

Dowsing for Optimum Health

January 8, 2022

Re-thinking the concepts of Disease and Contagion (Germ Theory // Terrain Theory)

" . . . good nutrition protects all of us from disease." 1

A Grounding Framework for using dowsing to achieve & maintain optimum health.

1. List 10 ways dowsing can be used in personal health care.
(*What IS 'health care'?*)
(Conscious vs Automatic 'choices')
2. List at least 3 ways You (can) use dowsing in your health care.
3. *What IS 'optimum health'?*
4. What percent of the human body is water?
5. Which organ has the highest water content, by volume?
6. What percent of the molecules in the human body are water?
7. Why does the human body not 'bleed' water when cut?
8. What is the most important factor in optimum health?
9. What are the 4 most important questions a healer can ask a patient?
10. List 4 characteristics of good quality water.
11. Where can I find good quality water?
12. What is the optimum amount of good quality water to consume?

Good quality water, 4 characteristics:

1. Free of all toxins. (need to eliminate chlorine, fluoride, aluminum, lead, pharmaceutical residues such as birth control pills, statins, antidepressants), microplastics
2. Abundant in vital minerals such as magnesium, calcium, zinc, iodine
3. At least partially structured due to movement through vortexes
 - highly oxygenated to support healthy gut bi-ome
4. Exposed to the sounds and wavelengths of the natural world