# Chest Pain Alleviator

# Substance Abuse Withdrawal Regimen

# 'Overall Well Being Optimal Health Regimen'

### Follow this 7 Step Self Saving Salvation Method for the easiest and most effective way to optimal physical, mental and spiritual well being and freedom.

### Refined sugars, nicotine, alcohol, street and pharmaceutical drugs cause vitami⁸n and mineral depletion which entail physically unhealthy nervous and neurological disorders.

### Patience is a virtue.

### Have determination and take it all in stride towards gradual yet definite improvement towards health and well being in a Universal Truth and Love Ideal. Heaven on earth.

### Theme songs for self improvement and Universal Truth and Love:

‘I can’ by NAS

‘Man In the mirror’ by Michael Jackson

‘You learn’ by Alanis Morissette

### 'All you need is love' by The Beatles

### 'Nowhere man' by The Beatles

# Regimen

### 1) Natural Calm (Take twice a day. Morning and night)

### 2) Swiss One Multivitamin 50 mg B Complex. (Take twice a day. Morning and night)

### 3) Camomile Tea with 1 Teaspoon of Organic Honey (3 to 5 times a day)

### 4) St. John's Wort Tincture (25 drops in every beverage)

### 5) Organic Cold pressed Masticating Juicer Juice

### 6) Organic Fresh Fruits & Vegetables (Book- Fit For Life by Harvey Diamond)

### 7) 1/2 Hour comfortable steady paced walk

### Refrain from consuming refined sugars, caffeine, alcohol, nicotine, street and pharmaceutical drugs and animal products.

### Follow this life saving, chest pain alleviating regimen to drastically improve your physical, mental and spiritual health to an optimal state.

Guidance:

Everyone must have self determined determined Liberty and Individuality smothering out intrusive, invasive prying imposing.

Mutual honesty and respect.

To get immediate relief from your chest pain go to the Huntingwood and Warden Shoppers Drug Mart’s Health Food section to purchase all items especially the Natural Calm and Swiss One Multivitamin mineral supplements with the other items to be ingested at the 24 hour Tim Horton’s next to the Shoppers. Also Google the other 24 hour Shoppers Drug Marts to shop in the Health Food Section. At the Tim Hortons purchase an Xtra large Tea or a Tim Horton plastic drink cup and fill it with hot water and mix in the Natural Calm for immediate Chest Pain Alleviation accompanied by the Swiss One Multivitamin mineral supplement with the Camomile Tea with honey.

Shopper’s Drug Mart is a flawed compromise

Yet Healthy Planet is ideal.

Natural Health Food Stores over Toxic Drug Stores.