

Health recommendations

1 Minute Healing - Bruce H. Lipton, Ph.D.

<https://www.youtube.com/watch?v=zwOvg1rJfcM>

The Power of Belief – Bob Proctor & Bruce H. Lipton

<http://youtu.be/5U6QLnlYIuo>

Breathing

Breath Experience. Q and A with Juerg Roffler

<https://www.youtube.com/watch?v=jl4LzW-LFto>

Middendorf Institute for Breath experience

<https://www.youtube.com/watch?v=jmBKIXJPMbA>

Food

<http://www.foodmatters.tv/>

The Organic Effect

<https://www.youtube.com/watch?v=oB6fUqmyKC8>

Organic Vs. Conventional Fruit

<https://www.youtube.com/watch?v=ym4s2MeZ9E4>

Intermittent Fasting: the 40 hour fast

<https://www.youtube.com/watch?v=KOASp3EKM4A>

How to start intermittent fasting

<https://www.youtube.com/watch?v=9WjvR9cKhu8>

Exercises

Gymnastics exercises taught by spiritual Master Omraam Mikhaël Aïvanhov

https://www.youtube.com/watch?v=SVd5D7R4b3M&list=PL09g4tyxTjSLs_SZKY-IT6akhh1gZyCn8&index=1

Spiritual Exercises: QI GONG for Beginners

https://www.youtube.com/watch?v=4Q6bfgNN5Tg&list=PL09g4tyxTjSLs_SZKY-IT6akhh1gZyCn8&index=8

Top office stretching exercises

https://www.youtube.com/watch?v=jIjtklBGZE&list=PL09g4tyxTjSLs_SZKY-IT6akhh1gZyCn8&index=5

Computer Yoga

https://www.youtube.com/watch?v=2sNgjRlkrrg&list=PL09g4tyxTjSLs_SZKY-IT6akhh1gZyCn8&index=4

Pilates for Beginners Total Body Workout

https://www.youtube.com/watch?v=lCg_gh_fppI

45 minutes Best Pilates Workout

<https://www.youtube.com/watch?v=3SLN6sqBUMw>

Useful Products

Benefits of drinking hot water

<https://www.youtube.com/watch?v=nTWkO7-RuMo>

Benefits of Vitamin C

<http://www.chrisbeatcancer.com/high-dose-vitamin-c-protocol-for-cancer/>

Where to purchase Vitamin C

- <http://www.healthyplanetcanada.com/aor-vitamin-c-100-vegi-capsules.html>
- https://www.amazon.ca/gp/product/B00028PH2Q/ref=ox_sc_ac_t_title_1?smid=A30QRPIZJN08AO&psc=1

Hot footbath for soar throat & congestion

<https://www.youtube.com/watch?v=AxHf1I3q2go>

Bee products

<http://www.idealsociety.org/happy-culture/>

<https://www.youtube.com/watch?v=Qr26ClmCkBQ>

Arnica cream makes bruises disappear

<https://www.youtube.com/watch?v=0GphpokU058>

10 health benefits of Castor Oil

<https://www.youtube.com/watch?v=YQRqulcczvw>

Castor Oil pack demo

<https://www.youtube.com/watch?v=MiHIE1aJJUY>

Xylitol & other dental products

<https://www.youtube.com/watch?v=dQg-qVtGmi8>

Xylitol as a natural sweetener that saves your teeth

<https://www.youtube.com/watch?v=gWJcBHfjnxY>

Benefits of Tee Tree oil

<https://www.youtube.com/watch?v=20FjUz8noQg>

Gargling with sesame oil

<https://www.youtube.com/watch?v=HKZimyCQA98>

Meditation

<https://www.omgmeditate.com/>

Omraam Mikhaël Aïvanhov: Thoughts & feelings materialize

<https://www.youtube.com/watch?v=gEbx2WI2DmY>

Guided meditation to build self-confidence

<https://www.youtube.com/watch?v=hi3mFcn81F0>

Bruce Lipton: work on your subconscious to heal your body

https://www.youtube.com/watch?v=_xz1HrGG8cc

Bruce Lipton: The Biology of Belief full lecture

<https://www.youtube.com/watch?v=82ShSNuru6c>

Meditation session by Sandeep Maheshwari

<https://www.youtube.com/watch?v=9vqtF68SkRM>