

The Basics

The following is a long list of what everyone needs in their household at all times. Stock up on these items regularly. So you are never without. Buy Organic when possible. But if not an option for you then just get the best quality you can find.

- Honey (Your local grown RAW honey is best, usually found in Farmers Markets and local health food stores. Not grocery store honey, (there is a big difference; I will discuss this further in the book).
- Baking Soda
- Vinegar (Distilled and Apple Cider, with “Mother”)
- Club Soda Oats
- Rosemary (Grow your own plants if possible, they are hearty and easy to grow).
- Chamomile Tea,
- Peppermint Tea,
- Throat Coat Tea (found in most places).
- Apple Sauce (unsweetened, cinnamon added is ok).
- Lemon Juice and/or fresh lemons
- Lime Juice, and/or fresh limes Plain Yogurt
- Cherries (buy frozen bags for when they are not in season).
- Blueberries (buy frozen when not in season)
- Ginger Root
- Garlic
- Oregano
- Cumin
- Sage
- Cinnamon
- Aloe Vera (grow your own if possible, if not buy at Health Food Store in liquid form).
- Olive Oil (virgin)
- Coconut Oil (this must be pure and organic, no substitutions will work right).
- 3 cans of Condensed Milk

These items are a list of herbs, vitamins and minerals that we should have on hand and take or distribute regularly or as needed. All of these must be purchased from a Health Food Store or an Herb and Vitamin Store. Buy the freshest and keep in cool, dry and dark place. Sunlight and humidity is dangerous for the shelf life of almost all vitamins and minerals.

- Chlorella (Broken Cell, The cell wall of chlorella must be broken down before it can be digested).
- Vitamin E
- Vitamin D3
- Vitamin K2 (must be taken with Vitamin D3) Vitamin C
- Vitamin B complex
- Oregano Capsules
- Multi-Minerals (liquid form)
- Colloidal Silver (found in Health Food Stores)
- Taheebo Tea, or Lapacho Tree Bark Extract called Pau de Arco (this is sometimes hard to find in stores, I have references as to where to order in the back of the book if your town does not carry it anywhere).
- Eucalyptus Oil (Not for consumption, just for topical use only)
- Tea Tree Oil (not for consumption, used topically only)
- Coco-Butter (For topical use only)

Other important items that are a must in the Household

- Holy Bible
- Booklets with Positive Affirmations
- Humidifier in dry climates
- Dehumidifier in moist climates
- Air Purifier
- Medium Sized First Aid Kit
- Ear Cones (or also known as Ear Candling, found in Natural Health Stores).
- Nettie Pot (you can buy a less expensive one at WalMart)
- Tweezers
- Loose Leaf Tea Strainer/Steeper
- Mortar & Pestle
- Lots of Cotton Balls
- Witch Hazel
- Hydrogen Peroxide
- Rubbing Alcohol
- Small Bottle of Whiskey (Any cheap whiskey will do)
- Bleach

Once you have all of the above items properly stocked up, you are ready for just about anything! But remember, the vitamins and herbs and minerals should regularly be taken, no less than every other day, so those items you will need to keep a close eye on so you never run

out. Many of these things you may already have on hand, and some you may have to go purchase at the store, so make your list and check off each item as you go.

NOTE: Try to find the best quality when it comes to herbs and vitamins, even if it means patronizing your local Ma & Pa Health food stores.

All of the above are the essential items you can purchase at most neighborhood stores. But now I want to share with you what the basics are for "Complete Wellness" that you cannot buy at a store. It is the Holy Spirit. If you already have the Holy Spirit living in you and are SURE of it, then feel free to jump to the subjects you want to read and enjoy this book. But if you do not have the Holy Spirit, or if you are unsure you have it, please finish this chapter before going any further.