

A CLEAN CELL NEVER DIES presents
A SYNOPSIS OF CHAPTER 6 OF NATURAL CURES by Kevin Trudeau
(purchase Kevin's book for full explanations)

1. See natural health-care providers on a regular basis
 - bioenergetic synchronization
 - chiropractic adjustment
 - herbalist
 - homeopathic practitioner
 - naturopath
2. Stop taking nonprescription and prescription drugs
3. Get energetic rebalancing
4. Check your body pH

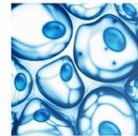
A. Clean Out the Toxins That Have Accumulated

1. Do 18 colonics in 30 days
2. Do a colon cleanse
3. Do a liver/gallbladder cleanse
4. Do a kidney/bladder cleanse
5. Do a heavy metal cleanse
6. Do a parasite cleanse
7. Do a candida cleanse
8. Do a fat/lymphatic cleanse
9. Drink eight full glasses of water daily
10. Use a rebounder
11. Walk one hour a day
12. Stretch the muscles and tendons
13. Practice deep breathing
14. Sweat with dry sauna/infrared sauna
15. Dry brush massage
16. Full body Swedish massage/deep tissue
17. Do chi kung
18. Do tai chi
19. Seven to thirty day fast
20. Specialized treatments as necessary
(reflexology, acupuncture, cranial-sacral, reiki, essential oil)

B. Stop Putting Toxins in the Body

1. No food from publicly traded corp brand name
2. Get all metal out of your dental work
3. Stop smoking
4. Don't drink tap water
5. Buy and use a shower filter
6. Eat only 100% organic food
7. Do not eat in fast-food restaurants
8. Do not eat microwaved food
9. Eliminate aspartame and msg
10. Do not eat artificial sweeteners
11. Do not drink diet sodas
12. Do not hydrogenated oil
13. Do not eat homogenized and pasteurized dairy products

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14. Do not eat high fructose corn syrup
15. Use only toothpaste WITHOUT fluoride
16. Do not use non-stick or aluminum cookware
17. Eat only organic, kosher meat/poultry (for carnivores)
18. Do not eat farm raised fish
19. Do not eat pork
20. Do not eat shellfish
21. IF you can't eat it, don't put it on your skin
22. Get an air purifier
23. Use only non-toxic, 100% organic cleaning supplies
24. Do not drink canned or bottled juice
25. Do not use sun block
26. Do not take vitamins
27. Do not use antiperspirants or deodorants
28. Do not eat white processed sugar
29. Do not eat white processed flour
30. Eat nothing that says "fat free" on the label
31. Eat nothing that says "sugar-free" on the label
32. Eat nothing that says "low carbs" on the label
33. Do not eat food bars
34. Do not eat diet or protein shakes
35. Stay away from hot tubs, steam rooms, pools
36. Eliminate air fresheners
37. Eliminate fluorescent lighting
38. Reduce/eliminate air conditioning
39. Avoid dry cleaning
40. Make your own beer and wine
41. Buy a good vacuum cleaner with a hepa filter

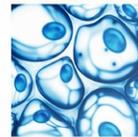
C. Handle and address nutritional deficiencies

1. Eat more fresh organic fruits and vegetables
2. Buy a juice machine and use it
3. Eat raw, organic nuts and seeds
4. Get natural sunlight
5. Eat and organic apple a day
6. Take coral calcium
7. Take all-natural Vitamin E.
8. Take liquid colloidal minerals daily
9. Drink the "magic juices"
10. Take a whole food supplement daily
11. Eat raw, organic honey, propolis, royal jelly, pollen\
12. Get an oxygen water cooler
13. Take digestive enzymes
14. Use organic sea salt
15. Eat organic dark chocolate (for chocoholics)
16. Take an omega-3 supplement
17. Eat snacks (fruit, nuts, sees) if you must

D. Neutralize electromagnetic chaos

1. Get a device to neutralize electromagnetic chaos
2. Use electronic and wireless devices less

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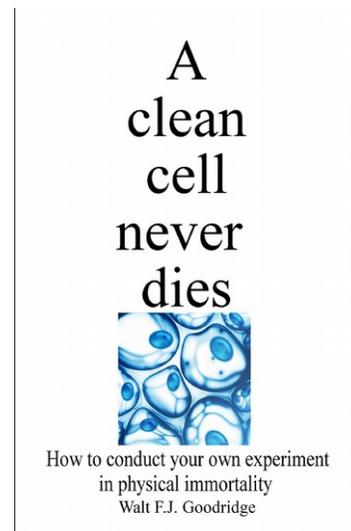


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3. Use a gentle wind project instrument
4. Reduce TV time
5. Get a magnetic mattress pad
6. Use magnetic finger and toe rings
7. Stay away from electric tumble driers
8. Add living plants in your home
9. Wear white
10. Use Feng Shui in your home and office

E. You must reduce stress

1. Listen to de-stressing CDs
2. Do alphabiotics
3. Laugh
4. Smile
5. Get and give hugs
6. Speak powerful words
7. Don't use cell phone and drive
8. Sleep eight hours
9. Rest from Friday sundown to Saturday sundown
10. Bed at 10pm and rise at 6am
11. Take a 15-minute afternoon break
12. Get rolfing
13. Don't read the newspaper
14. Don't watch the news
15. Have sex
16. Commit reckless acts of kindness
17. Listen to nice music
18. Get out of debt
19. Drive less
20. Be thankful
21. Get an inversion table
22. Use foot orthotics
23. Get a "range of motion" machine
24. Be lighthearted
25. Stay away from psychiatrists and psychologists
26. Do not use an alarm clock
27. Use aromatherapy
28. Use Callahan techniques
29. Get a pet
30. Write down goals
31. Plant a garden
32. Cook
33. Don't eat late
34. Dance and sing
35. Find your life purpose
36. Do Dianetics/Scientology



The above list was compiled from Chapter 6 of *Natural Cures They Don't Want You to Know About* by Kevin Trudeau. For more valuable strategies to keep the cells of your body clean, order *A clean cell never dies* by Walt Goodridge at www.agelessadept.com