

DDS—Health and Wellness—Ideals (2)

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#	Topic	Ideal
	Antibiotics	Sometimes antibiotics can adversely affect our systems.
	Chemicals	<p>Living free from chemicals</p> <p>Source: BRMI.online; podcast “Is Your Environment Making You Sick?”</p> <p>Chemicals can accumulate in our bodies.</p> <p>Chemicals</p> <ol style="list-style-type: none"> 1. Heavy metals <ol style="list-style-type: none"> a. Lead b. Mercury c. Arsenic <p>Sources:</p> <ol style="list-style-type: none"> 1. Industrial activity 2. Contaminated water 3. Contaminated food 4. Older infrastructure like lead-based paints and pipes 5. Pesticides 6. Herbicides 7. Air pollution 8. Biological agents <ol style="list-style-type: none"> a. Mold b. Bacteria c. Viruses 9. Radiation <ol style="list-style-type: none"> a. Natural b. Artificial 10. Noise pollution <p>Prevention and Management</p> <ol style="list-style-type: none"> 1. Be sure of water quality 2. Air purification 3. Home ventilation 4. Non-toxic household products <ol style="list-style-type: none"> a. Eco-friendly cleaning products 5. Organic produce 6. Reduce seed oils <p>Treatment</p> <ol style="list-style-type: none"> 1. Stimulate organs of detoxification 2. If detox is optimal, toxins leave causing little to no harm 3. Liver support supplements 4. Bowels
	Chemtrails	
	Diet	Daniel Diet
	Exercise	

#	Topic	Ideal
	Fatigue	Source: BRMI.online; podcast—“Chronic Fatigue: Why You’re So Tired, and What to Do About it.” May be due to mitochondrial dysfunction Strategies to Support Mitochondrial Function: <ol style="list-style-type: none"> 1. Targeted Nutritional Support 2. Antioxidant Therapy 3. Lifestyle Interventions 4. Emerging Therapies
	Fish tabs	Source: BRMI.online; podcast “Why Everyone Should Be Taking Omega-3 Fatty Acids” Omega-3 fatty acids are a type of polyunsaturated fat <ol style="list-style-type: none"> 1. Important for many functions in the body 2. Part of the structure of every cell in the body 3. Especially concentrated in the brain and eyes 4. Essential because the body can’t produce them 5. Benefits <ol style="list-style-type: none"> a. Reduced risk of heart attack, stroke and cardiovascular mortality b. Reduces triglycerides, blood pressure, and inflammation
	Flour	
	Foraging	
	Gas meter	
	Gut Health	A teaspoon in the morning and evening of a fermented food like Kim Chi or sauerkraut supports gut health.
	Iron	
	Liver	There are supplements that support liver functions.
	Magnesium	
	Metals in mouth	Sometimes dental work can introduce metals into our systems.
	Shampoo	
	Sleep	
	Soaps	
	Sourdough	Flour is often enriched and so has glucetates in it
	Sugar	
	Sunlight	Exposure to sunlight, especially between 11 A and 1 pm will create vitamin D and will activate cholesterol
	Technology	
	Water	

#	Topic	Ideal
	Wifi	

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