

## PLAN FOR POWER PRIMER

From Lauren in Ohio

### STEP 1. KILL

Kill pathogens and infectious agents that have made themselves comfortable in your body. Power Hour options include but are not limited to:

- [Supersilver 40PPM](#)
- [Oreganol P73 Oil Super Strength](#)
- [Curcumin X4000](#)

### STEP 2. CLEANSE

Cleanse the dead pathogens and their waste (along with all of the other toxins that have been accumulating in your body for a lifetime!) Power Hour options include but are not limited to:

- [Charcoal Powder](#)
- [Calcium Bentonite Clay](#)
- Livatrex
- [Oxy-Powder](#)
- Coconut Oil (oil pulling- swish 1 Tbsp. oil in mouth for 4 minutes and spit out into paper towel and dispose of in the garbage can.)
- [SerraEnzyme DR 80,000 IU](#)

### STEP 3. FEED AND NOURISH

Building with substandard materials results in a substandard structure. If high quality nutrients are available, the body will select from those Building blocks to build your body. Power Hour options include but are not limited to:

- Iodine ([Detoxidine](#)-Global Healing Center and Dr. Edward Group)
- [Selenium](#) (Grown by Nature, etc.)
- Magnesium ([Grown by Nature](#), [Transderma Magnesium Oil](#))
- Vitamin C ([Purely-C](#))
- Cod Liver Oil (Carlson Labs is tested and mercury free.)

These nutrients are not all that you need to repair and rebuild your body every day, but these are keystone nutrients and if you are on a limited budget, these are the ones that I would make sure I took every day.

Remember, you can pay now or pay later, but EVERYBODY PAYS!

- Hemp oil (eat raw, do not heat)
- Coconut oil (eat raw, cook over high heat, use on hair and skin)
- Olive oil
- Sweetleaf Stevia (use 6-8 drops in a 12 ounce glass of water w/ ice instead of drinking soda pop. There are a multitude of flavors so you'll never get bored! There are more than 100 nutritional compounds in stevia and 0 calories so DROP THE POP!
- [Willard Water](#) (wet water, more nutrients in, more toxins out)
- [Miracle 2 neutralizer](#) (alkalinizes pH)

### STEP 4. NEW HABITS

New habits can be formed in 21 days. Try switching to:

- [Vitamy Toothpaste and Mouthwash](#)
- Stevia (plain- put 1 drop in 4-5 ounces of water and swish in mouth once or twice per week to maintain good oral hygiene)
- [Silver Botanicals Deodorant](#), Silver Footshield, and Dog and Bedding Spray

## STEP 5. ENVIRONMENT

The environment that you live in can contribute or be the cause of dis-ease within your body. Try some of these powerful options to clean up hearth and home!

- Miracle 2 Soap
- Germ-aclenz (North American Herb and Spice)
- Water filtration (Duraflow replacement filters)
- Sun Air Purifier

## STEP 6. TOOLS FOR HEALTH

-[Health Point Electronic Acupuncture machine](#) (This comes with the book ever if you are interested in studying energy meridians!)

## STEP 7. SPECIALIZED SUPPORT

- [Strauss Heartdrops](#) ( for heart and circulatory issues and detoxification)
- [REM Sleep](#) (for insomnia and sleep disturbance issues)
- [Magnesium Oil](#) (for restless legs, sleep disturbances, arrhythmias, muscle cramping and more)
- [Eye Complex CS](#) (vision issues)

## STEP 8. EDUCATE

"My people are destroyed for lack of knowledge" Hosea 4:6 "My fault, my fix!" Lauren from Ohio  
You have ALL the power if you choose to wield it! Check out:

- Dr. Sherry Rogers (CD's of all of her Power Hour interviews, and her books including How to Cure Diabetes, Detoxify or Die, and Is Your Cardiologist Killing You)
- Dr. Sherry Tenpenney (Books, classes and vaccine library w/ state laws)

## STEP 9. PREPARE

Prepare for the unexpected (or the expected) with:

- [NuManna food storage](#)
- [Aqua Pail water filter](#)
- [Aquanetics H2O Hydro Water Purification System](#)

## STEP 10. SHARE

Pass the word and help save the world! Use social media to spread the good news that health and wellness are waiting for you. Share [The Power Hour's website](#) and radio show with anyone and everyone. **Don't just see the light, BE THE LIGHT!**

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[www.thepowerhour.com](http://www.thepowerhour.com)

[www.thepowermal.com](http://www.thepowermal.com)

877-817-9829

[support@powerhournation.com](mailto:support@powerhournation.com)