

## ***ACTION CHECKLIST FOR PERSONAL POWER & HEALTHY ENERGY***

- **Check adrenals, thyroid, and testosterone.**
  - Keep blood pressure systolic values over 120.
  - Keep TSH below 1.5
  - Keep testosterone over 600 for men.
  - Do not exceed normal values.
- **Check for depression and infections, including in the teeth.**
  - Take SAMe 600 to 800mg three times a day for three days.
  - Check with a dentist skilled in treating cavitations.
- **Correct vitamin, mineral, and amino acid deficiencies.**
  - Take Power Source One or See Book Addendum: Protocol
- **Get checked for food allergies.**
  - Check IgE, IgG panels and nonspecific, like ALCAT testing.
- **Check for toxicity, lead, and arsenic.**
  - Perform an EDTA, DMPS urinary challenge test.
  - Work with a knowledgeable, skilled doctor.
- **Eliminate fluoride paste, plastic bottles, and city water.**
  - Call your city/county to find out if fluoride is present in city water.
- **Drink only water with lemon, and plenty of it.**
  - Start your day with lemon water.
- **Take vacations and days off.**
  - Avoid working on the weekends when you can.
- **Take extra supplements**

Use fish oil, Vitamin C, ginseng, multivitamins, DHEA, taurine, CoQ10, and royal jelly, in great quantities. Generally, you can't take too much of these unless you are doing so intentionally. Limit only DHEA to 50mg a day for men and 25mg a day for women.
- **Detox the liver.**
  - Use Vitamin C, silimarin, and glutathione, three to six capsules a day of each for a few weeks.
  - No alcohol, acetaminophen (Tylenol), or heavy food.
  - Fast periodically.
- **Keep your body clean.**

- Filter your shower water.
- Shower at least once daily, preferably twice.
- **Nurture and take care of your relationships.**
  - Forgive and be kind.
  - Take care of your sex life
- **Get a good night's sleep.**
  - Don't stay up late.
  - See Addendum: Use melatonin as per supplement protocol.
- **Avoid things that are bad for you.**
  - Avoid all of the following as much as possible: sugar, sweets, wheat, grains, soda, juice drinks, soft drinks, smoking, drugs, neon light, microwaves, or excessive alcohol.
- **Eat a good, healthy breakfast and lunch.**
  - Do not eat or drink when angry or stressed.
  - Do not eat late-night snacks or snacks in general.
- **Avoid clutter and colon clutter (constipation).**
  - Clean and tidy up your house, attic, basement, car, and office.
  - Make sure you have one to three bowel movements a day.
  - Take a stool softener, if needed.
- **Set boundaries at home and at work.**
  - Tell others what you will and will not do.
  - Make others aware of your do-not-cross lines in all facets of life.
- **Set high but achievable goals.**
  - Set S.M.A.R.T. goals.
  - Ponder on and set seemingly impossible dreams for yourself.
- **Join a club, go out with friends, and have fun.**
  - Find a hobby.
  - Make new friends.
  - Enjoy life.
- **Avoid being overwhelmed.**
  - Finish old projects, and do not start new ones until you are caught up.
- **Relax!**
  - Remember that you do not have to do everything today.
- **Avoid negativity and energy vampires.**

- Stay away from toxic people and relationships.
- **Exercise daily, to a good sweat.**
  - Try rebounding, jogging, and power walking.
- **Enjoy nature, and meditate and pray for guidance.**
  - Visit nature often.
  - Meditate daily.
  - Pray for guidance and help for those around you.
- **Smile, forgive, grow, and enjoy the ride.**