



## Healing State

Our bodies use a lot of energy to get by in a single day. We use our energy to move around, walk, talk and digest food; our bodies also need energy and time to heal. Yet to heal our bodies we need double the energy we use for everyday life.

To increase your energy try to cut out or reduce any unnecessary work that the body has to do, like processing toxic drugs or food. Also get extra rest. It's important to get the right amount of sleep because it's vital for your health, but if your body is trying to heal something, add an extra hour or two. Getting and using the right supplementation can help increase energy as well.

A body has the chance to repair old injuries by rejuvenating or restoring itself to a better and younger-feeling body.

Yours for health naturally,

**Dr B**

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