

Good evening or good afternoon everyone .  
I am in Reno ,Nevada ,and just sunset time now.  
Today's theme is ” What is health for you? ” .

For example, ” 10,000 people drank same medicine and became healthy”

But if that medicine does not work for you it makes no sense  
Being able to judge whether it is good for you will be your health and information to you.

For example, I know that eating pig products has recently shown that urticaria has appeared and energy goes down, as this is the case for me , I should avoid it.  
However,It does not mean that the same thing happens to you

For example, some people will become glossy skin with pig collagen, which makes it a wonderful thing for that person.

So, how do you judge?  
At first prepare throat chakra with rock salt exercise.  
Then the judgment standard of that person will be correct.

Results such as O-ring test do not work properly when throat chakra is not correct.

I think that each person has tried various things and you have to judge yourself whether it is really good for you.  
For example, there are changes as to whether your physical condition has improved or constipation has improved.  
If there is no change ,it means that it is not suitable for you.  
You'd better quit early if it is not appropriate your health.

You had better choose something good for your body.

Knowing the state of your body is very important.

For example, ” you should drink plenty of water ” , but it is not good to drink too much water

Even if it is good or what you like, if you eat to a certain extent, you do not want to eat any more, and your body is saying that you should stop it.

It is necessary to judge such things yourself.  
That will keep your health, cure illness and result in diet.

The final decision is whether the result comes out or not.  
If you do not get results, stop making it quick.

I also eat healthy, but I will quit if there is no change in a month.

The earliest result will be given from 3 days to a week.  
I will not go on for more than 3 months.

Because all cells are replaced after about 3 months.  
The fact that there is no change until then has not worked.

It is better to continue if you think that the results are on your own.

The thing that does not give you results is that it does not work for you even if it works for 10,000 people.

When doing an O ring test etc., prepare throat chakra with rock salt exercise.

Please look at the homepage.

This will coordinate the autonomic nerves.

If autonomic nerves are not in place, your judgment criteria will be disturbed.

From now on, please choose the one that is most suitable for you.

Exercise also selects a comfortable exercise.

It is also good to check medicine with O ring test.

Finally, I think that sustaining a good condition for yourself leads you to health.

Today, I reported from Nevada.

I hope to see you again