

# HEALED PEOPLE, *Heal People*

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## Revitalize your Body to Clear Your Mind

Your nervous system connects your body to your mind and soul. It represents the Father who graces you with life and fills you with spirit. When your mind is cluttered or stressed, you can become distracted from the work God the Father is doing in your life. Your body may also suffer. This is why it's important to keep your nervous system lively and well. Below are things you can do for your body to support your mind.

*Stabilize your blood sugar-* Whether it's natural or artificial, sugar overexcites your nerves and makes your body's signals go haywire. To keep the nerves nourished by blood sugar and keep energy flowing to the brain, use RICE BRAN herbal extract or BREWER'S YEAST herbal extract, 40 drops to 2 teaspoons three to four times per day.

*Mind your nutrition -* Eliminate foods or substances that do not help the body nutritionally, or that have the potential to adversely affect it.

*Mind your bowels-* Help your body eliminate wastes more efficiently and prevent the reabsorption of waste by the body by eating easily digestible foods and drinking half your weight in water each day.

*Evict the uninvited guests-* They include fungus, yeast, and parasites that can reproduce anywhere in your body, [including your brain] and feed off your food. Remove them from your body so that you can get the maximum benefit of your nutrients.

*Breathe easier-* To improve oxygenation to the brain, breathe deeply. Remember you have trillions of cells that require oxygen to function.

*Clear your skin -* Hydrate and consider taking Vitamin A & Vitamin D supplements, it's possible to see results within four months.

*Do a body cleanse-* Clean out and prevent reabsorption of waste into the brain area. Clean Liquify and Combination, repair the ears, and drain out any fluid drain the sinuses, use S.I.-W (Sinus) 40 to 80 drops three

-times per day. A remedy taken by mouth can be used to improve memory by cleaning out and reconditioning blood vessels. Use O.C.-M (Ora. Chelation) herbal Combination. This remedy, taken by mouth used to clean out waste minerals, fat, and cholesterol and restore circulatory function. (Oral meaning: by mouth and Chelation kee-lay'shun, to claw out). Use 40 to 80 drops three times per day. O.C.-M (Oral Chelation) herbal Combination can also be rubbed on areas such as the blood vessels in the neck, that are known to be stopped up, at the same time it is taken internally.

*Support your digestion* - To improve digestion use a digestive aid like GENTIAN (gin'chin) herbal extract and SWEET ROOT herbal extract, 40 to 80 drops three times per day. Keep energy flowing to the brain. Be prepared to work for several weeks to start seeing changes. There may be much to do.

*Support your mind*-To nourish and improve brain function and memory use GINKGO herbal extract and GOTU KOLA herbal extract, 40 to 80 drops three times per day. The results of using this can be startling!

Visit the Healed People [shop](#) to find extracts and more for herbs to assist your nervous system. If you're interested in learning more about herbs and their use, stop by our [community forum](#), or schedule an [herbal consult](#) with Healed People.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.**

Source: Excerpted from the copyrighted works of Dr. A.B. Howard