

## Some things that we do to gain and maintain better health

First let me help you understand something quick. Foods, as in fresh **healthy foods**. Like vegetables and fruits etc. Deliver nutrition and vitamins to the cell's and gives the body what it needs to work, heal, grow and rebuild.

We all understand this right? OK, cool.

Now knowing this, take into consideration that ALL disease starts with an inflammation at the cell level. This is completely accurate.

So if we want to gain better health and maintain it. We have to keep this in the forefront of our daily thinking.

One of the supplements that we use every day has 36 natural plant based anti-inflammatories. This is found in [Zija](#). It also has a total of 92 verifiable nutrients. It has all the omega's like 3,6,9, it contains all the B vitamins, all the essential amino acids and even contains 46 **natural antioxidants**! This is awesome news when we are trying to keep cell health and structure under control. Right?

Now the cost of this is absolutely the cheapest way to get this amount of nutrition my whole family needs. We used to literally have dozens of different bottles in the vitamin cabinet. And this has virtually replaced all of it at a fraction of the price. Good news here folks.

This comes in small packets and is to be added to water and should be drank every morning [www.joeleavers.com/some-things-that-we-do-to-gain-and-maitain-better-health/](http://www.joeleavers.com/some-things-that-we-do-to-gain-and-maitain-better-health/). But, my littlest daughter doesn't like it that way. She prefers have a pack in the bottom of a glass then she just mixes in a little water and makes it into her "potion". She just turned 6 so I let her do whatever she wants with it as long as I can get in her! You know?

Another thing I do is keep a pack in my wife's purse or in my pocket for emergencies.

This stuff will stop heart burn right now.

It helps immediately with any indigestion issues or upset stomach.

The girls start having any type of belly ache etc, they ask us for it and just eat right out of the pack. It literally works every time.

This is just some of the things we use Zija every day for.

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### Now a couple other things I like to add into our Zija and why

**Bentonite clay** - I use about half a teaspoon for our teens and us. My littlest gets less than a third. You could go more if you'd like.

This benefits our health by helping to detox the body from toxins and metals. We use clay from [Redmond](#) for many reasons. You can see more details on the benefits of Bentonite clay here.

**Diatomaceous earth** - This is also a powder like the clay but this is mostly natural silica and has powerful detoxing properties as well as other things to help better our health.

For instance, my wife swears that this and the coconut oil pulling is what has cured her chronic sinus issues that she had dealt with for quite some time.

This same as the clay above as far as dose. But yet again. You can take more if you feel that you need it. It won't do anything more than benefit your health.

**Vitamin D3** – We are all very deficient in this and you could go take a blood test to prove this if you like to see right where you're at on this.

This needs to be taken with vitamin K to be fully absorbed. If not, your just wasting it. This is the reason we take with Zija but you could take it after eating some greens that have contain K.

Make sure it's a liquid form of D3. Gel caps are fine for those in your family who can swallow pills. We use about 3,000 IU a day taken with Zija. My 6 yr old we have found liquid dropper bottles of D3 and it's perfect to drip her "potion". (As she calls it) 😊

We also increase the amount of D3 and vitamin C to a few times a day if anyone is trying to keep off a cold or flu.

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### Some other beneficial things we do for our health that you should consider



1. Once to twice a week take about a dropper full of **Colloidal silver**. We use Sovereign Silver [joeleavers.com/some-things-that-we-do-to-gain-and-maitain-better-health/](http://joeleavers.com/some-things-that-we-do-to-gain-and-maitain-better-health/) brand for many reasons. Hold under your tongue for at least 30 seconds for best absorption then swallow. Sovereign is the safest and most popular silver on the market. Don't trust another.

What this is a natural anti-biotic that our bodies will never grow a resistance to. It can probably cure just about anything. From colds and flu to bacteria infections and much much more. Taking a small maintenance amount helps the immune system to combat the virus's and micro bacteria we are exposed to every day.

This can be greatly increased when you are fighting something off and is very safe for children and seniors as well. Take it as needed.

S. silver works immediately on food poisoning and things like that. Take a whole teaspoon. If still an issue after a couple hours take one more. I bet it cures it!

Works awesome on any skin irritation to. Like ringworm, acne, yeast, athletes foot, and the list goes on.

Also, it's awesome for tooth or gum infections. Swish and hold on infected area couple to few times a day and see if your not thrilled with the results, [click here to read blog post](#).

Use for ear infections as well.

2. Intestinal health is extremely important. So there is a great need for powerful **pro-biotics** in all of our diets. You can get yours by eating organic Stonyfield yogurts. We do this as well as use pro-biotic capsules. We will actually open one of these up and mix in with my daughters yogurt. Also, you can get Kefir grains and grow/harvest your on pro-biotics. We get ours from the "Kefir lady" here in Ohio.

3. Lot's of spring water. Find a good source for spring water and ask them if the bottles are BPA free. Luckily we have a local company that uses BPA free bottles and they test the water frequently for impurities and nutrient levels.

Avoid fluoridated and chemical filled tap water! In short, these things can totally destroy our heart and thyroid health. I will write in more details on this subject sometime soon to save space.

4. Use **Apple Cider Vinegar** to help guard and rebuild heart health and to protect the body from disease.

Make sure it's organic and "with mother". This is important as the enzymes is alive and it provides the benefits were looking for.

My wife likes to mix a shot of this in lemon water. I take it like a man! But I also follow it with a glass of water while holding my breath and hovering over the sink at the same time. This stuff is gross to me but I know that it works so I use it. About 5 times a week.

This is an old very well-known remedy and is used to treat so many different things. Our grandparents will tell you it's the cure all! So have it in your house and use it.

5. Himalayan salt instead of any table salt. This salt has many minerals and is very healthy for us. Did you know in the 70's there was reports going around suggesting good salts helped the body to fight disease and cancer.

Cancer is ultimately a live fungus. So we want to keep focused on anti-fungal and anti-bacterial right!? And also keeping the body with a balanced and healthy pH level. Which means low acidity.

You can get test strips that tests the bodies pH levels. Ideal for best health is above 7.8.