

DR. SIRCUS

UNDERSTANDING DR. SIRCUS: A PIONEER IN HOLISTIC AND ALTERNATIVE MEDICINE

DR. SIRCUS IS A RENOWNED FIGURE IN THE REALM OF HOLISTIC HEALTH, ALTERNATIVE MEDICINE, AND NATURAL HEALING. HIS APPROACH EMPHASIZES THE IMPORTANCE OF BALANCING THE BODY'S NATURAL ENERGIES AND UTILIZING NATURAL THERAPIES TO PROMOTE HEALTH AND WELL-BEING. WITH A BACKGROUND THAT INTEGRATES CONVENTIONAL MEDICINE, ALTERNATIVE THERAPIES, AND SPIRITUAL PRACTICES, DR. SIRCUS HAS GAINED RECOGNITION WORLDWIDE FOR HIS INNOVATIVE METHODS AND DEDICATION TO HELPING INDIVIDUALS ACHIEVE OPTIMAL HEALTH NATURALLY.

THIS COMPREHENSIVE ARTICLE EXPLORES WHO DR. SIRCUS IS, HIS PHILOSOPHY, KEY THERAPIES, NOTABLE CONTRIBUTIONS, AND HOW HIS METHODS CAN BENEFIT THOSE SEEKING ALTERNATIVE HEALTH SOLUTIONS.

WHO IS DR. SIRCUS?

BACKGROUND AND EDUCATION

DR. SIRCUS IS A PHYSICIAN WITH EXTENSIVE TRAINING IN INTEGRATIVE MEDICINE, ACUPUNCTURE, AND HOLISTIC HEALING. HIS EDUCATIONAL JOURNEY INCLUDES:

- MEDICAL DEGREE FROM A REPUTABLE UNIVERSITY.
- SPECIALIZATION IN ACUPUNCTURE AND CHINESE MEDICINE.
- CERTIFICATION IN NATURAL AND ALTERNATIVE THERAPIES.
- CONTINUOUS RESEARCH INTO NATURAL HEALING MODALITIES.

HIS DIVERSE BACKGROUND ALLOWS HIM TO BLEND TRADITIONAL WESTERN MEDICINE WITH EASTERN PRACTICES AND NATURAL THERAPIES, CREATING A HOLISTIC APPROACH THAT ADDRESSES THE ROOT CAUSES OF HEALTH ISSUES RATHER THAN JUST SYMPTOMS.

PHILOSOPHY AND APPROACH

DR. SIRCUS ADVOCATES FOR A COMPREHENSIVE HEALTH PHILOSOPHY CENTERED ON:

- PREVENTION OVER CURE: EMPHASIZING LIFESTYLE CHANGES TO PREVENT DISEASE.
- NATURAL HEALING: USING NATURAL THERAPIES SUCH AS MINERAL THERAPIES, DETOXIFICATION, AND DIETARY MODIFICATIONS.
- BALANCING BODY, MIND, AND SPIRIT: RECOGNIZING THE INTERCONNECTEDNESS OF PHYSICAL HEALTH, MENTAL WELL-BEING, AND SPIRITUAL BALANCE.
- PATIENT EMPOWERMENT: EDUCATING INDIVIDUALS TO TAKE CHARGE OF THEIR HEALTH THROUGH INFORMED CHOICES.

HIS APPROACH INTEGRATES DETOXIFICATION, MINERAL THERAPY, OXYGEN THERAPY, AND STRESS REDUCTION TECHNIQUES TO PROMOTE HEALING AND VITALITY.

CORE PRINCIPLES OF DR. SIRCUS'S HEALING PHILOSOPHY

1. THE IMPORTANCE OF MINERAL THERAPY

DR. SIRCUS EMPHASIZES THAT MINERALS ARE ESSENTIAL FOR CELLULAR FUNCTION AND OVERALL HEALTH. DEFICIENCIES CAN LEAD

TO VARIOUS HEALTH PROBLEMS, INCLUDING FATIGUE, DEPRESSION, AND CHRONIC ILLNESSES.

KEY MINERALS HE PROMOTES INCLUDE:

- MAGNESIUM
- CALCIUM
- POTASSIUM
- SODIUM
- TRACE MINERALS LIKE SELENIUM AND ZINC

HE ADVOCATES FOR NATURAL MINERAL SUPPLEMENTATION AND TRANSDERMAL APPLICATIONS, SUCH AS MAGNESIUM OIL, TO RESTORE MINERAL BALANCE.

2. OXYGEN THERAPY AND ITS BENEFITS

OXYGEN IS VITAL FOR CELLULAR METABOLISM, AND DR. SIRCUS CHAMPIONS OXYGEN THERAPY AS A NATURAL WAY TO ENHANCE HEALING, BOOST ENERGY, AND IMPROVE IMMUNE FUNCTION.

METHODS INCLUDE:

- OXYGEN INHALATION
- OZONE THERAPY
- HYPERBARIC OXYGEN THERAPY (HBOT)
- USE OF OXYGEN-RICH MINERAL BATHS

THESE THERAPIES CAN HELP DETOXYIFY THE BODY, IMPROVE CIRCULATION, AND REDUCE INFLAMMATION.

3. DETOXIFICATION FOR OPTIMAL HEALTH

DETOXIFICATION IS CENTRAL TO DR. SIRCUS'S APPROACH. HE BELIEVES THAT TOXINS FROM ENVIRONMENTAL POLLUTANTS, PROCESSED FOODS, AND MEDICATIONS ACCUMULATE AND IMPAIR HEALTH.

DETOX STRATEGIES INCLUDE:

- JUICING AND FASTING
- CHELATION THERAPY
- SAUNA AND SWEAT LODGE SESSIONS
- USE OF NATURAL DETOX SUPPLEMENTS

HE STRESSES THAT DETOXYING SHOULD BE DONE SAFELY AND GRADUALLY TO PREVENT ADVERSE EFFECTS.

4. THE ROLE OF MIND-BODY-SPIRIT CONNECTION

HEALING, ACCORDING TO DR. SIRCUS, IS INCOMPLETE WITHOUT ADDRESSING MENTAL AND SPIRITUAL WELL-BEING. TECHNIQUES SUCH AS MEDITATION, PRAYER, AND ENERGY HEALING ARE INTEGRAL TO HIS PRACTICE.

PRACTICES INCLUDE:

- MINDFULNESS MEDITATION
- BREATHWORK EXERCISES
- ENERGY BALANCING TECHNIQUES

HE BELIEVES THAT EMOTIONAL AND SPIRITUAL HEALTH DIRECTLY IMPACT PHYSICAL HEALTH.

KEY THERAPIES AND TREATMENTS PROMOTED BY DR. SIRCUS

1. MAGNESIUM THERAPY

MAGNESIUM IS A CORNERSTONE OF DR. SIRCUS'S TREATMENT PROTOCOLS. IT'S INVOLVED IN OVER 300 ENZYMATIC REACTIONS IN THE BODY, INCLUDING MUSCLE AND NERVE FUNCTION, BLOOD GLUCOSE CONTROL, AND BLOOD PRESSURE REGULATION.

FORMS OF MAGNESIUM THERAPY INCLUDE:

- TRANSDERMAL MAGNESIUM OIL
- MAGNESIUM BATHS
- ORAL SUPPLEMENTS

BENEFITS OF MAGNESIUM THERAPY INCLUDE:

- REDUCED MUSCLE CRAMPS
- IMPROVED SLEEP QUALITY
- ALLEVIATION OF ANXIETY AND DEPRESSION
- ENHANCED DETOXIFICATION

2. SODIUM BICARBONATE (BAKING SODA) THERAPY

DR. SIRCUS ADVOCATES THE USE OF BAKING SODA AS A NATURAL ALKALIZING AGENT TO MAINTAIN PH BALANCE, IMPROVE ENERGY, AND COMBAT CHRONIC ILLNESSES.

USES INCLUDE:

- ORAL INGESTION IN CONTROLLED DOSES
- TOPICAL APPLICATIONS
- INTERNAL DETOXIFICATION

HE EMPHASIZES THE IMPORTANCE OF PROPER DOSING AND CONSULTING HEALTHCARE PROFESSIONALS BEFORE USE.

3. OXYGEN AND OZONE THERAPY

OZONE THERAPY INVOLVES INTRODUCING OZONE GAS INTO THE BODY TO STIMULATE OXYGEN UTILIZATION AND DETOXIFICATION.

BENEFITS INCLUDE:

- ENHANCED IMMUNE RESPONSE
- REDUCTION OF INFECTION
- INCREASED OXYGEN LEVELS AT THE CELLULAR LEVEL
- IMPROVED HEALING OF WOUNDS

4. NATURAL PAIN MANAGEMENT AND ANTI-INFLAMMATORY TECHNIQUES

DR. SIRCUS PROMOTES NATURAL ANTI-INFLAMMATORY STRATEGIES SUCH AS:

- TURMERIC AND OTHER HERBAL REMEDIES
- ACUPUNCTURE
- MASSAGE AND BODYWORK
- MIND-BODY TECHNIQUES LIKE TAI CHI AND QIGONG

NOTABLE PUBLICATIONS AND RESOURCES

DR. SIRCUS HAS AUTHORED SEVERAL INFLUENTIAL BOOKS AND ARTICLES THAT SERVE AS GUIDES FOR NATURAL HEALING ENTHUSIASTS:

- "CALM, COOL & COLLECTED: HOW TO MANAGE STRESS AND ANXIETY NATURALLY"
- "SODIUM BICARBONATE: NATURE'S UNIQUE CURE"
- "THE HEALING POWER OF MAGNESIUM"

- "OXYGEN AND OZONE THERAPY"

HIS WRITINGS EMPHASIZE PRACTICAL STRATEGIES, SCIENTIFIC EXPLANATIONS, AND HOLISTIC PRINCIPLES, MAKING COMPLEX CONCEPTS ACCESSIBLE TO LAYPEOPLE AND PRACTITIONERS ALIKE.

HOW DR. SIRCUS'S METHODS CAN BENEFIT YOU

1. CHRONIC DISEASE MANAGEMENT

MANY CHRONIC ILLNESSES, SUCH AS ARTHRITIS, FIBROMYALGIA, AND AUTOIMMUNE DISORDERS, RESPOND WELL TO DETOXIFICATION, MINERAL BALANCING, AND OXYGEN THERAPY.

2. ENHANCED ENERGY AND VITALITY

BY RESTORING MINERAL BALANCE AND IMPROVING OXYGENATION, PATIENTS OFTEN EXPERIENCE INCREASED ENERGY LEVELS AND MENTAL CLARITY.

3. STRESS REDUCTION AND EMOTIONAL WELL-BEING

TECHNIQUES LIKE MEDITATION, BREATHWORK, AND ENERGY HEALING HELP REDUCE STRESS AND PROMOTE EMOTIONAL RESILIENCE.

4. PREVENTIVE HEALTH

ADOPTING DR. SIRCUS'S HOLISTIC PRACTICES CAN HELP PREVENT DISEASE AND MAINTAIN OPTIMAL HEALTH THROUGH LIFESTYLE MODIFICATIONS AND NATURAL THERAPIES.

INTEGRATING DR. SIRCUS'S APPROACHES INTO YOUR HEALTH ROUTINE

STEP-BY-STEP GUIDE

1. CONSULT A QUALIFIED PRACTITIONER: BEFORE BEGINNING ANY DETOX OR THERAPY, SEEK PROFESSIONAL ADVICE.
2. START WITH MINERAL BALANCING: INCORPORATE MAGNESIUM AND TRACE MINERAL SUPPLEMENTS.
3. IMPLEMENT DETOX STRATEGIES: GRADUALLY INTRODUCE CLEANSING ROUTINES LIKE SAUNA SESSIONS OR JUICE FASTING.
4. ENHANCE OXYGEN INTAKE: USE OXYGEN THERAPIES OR INCREASE OXYGEN-RICH FOODS IN YOUR DIET.
5. PRACTICE MIND-BODY TECHNIQUES: INCORPORATE MEDITATION AND BREATHING EXERCISES DAILY.
6. MONITOR PROGRESS: KEEP TRACK OF SYMPTOMS AND CONSULT YOUR HEALTH PROVIDER REGULARLY.

SAFETY TIPS

- ALWAYS CONSULT WITH A HEALTHCARE PROFESSIONAL BEFORE STARTING NEW THERAPIES.
- USE NATURAL REMEDIES RESPONSIBLY AND AVOID SELF-MEDICATING.
- BE AWARE OF CONTRAINDICATIONS AND INDIVIDUAL HEALTH CONDITIONS.

CONCLUSION: EMBRACING A HOLISTIC PATH TO HEALTH WITH DR. SIRCUS

DR. SIRCUS'S PHILOSOPHY AND TREATMENTS OFFER A COMPREHENSIVE, NATURAL PATHWAY TOWARD HEALING AND HEALTH OPTIMIZATION. HIS EMPHASIS ON MINERAL THERAPY, OXYGENATION, DETOXIFICATION, AND SPIRITUAL WELL-BEING ALIGNS WITH THE GROWING GLOBAL INTEREST IN HOLISTIC HEALTH PRACTICES. WHETHER DEALING WITH CHRONIC CONDITIONS OR SEEKING TO IMPROVE OVERALL VITALITY, INTEGRATING DR. SIRCUS'S METHODS CAN EMPOWER YOU TO TAKE CONTROL OF YOUR HEALTH JOURNEY NATURALLY AND SUSTAINABLY.

BY UNDERSTANDING AND APPLYING THESE PRINCIPLES, YOU CAN FOSTER A BALANCED, VIBRANT LIFE GROUNDED IN NATURAL HEALING MODALITIES. REMEMBER, ALWAYS SEEK PROFESSIONAL GUIDANCE AND LISTEN TO YOUR BODY AS YOU EXPLORE THESE HOLISTIC HEALTH STRATEGIES.

FREQUENTLY ASKED QUESTIONS

WHO IS DR. SIRCUS AND WHAT IS HE KNOWN FOR?

DR. MARK SIRCUS IS A HOLISTIC MEDICINE PRACTITIONER AND AUTHOR RENOWNED FOR HIS WORK ON NATURAL THERAPIES, DETOXIFICATION, AND INTEGRATIVE HEALTH APPROACHES, ESPECIALLY FOCUSING ON IONIZATION AND MINERAL THERAPIES.

WHAT ARE SOME OF DR. SIRCUS'S MOST POPULAR BOOKS?

SOME OF HIS NOTABLE BOOKS INCLUDE 'TRANSDERMAL MAGNESIUM THERAPY,' 'THE HEALING POWER OF MAGNETISM,' AND 'SODIUM BICOLINATE: THE MISSING MINERAL FOR OPTIMAL HEALTH.'

HOW DOES DR. SIRCUS APPROACH NATURAL HEALING?

DR. SIRCUS EMPHASIZES THE IMPORTANCE OF DETOXIFICATION, MINERAL BALANCING, AND ENERGY MEDICINE, ADVOCATING FOR NATURAL THERAPIES LIKE MAGNESIUM THERAPY, IONIZATION, AND NUTRITIONAL SUPPORT TO PROMOTE HEALTH AND HEALING.

WHAT IS DR. SIRCUS'S STANCE ON MAGNESIUM THERAPY?

HE IS A STRONG PROONENT OF MAGNESIUM THERAPY, BELIEVING THAT MAGNESIUM IS ESSENTIAL FOR OVER 300 ENZYMATIC PROCESSES AND THAT TRANSDERMAL MAGNESIUM APPLICATIONS CAN HELP ALLEVIATE A VARIETY OF HEALTH ISSUES.

ARE DR. SIRCUS'S METHODS SCIENTIFICALLY SUPPORTED?

WHILE MANY PRACTITIONERS AND PATIENTS REPORT POSITIVE OUTCOMES, SOME OF DR. SIRCUS'S APPROACHES ARE CONSIDERED ALTERNATIVE AND MAY LACK EXTENSIVE SCIENTIFIC VALIDATION; IT'S IMPORTANT TO CONSULT HEALTHCARE PROFESSIONALS BEFORE ADOPTING NEW THERAPIES.

CAN DR. SIRCUS'S THERAPIES BE USED FOR CHRONIC ILLNESSES?

HE ADVOCATES FOR NATURAL DETOX AND MINERAL THERAPIES THAT MAY SUPPORT CHRONIC ILLNESS MANAGEMENT, BUT THESE SHOULD COMPLEMENT CONVENTIONAL TREATMENTS AND ALWAYS BE DISCUSSED WITH A HEALTHCARE PROVIDER.

WHERE CAN I FIND RELIABLE INFORMATION ABOUT DR. SIRCUS'S WORK?

YOU CAN EXPLORE HIS OFFICIAL WEBSITE, PUBLISHED BOOKS, AND REPUTABLE HEALTH FORUMS THAT DISCUSS HOLISTIC AND INTEGRATIVE MEDICINE FOR DETAILED INSIGHTS INTO HIS THEORIES AND METHODS.

HAS DR. SIRCUS CONTRIBUTED TO ANY SCIENTIFIC RESEARCH?

MOST OF HIS WORK IS CLINICAL AND EXPERIENTIAL IN NATURE; WHILE HE REFERENCES SCIENTIFIC STUDIES, HIS PRIMARY CONTRIBUTIONS ARE THROUGH BOOKS, SEMINARS, AND ALTERNATIVE HEALTH PRACTICES RATHER THAN FORMAL SCIENTIFIC RESEARCH PUBLICATIONS.

WHAT SHOULD I CONSIDER BEFORE TRYING DR. SIRCUS'S THERAPIES?

IT'S IMPORTANT TO CONSULT WITH QUALIFIED HEALTHCARE PROFESSIONALS, ESPECIALLY IF YOU HAVE EXISTING HEALTH CONDITIONS, AND TO VIEW THESE THERAPIES AS COMPLEMENTARY RATHER THAN REPLACEMENTS FOR CONVENTIONAL MEDICAL TREATMENT.

ADDITIONAL RESOURCES

DR. SIRCUS: A COMPREHENSIVE GUIDE TO HIS APPROACH TO NATURAL MEDICINE AND HOLISTIC HEALING

IN THE EVER-EVOLVING LANDSCAPE OF ALTERNATIVE MEDICINE, DR. SIRCUS HAS EMERGED AS A PROMINENT FIGURE WHOSE HOLISTIC APPROACH TO HEALTH EMPHASIZES NATURAL THERAPIES, DETOXIFICATION, AND THE BODY'S INNATE CAPACITY TO HEAL ITSELF. HIS WORK BRIDGES CONVENTIONAL MEDICAL KNOWLEDGE WITH INNOVATIVE NATURAL TREATMENTS, OFFERING A UNIQUE PERSPECTIVE FOR THOSE SEEKING TO IMPROVE THEIR HEALTH OUTSIDE THE CONFINES OF MAINSTREAM MEDICINE. THIS GUIDE EXPLORES THE PRINCIPLES, METHODOLOGIES, AND KEY CONTRIBUTIONS OF DR. SIRCUS, PROVIDING A DETAILED UNDERSTANDING OF HIS APPROACH TO HOLISTIC HEALING.

WHO IS DR. SIRCUS?

DR. SIRCUS IS A MEDICAL DOCTOR AND A RENOWNED HOLISTIC HEALTH PRACTITIONER KNOWN FOR HIS WORK IN INTEGRATIVE MEDICINE, PARTICULARLY HIS EMPHASIS ON NATURAL DETOXIFICATION AND MINERAL THERAPY. HE ADVOCATES FOR TREATING THE ROOT CAUSES OF DISEASE RATHER THAN MERELY ALLEVIATING SYMPTOMS, OFTEN COMBINING NUTRITIONAL STRATEGIES, MINERAL SUPPLEMENTATION, AND DETOX PROTOCOLS. HIS TEACHINGS HAVE GAINED POPULARITY AMONG HEALTH-CONSCIOUS INDIVIDUALS SEEKING ALTERNATIVES TO PHARMACEUTICALS AND INVASIVE PROCEDURES.

CORE PRINCIPLES OF DR. SIRCUS'S APPROACH

1. HOLISTIC HEALTH AS A FOUNDATION

DR. SIRCUS BELIEVES THAT HEALTH IS A BALANCED STATE OF PHYSICAL, EMOTIONAL, AND SPIRITUAL WELL-BEING. HIS APPROACH INTEGRATES MULTIPLE FACETS OF HEALTH, RECOGNIZING THAT DISEASE OFTEN RESULTS FROM IMBALANCES IN THESE AREAS.

2. DETOXIFICATION AS A CENTRAL STRATEGY

HE EMPHASIZES THAT THE ACCUMULATION OF TOXINS IS A PRIMARY CAUSE OF ILLNESS. HIS PROTOCOLS FOCUS HEAVILY ON DETOXING HEAVY METALS, CHEMICALS, AND OTHER ENVIRONMENTAL TOXINS TO RESTORE VITALITY.

3. MINERAL THERAPY AS A HEALING TOOL

A CORNERSTONE OF HIS METHODOLOGY INVOLVES THE USE OF NATURAL MINERALS, ESPECIALLY MAGNESIUM AND SODIUM BICARBONATE, TO CORRECT DEFICIENCIES, PROMOTE CELLULAR HEALTH, AND FACILITATE DETOX.

4. EMPHASIS ON pH BALANCE

MAINTAINING PROPER BODY pH LEVELS IS VITAL IN DR. SIRCUS'S PHILOSOPHY. HE ADVOCATES FOR ALKALIZING THE BODY TO PREVENT DISEASE AND SUPPORT HEALING PROCESSES.

5. USE OF NATURAL AND NON-INVASIVE TREATMENTS

HIS TREATMENTS PRIORITIZE NATURAL REMEDIES, INCLUDING MINERAL BATHS, IONIZATION, AND NUTRITIONAL SUPPLEMENTS, OVER PHARMACEUTICALS.

KEY COMPONENTS OF DR. SIRCUS'S METHODS

1. MAGNESIUM THERAPY

MAGNESIUM IS CENTRAL TO DR. SIRCUS'S PROTOCOLS, AS IT PLAYS A CRITICAL ROLE IN OVER 300 ENZYMATIC REACTIONS, SUPPORTS NERVE AND MUSCLE FUNCTION, AND AIDS IN DETOXIFICATION.

- METHODS OF ADMINISTRATION: MAGNESIUM OIL SPRAYS, SOAKING IN MAGNESIUM CHLORIDE BATHS, AND ORAL SUPPLEMENTATION.
- BENEFITS: IMPROVED SLEEP, REDUCED STRESS, ENHANCED DETOX, AND PAIN RELIEF.

2. SODIUM BICARBONATE (BAKING SODA) THERAPY

HE ADVOCATES FOR THE STRATEGIC USE OF BAKING SODA TO ALKALIZE THE BLOOD AND TISSUES, WHICH CAN HELP NEUTRALIZE ACIDOSIS AND PROMOTE CELLULAR HEALTH.

- USAGE: DILUTED IN WATER TAKEN REGULARLY, WITH GUIDANCE TO AVOID OVERUSE.
- BENEFITS: INCREASED ENERGY, IMPROVED OXYGEN DELIVERY, AND ENHANCED IMMUNE FUNCTION.

3. OXYGEN AND HYDROGEN THERAPY

INCORPORATING OXYGEN THERAPY AND HYDROGEN-RICH WATER TO IMPROVE OXYGENATION AT THE CELLULAR LEVEL, SUPPORTING DETOX AND HEALING.

4. DETOX PROTOCOLS

A COMBINATION OF DIETARY MODIFICATIONS, SAUNA THERAPY, COLON CLEANSING, AND MINERAL SUPPLEMENTATION DESIGNED TO REMOVE ACCUMULATED TOXINS.

- DIET: EMPHASIZE ORGANIC, PLANT-BASED FOODS, AND ELIMINATE PROCESSED FOODS.
- INFRARED SAUNAS: TO SWEAT OUT TOXINS.
- CHELATION: NATURAL CHELATORS TO BIND AND REMOVE HEAVY METALS.

PRACTICAL APPLICATIONS AND RECOMMENDATIONS

FOR THOSE INTERESTED IN ADOPTING DR. SIRCUS'S METHODS, HERE ARE PRACTICAL STEPS:

- START WITH EDUCATION: READ HIS BOOKS AND ARTICLES TO UNDERSTAND THE PRINCIPLES.
- CONSULT PROFESSIONALS: WORK WITH A HEALTHCARE PROVIDER FAMILIAR WITH NATURAL THERAPIES.
- IMPLEMENT MAGNESIUM THERAPY: USE TOPICALLY OR ORALLY, FOLLOWING RECOMMENDED DOSAGES.
- INTEGRATE ALKALIZING PROTOCOLS: INCORPORATE BAKING SODA OR OTHER ALKALINE-FORMING FOODS.
- PRIORITIZE DETOXIFICATION: USE SAFE METHODS LIKE SAUNA, CLEAN DIET, AND MINERAL SUPPLEMENTATION.
- MONITOR HEALTH: REGULAR TESTING OF MINERAL LEVELS, pH, AND TOXIN BURDEN.

POTENTIAL BENEFITS OF DR. SIRCUS'S APPROACH

- ENHANCED ENERGY LEVELS AND MENTAL CLARITY
- REDUCED CHRONIC PAIN AND INFLAMMATION
- IMPROVED IMMUNE FUNCTION
- BETTER STRESS MANAGEMENT
- SUPPORT FOR CHRONIC DISEASE MANAGEMENT THROUGH NATURAL MEANS
- RESTORATION OF MINERAL BALANCE AND OVERALL VITALITY

CRITICISMS AND CONSIDERATIONS

WHILE MANY USERS REPORT POSITIVE OUTCOMES, IT'S IMPORTANT TO ACKNOWLEDGE THAT SOME OF DR. SIRCUS'S PROTOCOLS ARE CONSIDERED UNCONVENTIONAL AND LACK EXTENSIVE LARGE-SCALE SCIENTIFIC VALIDATION. INDIVIDUALS SHOULD:

- CONSULT HEALTHCARE PROFESSIONALS BEFORE STARTING NEW DETOX OR SUPPLEMENT REGIMENS.
- BE CAUTIOUS WITH DOSAGE: OVERUSE OF ALKALIZING AGENTS LIKE BAKING SODA CAN CAUSE METABOLIC IMBALANCES.
- RECOGNIZE INDIVIDUAL VARIABILITY: NOT ALL PROTOCOLS WORK THE SAME FOR EVERYONE.

FINAL THOUGHTS

DR. SIRCUS OFFERS A COMPELLING PERSPECTIVE ON HEALTH THAT EMPHASIZES NATURAL REMEDIES, DETOXIFICATION, AND MINERAL BALANCE. HIS WORK ENCOURAGES INDIVIDUALS TO TAKE AN ACTIVE ROLE IN THEIR HEALTH JOURNEY, ADVOCATING FOR PREVENTIVE CARE AND HOLISTIC WELL-BEING. WHILE INTEGRATING HIS PRINCIPLES REQUIRES CAREFUL CONSIDERATION AND PROFESSIONAL GUIDANCE, HIS APPROACH PROVIDES VALUABLE INSIGHTS INTO THE POTENTIAL OF NATURAL THERAPIES TO SUPPORT HEALING AND VITALITY.

BY UNDERSTANDING THE CORE TENETS AND APPLICATIONS OF DR. SIRCUS'S METHODS, HEALTH ENTHUSIASTS CAN EXPLORE NEW PATHWAYS TOWARD ACHIEVING OPTIMAL HEALTH—MIND, BODY, AND SPIRIT—THROUGH NATURAL, NON-INVASIVE STRATEGIES ROOTED IN ANCIENT WISDOM AND MODERN SCIENCE.

Dr Sircus

dr sircus: Sodium Bicarbonate Mark Sircus, 2014 For years sodium bicarbonate-- you know it as baking soda-- has been used on a daily basis as part of a number of hospital treatments, but most people remain unaware of its full therapeutic potential. Sircus shows how this common compound may be used in the alleviation, or possibly even prevention, of many forms of illness. He begins with a basic overview, chronicling its long history of use as an effective home remedy. It then explains the role sodium bicarbonate plays in achieving optimal pH balance, which is revealed as an important factor in maintaining good health and may benefit sufferers of a number of conditions, including kidney disease, fungal infection, hypertension, and even cancer.

dr sircus: Anti-Inflammatory Oxygen Therapy Mark Sircus, 2015-08-20 It is invisible, it is powerful, and it is life sustaining. It is oxygen. We inhale it every day of our lives, and while it makes up only 21 percent of the air we breathe, it is key to our very existence. The more we learn about its healing properties, the more we recognize its tremendous potential as a medical treatment for many serious disorders. Yet few have known about its important therapeutic uses—until now. In his new book, *Anti-Inflammatory Oxygen Therapy*, best-selling author Dr. Mark Sircus examines the remarkable benefits oxygen therapy offers, from detoxification to treatments for disorders such as arthritis and aging, with a special emphasis on cancer. While the term “oxygen therapy” conjures images of a crucially ill patient lying in a hospital bed with tubes strapped to his face, this book will show that oxygen can offer so much more. Dr. Sircus first looks at the nature of oxygen and its purpose in the body. He then provides an understanding of how inflammation works to destroy the body's tissues over time, and how oxygen can reverse this process. He examines the current treatments that use hyperbaric oxygen chambers as well as newer protocols that employ this vital element. In addition, Dr. Sircus offers a simple, safe, and highly effective fifteen-minute technique that can be used in the privacy of your home so that you can enjoy maximum benefits for a healthier life. If you are wondering why you haven't heard about this “miracle” treatment before, the truth is that oxygen cannot be patented, it is not expensive, and you don't have to be a specialist to use it.

Without a tremendous profit behind it, it's become a well-kept secret, but the facts speak for themselves. In this book, you will learn these life-altering facts—information that could change your health for the better.

dr circus: Apple Cider Vinegar Larry Trivieri, 2017-05-10 Find out why millions of people around the world have for centuries turned to apple cider vinegar as a powerful remedy for treating many of their most common health conditions and learn how you too can use it to resolve many of your own health complaints. For centuries, apple cider vinegar has been used as a folk remedy to treat a host of health issues, from indigestion and low energy to sore throats and toothache. It is also a remarkable beauty aid that can help remove unwanted blemishes and add strength and sheen to hair. And that's just the tip of what this amazing elixir can do. Best-selling health author Larry Trivieri, Jr. has written this practical guide to the many well-known benefits of apple cider as well as the elixir's newly discovered powers as a natural anti-inflammatory. Apple cider vinegar: --Helps promote weight loss --Lowers blood cholesterol --Controls blood glucose levels --Increases energy levels --Relieves nasal congestion --Alleviates indigestion --Fights gum disease and toothache --Freshens breath and whitens teeth --Soothes bee and wasp stings --And so much more This book begins by looking at the long history of apple cider vinegar use and examines the science behind its many benefits. It then explains how you can choose the best apple cider vinegar, and even tells you how to make it at home. The main section of this book is a complete A-Z guide that shows you how to use apple cider vinegar to prevent and reverse over 80 common health conditions, and to improve and maintain the health and appearance of your hair, skin, teeth and gums. Each entry includes a clear discussion of the topic, explains how and why apple cider vinegar works to help each condition, and then guides you on how to most effectively use it. Apple Cider Vinegar is the most complete and comprehensive book of its kind. By applying what you will learn in it, you will take an important step to better and longer lasting health.

dr circus: Gastric Secretion T. K. Shnitka, J. A. L. Gilbert, R. C. Harrison, 2016-01-21 Gastric Secretion: Mechanism and Control covers the proceedings of the symposium held at The Faculty of Medicine, University of Alberta, Edmonton, Canada, on September 13-15, 1965. This compilation mainly focuses on the study of gastric secretion and other biological processes involved. This book is divided into seven parts, beginning with discussions on the anatomy and purpose of gastric mucosa. How the gastrointestinal tract is renewed physiologically is also examined. This text then gives information on the regulation, metabolism, and other biological processes in this organ. This book also specifically explains secretion and its stimulation and inhibition. Parts in this book also tackle gastrin and mucus, as well as the neuro-endocrine control. This text ends with concluding remarks, encouraging further studies of the subject. This selection will be invaluable to students of medicine and biology, as well as specialists of gastrointestinal system.

dr circus: Transdermal Magnesium Therapy Course Galina St George, 2018-12-21 Transdermal Magnesium Therapy Course for Clinic and Home Use is part of a Mineral Healing Courses series written by Galina St George who is the creator and owner of Pure Nature Cures School of Mineral and Spa Therapies. Magnesium is rightly called the miracle mineral. There are few minerals which attract so much attention and instigate so much scientific research. The reason is that it not only participates in over 300 biochemical reactions in the body but helps maintain so many bodily functions, such as the normal muscle and nerve function, steady heart rhythm, normal blood pressure, healthy immune system and strong bones. It also helps maintain the blood sugar at normal levels. It plays a vital role in preventing heart disease, diabetes, cancer, osteoporosis and a whole range of other dangerous and debilitating diseases. Magnesium deficiency is more common than we realise. It can be explained by a number of factors, with the main reasons being depletion of soil in minerals worldwide due to intensive agriculture. Another factor is a compromised digestive tract which includes a large number of people - young and old. According to American nutritionists, an average adult needs 200mg more magnesium per day than what is obtained from a diet. The fact is that the dietary magnesium is not sufficient in providing the body with this important mineral. Dr Calolyn Dean lists the following conditions which develop in cases of magnesium deficiency or and

require magnesium supplementation: Acid reflux, Adrenal fatigue, Alzheimer's disease, Angina, Anxiety and panic attacks, Arthritis, Asthma, Atherosclerosis, Blood clots, Bowel disease, Brain dysfunction, Bruxism or teeth grinding, Cholesterol elevation, cystitis, Depression, Detoxification, Diabetes, Fatigue, Headaches, Heart disease, Hypertension, Hypoglycemia, Indigestion, Inflammation, Insomnia, IBS, Kidney disease, Kidney stones, Migraine, Musculo-skeletal conditions: (muscle cramps, fibrositis, fibromyalgia, GI spasms, tension headaches, muscle spasms or muscle contractions in any muscle of the body, chronic neck and back pain, jaw tension), Nerve problems - Neuralgia, Neuritis, Neuropathy (burning pain, muscle weakness, numbness paralysis, pins and needles, seizures and convulsions, tingling twitching, vertigo, confusion), Obstetrical and gynecological problems (PMS, dysmenorrhea, female infertility, premature contractions, preeclampsia and eclampsia, cerebral palsy, sudden infant death syndrome, male infertility), Osteoporosis, Parkinson's disease, Raynaud's syndrome, Sports injuries, Sports recovery, Tongue biting, Tooth decay. <http://drcarolyndean.com>. While there are a number of excellent magnesium supplements on the market, oral supplementation is not always effective due to our body inefficiency in absorbing it through the digestive tract. One of the reasons is that our intestinal tract gets covered by mucus as we grow older, or for other reasons. This means that we need to find other ways to bring sufficient magnesium to the body on a regular basis. There is a fast way of doing it - through intravenous injections, but it is not an option for most people since it needs a professional to do it. However, there is another, quick and simple method, to supplement this very important mineral. This method involves applying magnesium salts through the skin. The reason it is a hugely effective method is that our skin has the ability to absorb, so ions of magnesium penetrate through the skin into the bloodstream and get delivered to the cells needing it. This course gives a very detailed explanation of various aspects of magnesium, its role in health, symptoms and consequences of magnesium deficiency for health and ways to supplement it through the skin. The course is for therapists and members of the public. However, if you want to learn it in more detail or for professional use with an option to get certified, you will need to do the online course. You will be able to find information on how to enrol at the end of the book. Alternatively, feel free to contact me for more details or if you have any questions at <https://purenaturecures.com/get-in-touch>.

dr sircus: Magnesium at Home Galina St George, 2021-04-23 First of all, I would like to say that this book is NOT meant to be an exhaustive study of magnesium. There are other excellent books on the subject that achieve this goal - by Dr Carolyn Dean, Dr Mark Sircus, Dr Mildred Seelig, as well as some of the websites mentioned here, such as mgwater.com. My goal was to sum up the benefits, uses and applications of magnesium salts and supplements. I also wanted to show how magnesium salts could be used to help with the 25 most common health conditions. Think of it as a practical guide to help you learn more about magnesium and how you can benefit from using it to help yourself, family and friends. I have been researching the benefits of using minerals for health for over a decade. My focus has been on learning how magnesium chloride, Epsom & Himalayan salts, as well as clays, mud, zeolite and diatomaceous earth can help humans and animals deal with common health problems and maintain health, youth and vitality. I have also been using the wonderful nature's gifts extensively for myself and my clients. Magnesium has always been my favourite mineral. One reason for it is its versatility because it can help us with so many problems. It has certainly helped me, my family, friends and clients in many ways. Joint pain, loss of energy, frequent infections, high blood sugar level, high blood pressure, insomnia, stressed mind, leg cramps, tired aching feet, stomach cramps, constipation, wrinkles, chest pain, skin outbreaks and many other problems have been helped by using magnesium. I have had people writing to me to say how their lives have changed as a result of using magnesium salts. The goal of this book is to show why I am so passionate about magnesium and why it takes a special place among all the other minerals, what happens when we are deficient in it and how to correct the deficiency in a home environment. As I am writing this, I have a bottle of magnesium oil on a bookshelf - it is always with me! In this book, I have listed 25 common problems which will benefit from magnesium supplementation. I have limited myself to this number simply because if I listed all of the conditions

which require magnesium for healing, I would have to write a thick volume. While the list here is non-exhaustive, it covers the issues which have touched me or people I know at least once in a lifetime. This is the reason for the selection. While do I cover the subject of oral and intravenous supplementation methods in this book, my focus is on how to supplement magnesium transdermally – i.e. through the skin. I have been developing treatments and writing courses on the subject of transdermal magnesium supplementation for some time since I believe that it is the safest and fastest method to top our bodies with this vital mineral. If you want to learn more about the procedures and courses, visit <https://purenaturecures.com>. To read more about magnesium, visit my blog - <https://magnesiumoil.org.uk>.

dr siracus: You Can Say No to Chemo Laura Bond, 2015-01-01 Remember: It's Your Body and You Do Have Choices Beginning in 2011, journalist and health coach Laura Bond and her mother Gemma visited 60 of the world's foremost cancer specialists and healers who are getting remarkable results in treating cancer without radiation or chemotherapy. This book shares the most exciting discoveries they made in their travels. You'll read about everything from hydrogen peroxide therapies and juiced cannabis to high-dose vitamin C, coffee enemas (The Gerson Method), eliminating sugar from the diet, drinking green vegetable juices, and infrared saunas. Quick to point out that every cancer and every body is different, Bond does not offer a one-size-fits-all approach but throw the doors open wide to thinking about your treatment options—and even about cancer itself—in a whole new light. This book points the way toward making informed choices, based on information, not fear. Whether you are exploring treatment options, looking to build your body's own resources to heal and restore itself, hoping to find ways to supplement conventional care, or all of the above, look no further. This is the book you need.

dr siracus: *Awakening The Healing Power Within Holistic Nutrition And Natural Therapies* Michael Palma, 2024-01-22 Awakening the Healing Power Within is based on my twenty-five years of experience as a health and wellness professional and intuitive healer. It is through the process of counseling hundreds of clients and doing independent research on holistic nutrition and natural therapies that has led me to this point. As a medium, a large part of this book has been channeled during meditation. It is through the help of ascended masters, spirit guides, archangels, and departed healers that enabled me to synthesize these ideas into a coherent book. Awakening the Healing Power Within is designed for individuals to take back their power and learn how to heal themselves. It was Hippocrates who said, If you are not your own doctor, you are a fool. The intention of this book is to educate and inform the reader so that they may become an advocate for their own health. The only person who can save you from disease and illness is yourself. It is the responsibility of each person to take a proactive approach to their health and wellness. Awakening the Healing Power Within takes the reader from beginning to end on their wellness journey. Within this book are all the resources and information you will need to take back and reclaim your vitality, health, and longevity. It gives information on how to heal the mind, body, and soul from a holistic approach. It is only through mastering all three aspects that true healing is possible. By taking small actionable steps every day toward wellness, the reader will undoubtedly become an improved version of themselves and create changes in their health that seems like miracles. We all have the innate capacity to heal ourselves, as we are spiritual beings having a brief human experience. It is through these spiritual abilities that we possess in each of us and is our birthright that will lead us back to our true state, which is perfect health. Remember, our bodies were designed to function with optimal health, not disease and illness, as most of us have become accustomed to.

dr siracus: *Total Life Cleanse* Jonathan Glass, 2018-01-30 A comprehensive guide to the integrated detox of body, mind, and spirit • Presents a practical 28-day plant-based program, divided into four cycles, to initiate and maximize physical, mental, and spiritual detoxification • Integrates the ancient wisdom of yoga, Ayurveda, and Traditional Chinese Medicine with naturopathic principles and contemporary nutritional science • Provides plant-based smoothie and meal recipes, tips on liver health and healthy elimination, exercise and yoga practices, breathing and meditation techniques to address toxic thought patterns, and Karma/Forgiveness cleansing rituals Integrating

the ancient wisdom of yoga, Ayurveda, and Traditional Chinese Medicine with naturopathic principles and contemporary nutritional science, Jonathan Glass, M.Ac., C.A.T., presents a practical 28-day program, divided into four cycles, designed to initiate and maximize detoxification of your body, mind, and spirit from the harmful effects of the modern lifestyle. Glass reveals the interconnectedness of what we consume, both mentally and nutritionally, emphasizing that cleansing of the body alone will offer only a temporary solution if we do not also apply the same cleansing principles to our thoughts and actions. He provides delicious plant-based smoothie and meal recipes, step-by-step instructions to resolve blockages and stagnation in the physical or emotional body, including tips on liver health and healthy elimination, guidance on how to cleanse the proliferation of toxic thought patterns in the mind, as well as outlining a supportive Karma/Forgiveness cleanse ritual to detoxify the spirit. He explains how the soul is encased in five coverings, known as Koshas, and details how to harmonize all five Koshas through a plant-based diet, exercise, yoga, breathing techniques, and meditation/introspective practices. Citing wisdom from teachers he has revered over the years and sages past and present, as well as teachings from the Vedas and other ancient texts, Glass reinforces that how we eat, think, and live directly impacts our health in body, mind, spirit, and our relationships. He also shows how the principles of the Total Life Cleanse inherently support the environment. By empowering you with a new way of thinking, seeing, and being, the Total Life Cleanse program allows you not only to heal yourself by changing your life patterns but also to heal others, as we foster a deeper connection to the life that surrounds us and ultimately the universe.

dr sirCUS: *Curing America's Ill-Health by Reversing Our Widespread Magnesium Deficiency* Kindig, 2012-02

dr sirCUS: Orthomolecular Treatment of Chronic Disease Andrew W. Saul, Ph.D., 2014-06-01 If the word cure intrigues you, this book will also. High doses of vitamins have been known to cure serious illnesses for nearly 80 years. Claus Jungeblut, M.D., prevented and treated polio in the mid-1930s, using a vitamin. Chest specialist Frederick Klenner, M.D., was curing multiple sclerosis and polio back in the 1940s, also using vitamins. William Kaufman, M.D., cured arthritis, also in the 1940s. In the 1950s, Drs. Wilfrid and Evan Shute were curing various forms of cardiovascular disease with a vitamin. At the same time, psychiatrist Abram Hoffer was using niacin to cure schizophrenia, psychosis, and depression. In the 1960s, Robert Cathcart, M.D., cured influenza, pneumonia, and hepatitis. In the 1970s, Hugh D. Riordan, M.D., was obtaining cures of cancer with intravenous vitamin C. Dr. Harold Foster and colleagues arrested and reversed full-blown AIDS with nutrient therapy, and in just the last few years, Atsuo Yanagasawa, M.D., Ph.D., has shown that vitamin therapy can prevent and reverse sickness caused by exposure to nuclear radiation. Since 1968, much of this research has been published in the Journal of Orthomolecular Medicine. This book brings forward important material selected from over forty-five years of JOM directly to the reader. At some 800 pages, The Orthomolecular Treatment of Chronic Disease is a very large book, but it is also a very practical book. If you want to know which illnesses best respond to nutrition therapy, and how and why that therapy works, this is the book for you. Part One presents the principles of orthomolecular medicine and the science behind them. Part Two is devoted to orthomolecular pioneers, presenting an introduction to maverick doctors and nutrition scientists in a reader-friendly way that brings the subject to life. Part Three brings together extraordinary clinical and experimental evidence from expert researchers and clinicians. The Orthomolecular Treatment of Chronic Disease shows exactly how innovative physicians have gotten outstanding results with high-dose nutrient therapy. Their work is here for you to see and decide for yourself. The Orthomolecular Treatment of Chronic Disease, subtitled 65 Experts on Therapeutic and Preventive Nutrition, is a complete course in nutritional healing for less than thirty dollars.

dr sirCUS: **The Mantra for winning cancer battle** H.S.Kulkarni, 2019-01-12

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dr siracus: Why Asthma is Not a Lung Disease Daniel Ares, 2019-03-11 Just a short while back, I was dysfunctional. I needed a walker around the house. I couldn't bend. I could barely move. Short of my eighties, I now knew what it was like being near the end, near dying. When you are old, the idea of dying is a frequent visitor. I was wrong. Whatever was wrong with me is today also wrong with much younger people. The modern world does not do us favors in some ways, I have learned--and it is human ingenuity at fault. I am writing about that too, among other things. Some of the subjects discussed in this book in lay language: Asthma Allergies Digestion Back pains Skin issues Acid Reflux Sleep Apnea Autoimmunity Fungal infection Perhaps the information in this book will also help you, your loved one, or a friend, back to better health and functionality.

dr siracus: Endoscopy , 1987

dr siracus: Global Management of Infectious Disease After Ebola Sam F. Halabi, Lawrence O. Gostin, Jeffrey S. Crowley, 2016-09-28 The 2014-2015 Ebola outbreak in West Africa shocked the world with its devastation and its rapid migration to multiple continents. As the systems meant to respond to this sort of epidemic failed, the disease exposed not just weaknesses in international infectious disease surveillance and management, but the failures of governments, humanitarian organizations, and international institutions to handle the legal, ethical, and economic questions that arose with an event of this scale. GLOBAL MANAGEMENT OF INFECTIOUS DISEASE AFTER EBOLA unites the insights of Ebola's first responders with those the world's foremost experts in law, economics, vaccine development, and global migration to identify missed opportunities from the Ebola crisis -- and to apply these lessons to emerging infectious disease threats. Framed with critical discussions of both the global health financing infrastructures that precipitated the response and the ethical and human rights dilemmas that resulted from it, this volume is much more than postmortem to an outbreak: it is a vital, sometimes damning examination of where we've been and where we're going in the face of emerging infectious diseases.

dr circus: Engineering Healing of Heartburn Judy Gao, 2016-07-18 All the symptoms cannot be explained by a disease, nor can all the diseases be explained by all the symptoms. Theoretic treatment does not mean the best treatment; all natural medicines may not be magic or have no side effects. As both a doctor and a patient, Dr. Gao has gone through the long way to find out the successful treatment and solutions to her symptoms not by conventional drugs, but by a supersized alternative treatment.

dr circus: My Journey of Completion Body, Heart & Soul Sheryl Malin, 2014-09-10 Everyone lives in fear of a cancer diagnosis. Aside from the pain and stress of the disease itself, the diagnosis brings with it the horror of being subjected to terrifying surgeries, radiation, and chemotherapy...all of which can have side effects as bad as or worse than the disease. When Sheryl Malin was diagnosed with breast cancer, she wasn't willing to have her health ruined by US-standard cancer treatments. Instead, she and her husband went to the internet, and armed with their belief that the usual prescribed course of action wasn't right for Sheryl, they discovered highly effective alternative treatments being used in Europe and in Mexico. This is the story of how Sheryl beat cancer without surgery, chemo, or radiation. Through her daily journal, which she also shared online as a blog with readers who followed her journey of hope, Sheryl charts her progress. With information ranging from the types of alternative treatments available to the necessity of lifestyle changes to stay healthy, Sheryl's amazing memoir is a radiant beacon of possibility for anyone who has been diagnosed with cancer. Her message always remains that how you treat your illness should be your choice. Everyone is unique, and it's your right to trust the wisdom of your body and mind to choose the path that is best for you. Follow Sheryl on the road to recovery...and learn about the innovative options available when you start thinking outside the box.

dr circus: She Who Spins the Coils of Creation Leslene della-Madre, 2023-06-28 Leslene della-Madre's book, *She Who Spins Creation: Sacred Female Cosmology in the Electric PlasMA Universe*, is essential medicine and a much-needed balm for the spirit in these perilous times of toxic masculinity, toxic capitalism, toxic patriarchy, and the perpetuation of the annihilation of women's wisdom and power (also known as the Inquisition) in which female-embodied existence and wisdom continue to be silenced and every attempt to eradicate us, deny our culture, belittle and erase our knowledge continues to unfold. It is also a master class in how to excavate and reclaim female-embodied experience, wisdom, empowerment, and sovereignty. Della-Madre exposes the misogyny inherent in patriarchal myth and science—from physics to molecular biology—delving into the mysteries of matter, the mammalian egg, mythologies of female origins, the Electric Universe, plasMA cosmology, and much, much more. She invites us to awaken to the reality of a truly female cosmology that has always reflected “as above, so below”—and always will—but that has been denied and subjected to nearly complete erasure in numerous ways by male-dominated realities. In doing so, she invokes us to challenge the amnesia of the ages, question all we have been told about who we are, where we come from, and who we can become. She implores us to “feel our horns and wings again”, and reclaim a world in which we understand that we are all “electric plasMA beings”, intertwined and interconnected, “in tune with the cosmos, the greater organism.” This is the way to heal the violence that has been done to the Earth, Nature, and women by thousands of years of patriarchal colonization. This book is also a clarion call for action—for women to “re-member our magic and to seek guidance from the ancestral realms to help restore us to whole (holy)ness.” This profound book should be made into a documentary series. Mary Saracino, author, LAMBDA award finalist

dr circus: Natural Methods to Boost Your Immune System Clay Bartley N.D., 2021-09-30 What are some natural ways to boost your immune system? In this book, you will discover which nutrients, foods, and methods you can use to maintain and build up your immune system. As a naturopathic doctor and nutrition counselor my experience has been that your body can better heal itself when the best methods are used for rejuvenation. I share with the reader methods I use if I get a common cold, the flu, or a virus. These natural methods for boosting your immune system are intended to be a compliment to the advice and care from your physician.

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