflammatory foods you can find in any supermarket to help your body recover from years of damage
- Scary facts you don't hear on TV on how food, pharma and medical industries profit off you by keeping you sick
- The enjoyable 10-step routine that strengthens the body and the mind - See how you can incorporate it in your life for massive health improvements



DOWNLOAD



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