

# ***Health Yourself!***

with Tashina and Will Wilkinson

*Supporting our bodies to heal themselves.*



[www.HealthYourself.me](http://www.HealthYourself.me)

**W**elcome to an amazing discovery: the power of healthy habits. This can change your life. I'm so excited to share this with you, because I know the incredible difference healthy habits have made for me and my husband, our friends, and clients.

During my 20-year career as a certified colon hydrotherapist and nutritional consultant, I learned that most people are not educated about what they can do for themselves, health-wise. "I've done all that I can and nothing helps!" one friend told me. I found out that he'd gone to doctors and specialists. He was relying on others to fix him. He didn't know anything about the difference it makes when you "health yourself." And, notice how virtually zero encouragement is offered by medical "experts" to urge people to strengthen their immune systems with proper diet and exercise and a healthy lifestyle, especially during a threat like the corona virus.

We've got to get involved in our own healing, especially these days! No-one knows our body as well as we do because we live in it 24/7. As well as eating a healthy diet, exercising regularly, getting enough sleep, and managing stress, there are two other vitally important aspects of self-care we may have overlooked: daily health habits and setting up our homes to keep us healthy.

We know that the body heals itself. When you cut your finger, blood vessels immediately contract and platelets release fibrin proteins that clot and seal the cut. You didn't do that, but you might have helped by cleaning the wound and applying a bandage. In other words, you assisted your body to heal. The same principle applies to every illness we may experience.

Yes, your doctor can help you. You may need medicine. Sometimes you might need emergency care, surgery, and ongoing expert intervention. But that doesn't stop you from *also* supporting your body's ability to heal. You can "health yourself."

We will show you how in this free e-book where you'll learn about 13 healthy habits plus three wellness devices that can turn your home into a healing center. For those who want to get truly serious about their wellness, we've created a comprehensive Health Yourself Program which can be done as a self-study course over roughly three-months or with coaching support.

Welcome to this learning and healing adventure.

Warmly,

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*Tashina*



**NOTE:** *I am not a doctor. Nothing in this e-booklet is meant to diagnose or make claims of cures for any illness. What is offered arises from primarily anecdotal evidence and should not be construed as advice contrary to anything your doctor prescribes. Conversely, many individuals have realized great success with these and other practices, so you are invited to try them out for yourself with an open mind and a hopeful spirit.*

## CONGRATULATIONS

You've just joined the Health Yourself community. By registering on our site, receiving this e-book, and beginning to read it, you've taken the first steps towards adding two powerful tools to your personal health maintenance: daily health habits and turning your home into a wellness center.

Professional medical help probably saved my life when I was diagnosed with uterine cancer in 2009. I had surgery but opted out of chemo and radiation. Instead, I developed a support team, embraced healthy habits, researched and purchased the best home wellness devices available. Today, I'm untroubled by cancer and enjoying a happy, healthy life.

## IT'S EASY TO "HEALTH YOURSELF."

The mainstream medical system is excellent for handling emergencies like mine. But it doesn't address prevention. And it doesn't engage individuals as active participants in their own healing experience. This is an incredible missing ingredient for a healthy life. **And the possibilities are endless!**



The 13 daily healthy habits we describe in this e-book are simple, powerful, fun to do, and many of them are free. We'll also introduce several of the wellness devices that we use and show you how to turn your home into a healing sanctuary.

Our health yourself check list is on page 24. We recommend that you print this out, so that you can track your progress in adopting these healthy habits. Pick one to start with, then try another. You can add more of them into your routine until they become as natural as brushing your teeth. You'll find that you have more energy, you begin to sleep better, and many people report increased mental clarity and focus. All through practicing these simple health habits.

On page 24, you'll learn about the next step, creating your own "health yourself home." But first, let's begin to explore these 13 healthy habits so you can begin changing your lifestyle. It's an amazing feeling to free yourself from dependence on the experts by taking back your power to maintain your own wellness so you can work *with* your doctors, not just blindly follow orders.

Let's get started!

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## # 1 - CONSCIOUS BREATHING

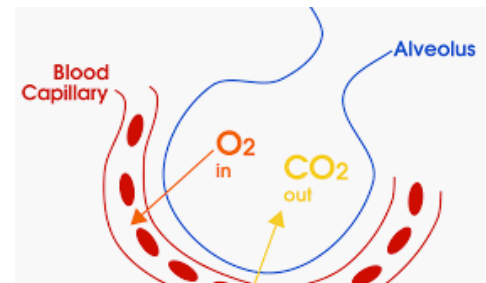
Breathing is our number one healthy habit for a very good reason. We can survive a short while without water, a little longer without food, but if we stop breathing we are (very quickly) dead.

Most of us are shallow breathers. The only time we breathe deeply is during exercise, yoga or meditation, and sex. Taking a few moments any time during the day to pause and do some deep breathing will bring you a new level of relaxation and self awareness.

What follows are instructions for the “three part breath,” which will teach you how to regularly cleanse your lungs and oxygenate your body by filling and emptying the three chambers. This will train you to use your full lung capacity.

### THE BENEFITS OF CONSCIOUS BREATHING

- Relaxes the mind and body.
- Purges the lungs of residual carbon dioxide, essential during all cleansing programs.
- Increases oxygen and produces increased energy.
- Pumps more lymph fluid, to oxygenate and clean your blood.
- Teaches the body a new breathing habit, “diaphragmatic” breathing.



### DOING IT

During normal breathing, a person is using between 10 and 15 percent of his or her lung capacity. We recommend a type of breathing exercise known as “inspiratory muscle training,” which can increase the amount of lung capacity used and also allows more oxygen to enter the bloodstream.

The following exercise was developed by Dr. John Douillard and he provides instruction on this Youtube video:

[https://www.youtube.com/watch?time\\_continue=298&v=76A9gStUP8M&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=298&v=76A9gStUP8M&feature=emb_logo)

Here are the simple instructions. This will take about 15 minutes, a great investment in strengthening your lungs to resist respiratory infections.

1. Pinch your left nostril about 50% closed and take a deep breath in. Then exhale slowly through your mouth.

2. Do this ten times. After the final out breath, hold your breath as long as you comfortably can (with no air in your lungs).
3. Repeat this cycle five times for a total of 50 in and out breaths and five holds.

You can also deep breathe whenever you are tired and/or stressed out. Try doing this for a few minutes last thing at night, to slough off the busyness of the day and prepare for a great nights sleep.

It's also helpful first thing in the morning, as you contemplate getting out of bed, to ready yourself for a day of effective, enjoyable activity.

## # 2 - WATER



Our bodies are approximately 60-65% water. Muscle is 70% water, while fat is only 22%. Water is the most important health factor in the body. It transports all nutrients to the cells and then transports the waste out. As most city water contains chlorine and in some cases fluoride and other unwanted contaminants you will absolutely want to drink purified water. Home water purifiers are efficient and inexpensive.

Fluoride is an endocrine disrupting chemical linked to thyroid problems and can contribute to obesity, heart disease, and depression. Fluoride has also been identified as a neurotoxin that impacts short-term memory and contributes to attention-deficit hyperactive disorder (ADHD) and lowered IQ in children.

Fruit juice, tea and coffee, soft drinks, etc. do contain some water but they don't count. In fact, drinking too much caffeine can dehydrate the body. If you are cleansing, you might consider reducing caffeine intake.

### **THE BENEFITS OF DRINKING ENOUGH PURE WATER**

- Enables your body to effectively absorb the nutrients you need from your food.
- Flushes your kidneys of waste. Helps to prevent constipation.
- Speeds metabolism, affecting weight loss by naturally suppressing the appetite.
- Prevents dehydration and keeps your blood thin enough to pump effortlessly for overall efficient function.
- Maintains healthy skin that radiates a youthful glow. Slows down the aging process.

## DOING IT

Drink purified water slowly, sipping half an hour before or one hour after meals. Do not drink with meals as it dilute your digestive enzymes.

Store and carry water in glass or stainless steel containers whenever possible. Never re-use regular plastic water bottles as they leech chemicals.

Compute how much daily water you need. We generally need 1/2 ounce per pound of body weight. If you weigh 100 pounds, you should be drinking 50 ounces a day (6 eight ounce glasses). Someone who weighs 180 pounds would drink 90 ounces, or 11 glasses). Add 8 ounces for every 30 minutes of exercise and 8 ounces for every cup of coffee you drink.

### #3 - MEDITATION

Meditation has been proven to have many health benefits and is now being used effectively in managing life threatening diseases, transforming molecular and genetic structure, and even to help reverse mental illnesses.



#### BENEFITS:

Increases blood flow, slows the heart rate, reduces anxiety, decreases muscle tension, and leads to deeper levels of relaxation. Meditation increases serotonin production which influences mood and behavior and enhances the strength of your immune system. Research shows that meditation increases the activity of our natural killer cells, which can kill bacteria and cancer cells.

#### DOING IT:

Many long time meditators report that it is increasingly difficult to still the mind. There are two obvious reasons for this:

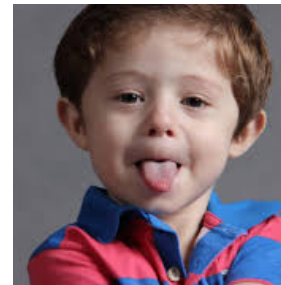
1. There are now seven billion humans on the planet and our shared consciousness has an incredible amount of electric activity occurring 24/7.
2. There is much more external noise to deal with in our busy, civilized worlds.
3. Social media is conditioning us to be actively engaged with stimulating content all day long and often right up to bed time.

We recommend brain balancing audio programs to assist in the modern meditation process. We use a technology called High Tech Meditation developed at the Synchronicity Foundation and give away a sample track on our site which includes three levels:

1. Special music with brain balancing technology embedded in it.
2. The NOW technology, another therapeutic program.
3. A subliminal track of simple affirmations voiced by us. We provide the script for what we say.

#### #4 - ORAL HYGIENE

- Use a tongue scraper to clean the bacterial build-up, food debris, fungi, and dead cells from the surface of your tongue.
- Then, brush, floss, use a water pic, and gargle with salt water.
- Swish coconut oil in your mouth (oil pulling) for ten minutes to kill harmful microbes.



#### THE BENEFITS

**Tongue Scraping:** Removes bacteria that contribute to periodontal problems, plaque on the teeth, tooth decay, gum infections, gum recession and tooth loss. Reduces bad breath. Improves your sense of taste. Stimulates the secretions of digestive enzymes. Removes the extra coating that can appear when you are cleansing.

**Oil Pulling:** Effective against plaque and gingivitis. Whitens teeth, attracts fat soluble toxins and chelates them out. Improves immune response against foreign microbes.

#### DOING IT

Tongue scrape, brush your teeth, and then oil pull. Scrape your tongue, using a gentle scraping motion. Start as far back as comfortable and move forward, repeating three times (or until your tongue looks clean), then brush your teeth. Brushing after scraping prevents the debris on the tongue from falling back into the throat. Oil pull for ten to fifteen minutes. This is easy to do while you are in the shower.





## # 4 - INTERMITTENT FASTING

Intermittent fasting - limiting the hours when you eat each day - has become something of a food fad and we warn against embracing a “one-size-fits-all approach because all of have different nutritional needs.

The principle here is sound, limiting food intake to about 8 hours a day, for instance between 10 a.m. and 6 p.m., and fasting the other 16, but it will take trial and error and constant adjustment to arrive at what works best for you. Also, we’ve found, our timing changes with the seasons.

### **SOME OF THE BENEFITS:**

- Can help you lose weight and belly fat.
- Can Reduce Insulin Resistance, Lowering Your Risk of Type 2 Diabetes
- Can Reduce Oxidative Stress and Inflammation in The Body
- May be Beneficial For Heart Health
- May Help Prevent Cancer
- May Help Prevent Alzheimer's Disease
- May Extend Your Lifespan, Helping You Live Longer

### **DOING IT**

You will want to experiment to learn your body’s natural rhythms. Everyone has a unique metabolism so find what timing works best for you. Obviously, it’s not healthy to eat late at night so you might want to start your calculations with a cut off time and work backwards. For instance, you might decide to stop eating by 7 p.m. If you began your intermittent fasting with a 10-hour window, this would mean you could eat breakfast at 9 a.m. After you got comfortable with this routine, you might try narrowing your eating window down to 8 hours, which could mean a period from 11 to 7.

We often fast on water one day a week and undertake a longer fast - three or four days with specific supplementation - timed with the changing of the seasons. There is abundant

documentation of the incredible value of well designed fasting programs but it's possible to create problems if you don't have professional support.

This is one thing you do want to consult your health professionals support team about.

## **# 6 - MOVEMENT**

It's a sad but realistic sign of the times that we even need to talk about this! Our bodies were designed to move yet our modern life style confines us to chairs in front of screens - at least for many of us - many hours every day. Whether we use a computer for work or spend time with our smart phones on Facebook and Instagram, we're sitting, sitting, sitting.



Sitting has been called “the new smoking.” How dangerous is too much sitting? Here are some of the problems that can develop:

According to WebMD, too much sitting can hurt your heart, shorten your life, contribute to dementia, undo the value of regular exercise, increase risk of developing diabetes, contribute to weight gain, increase anxiety, wreck your back, lead to varicose veins, increase your risk of cancer,

Movement is different than exercising. Exercising is a specific activity, like working out in the gym or walking in the woods. Movement is, or should be, part of our day's routine. We may and should exercise every day. But we should be moving all day long. This means developing the movement habit. If you have a desk job, that may require setting a timer on your phone to remind yourself to get up every 30 minutes or so to stretch.

### **BENEFITS OF MOVEMENT**

Regular movement is beneficial in every way imaginable. Moving can shift our mood, for instance depression can be successfully addressed (not cured) with exercise. Movement keeps our joints and muscles healthy, is good for our back, increases energy, and decreases fatigue.

### **DOING IT**

Doing this healthy habit is described in a single word: MOVE!

Even a minute of stretch makes a huge difference but this needs to become a habit, so that we are doing it all day long, constantly interrupting our sitting to give our bodies a break. If you'd

like to get more formal, here's the link to a four-minute workout from Zach Bush that you might want to try. <https://www.youtube.com/watch?v=PwJCJToQmps>

## # 7 - FOOD AS MEDICINE

***“Let medicine be thy food, let food be thy medicine.”***

- Hippocrates (considered the father of modern medicine)

Before drugs, food was our medicine. Indigenous people who retain the ancient knowledge still rely on plants found in the wild to cure every day ailments and even chronic conditions and to treat emergencies.

We've separated food and medicine in modern society. We tend to eat for pleasure and reach for pharmaceutical products when we get ill. Healthy habit #7 invites you to change the way you view food and to begin eating for health as well as pleasure.

The simple truth is that the healthier your every day diet is the less medicine you will need because you will have a stronger immune system to ward off disease. Every natural food is a medicine of some kind. We picked two as examples, two healing roots that are essentials for every kitchen: turmeric and ginger. They are widely available in most health food stores and can be added to savory recipes for flavor and healing benefit.



## **BENEFITS OF GINGER**

Courtesy of the [Isha](#) site. Visit for more details.

- Popular Digestive Aid: Settles stomach issues
- Therapy for nausea: Reduces motion sickness and more
- Powerful anti-inflammatory: Reduces joint pain and relieves arthritis
- Provides Pain Relief: Soothes migraines and menstrual pain
- Anti-tumor properties: Successful in killing cancer cells

- Anti-diabetic compounds: Lowers blood sugar and increases insulin release
- Heals the heart: Treats a variety of cardiovascular conditions
- Relieves respiratory disorders: Effective in treating asthma
- Immunity-booster: Reduces coughs and colds
- Potent Antioxidant: Slows down DNA damage

### **BENEFITS OF TURMERIC:**

Courtesy of the [HealthLine](http://www.healthline.com) site. Visit for more details.

- Curcumin is the main active Ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant.
- Curcumin Is a Natural Anti-Inflammatory Compound
- Turmeric Dramatically Increases the Antioxidant Capacity of the Body
- Curcumin Boosts Brain-Derived Neurotrophic Factor, Linked to Improved Brain Function and a Lower Risk of Brain Diseases
- Curcumin Should Lower Your Risk of Heart Disease
- Turmeric Can Help Prevent (And Perhaps Even Treat) Cancer
- Curcumin May Be Useful in Preventing and Treating Alzheimer's Disease
- Arthritis Patients Respond Very Well to Curcumin Supplements
- Studies Show That Curcumin Has Incredible Benefits Against Depression
- Curcumin May Help Delay Aging and Fight Age-Related Chronic Diseases

### **DOING IT**

Ginger and turmeric root can be used in many recipes. Concentrated forms of turmeric, which includes greater amounts of curcumin, are available as supplements.

These are just two examples. ALL whole, organic food can be a medicine of some kind.

## # 8 - EXERCISE



Civilization breeds inactivity. We've invented a thousand and one substitutes for exercise, from video games to driving instead of walking or cycling. But nowhere does the phrase, "use it or lose it" apply more than to our bodies. If we fail to exercise regularly, we will begin to lose our physical capabilities. Conversely, with a good exercise regime, we can stay active into our nineties!

And, obviously, the best exercise is enjoyed out in the healthy world of Mother Nature!

Exercise has to become a priority, as much a necessity as eating and sleeping. This means that we make time for exercise throughout the week. If you haven't been exercising regularly, start simple. Trying to do too much too soon is a recipe for frustration and failure. Take on small step and then another. Before you know it you will be giving your body what it needs.

### **SOME BENEFITS OF REGULAR EXERCISE**

Regular exercise can help you with weight loss, feeling happier, it increases energy and is good for your muscles and bones. According to Healthline.com, exercise also reduces your risk of chronic disease, improves skin health, improves brain health and memory, helps with relaxation and sleep quality, reduces pain, and can promote a better sex life.

### **DOING IT**

Exercising regularly must become a habit for all of us. A habit and a priority. Ask yourself: what is my usual weekly exercise program? If you are not doing something, even a short walk, at least three times a week, you need to step it up. And remember to vary the type of exercise. Aerobic is essential but so is some kind of strength training. It's a good investment to hire a trainer, even for a single session, to set up your new exercise program. And, of course, there is a ton of great guidance on line.

## # 9 - DRY BRUSHING

Dry brushing is an internal, lymphatic self massage that can cleanse the body of toxins by brushing the skin while it is dry. Most people have no idea that the skin is the largest, most important eliminative organ of the body. It is responsible for much of the body's detoxification every day.



Your body releases toxins after they are processed by the liver. Sweat is a waste product that secretes through the pores of the skin. In the course of a normal day, your skin will eliminate about one to two pounds of this waste.

Over time, the skin's pores become clogged and less efficient. As it ages, skin is less able to shed its outer layer of dead skin cells. This is partly what causes the dry, papery look of older skin and is one of the main reasons you need to dry brush daily, to help slough off those old, dead skin cells and restore the skin to its optimal condition as a toxin screen.

The skin is the last to receive nutrients in the body, yet the first to show signs of imbalance or deficiency.

## **THE BENEFITS OF DRY BRUSHING**

Removes cellulite and cleanses the lymphatic system. Boosts and supports the immune system, even for those people who have serious conditions. Stimulates the nervous system, circulation, and hormone production. Contributes to better muscle tone and better distribution of fat deposits. Helps to create a renewed glow, suppleness, vitality and softness.

## **DOING IT**

Always brush towards the heart with long sweeping strokes. You can start at the toes and brush upwards or start at the fingers and brush towards the shoulders, draining the lymph back to the heart. Avoid rashes or other irritated areas. Use light to strong pressure, depending on sensitivity of where you are brushing.

Dry brush once a day for 10 to 15 minutes, preferably in the morning, just before you shower (so you can wash off the impurities you have dislodged from brushing). You can also repeat brush any cellulite patches for five to ten minutes, twice a day. This will improve circulation and you may see some reduction. Be patient. It could take up to six months to see results.

Clean your skin brush once a month with soap and warm water. Make sure it dries out completely to avoid mildew. Laying it out in a sunny spot does the trick.



## **# 10 - HYDROTHERAPY**

“Hydro” means water. Hydrotherapy is as easy as taking a shower. In fact, you do it in the shower, by simply alternating between hot and cold water.

When you subject your body to cold, the flow of circulation gets directed inward toward the internal

organs. Conversely, when the outside temperature gets hot, the flow of circulation then reverses outward toward the skin.

Alternating hot and cold water during your shower makes the blood flow in and out like an accordion or a pump, increasing circulation to the areas the water is hitting. The warm water expands and the cold water contracts your internal organs.

Use a filter on your shower to remove the chlorine, fluoride and other highly toxic chemicals commonly used in public water supplies.

## **THE BENEFITS OF HOT AND COLD SHOWERS**

Improves circulation. Moves nutrients more readily to various parts of the body. Invigorates the whole system. Pushes blood to areas that need special help during any illness. Accelerates the rate of detoxification during a cleanse and moves toxins out through the skin.

***“Try jumping into the shower for some hot and cold therapy  
when your energy is flagging.”***

## **DOING IT**

After you have washed, shaved, shampooed your hair (with healthy, non-toxic products), gradually increase to as hot as you can comfortably stand. Soak the entire body, including the head, for up to three minutes.

Gradually turn the water to as cold as you can manage and spray the entire body for about 30 seconds to one minute. Repeat this at least three times, always ending with cold.

Do this first thing in the morning to get you going. You can also do this after a detox bath, a sauna, a hot tub or just before sleeping to reduce stress and prepare you for a restful night. Any time you are in the shower, it's an opportunity to move your blood and get your circulation going by using contrast hot and cold showers.

## **DETOXIFYING BATHS**

It began, some say, with the Roman Baths in 300 AD and continues to our modern day spas, the belief that baths can be more than just a way to clean your outsides. By adding certain ingredients to the water you can cleanse your insides as well.



The hot water pulls toxins to the surface of the skin, then the cleansing additives either make you sweat which eliminates waste, or works directly to draw toxins out of the body. You can buy pre-packaged bath additives for a detox bath, or you can easily prepare them yourself.

## THE BENEFITS OF DETOXIFYING BATHS

Nourishes and hydrates the skin. Reduces tension and restlessness. Increases circulation. Increases alkalinity which encourages poisons to leech from your system. Helps to remove toxins from the body through increased sweat. Relieves muscle and joint pain.



## DOING IT

The ingredients for a detox bath may already be in your kitchen or bathroom. The most common recipes call for one cup of sea salts, two cups of baking soda, and two cups or more of Epsom salts. You can also add other ingredients like essential oils, kelp powder, powdered mustard, and assorted herbs, or clay, etc. You need about 1/4 cup of this mix per bath so this recipe will make enough for about 16 baths.

First, you may want to create a nurturing environment with candles, soft music, and make sure the room temperature is comfortable. Drink a big glass of water and dry brush while the tub is filling with hot water, as hot as you can stand. Pour the detox bath mix in. Twenty to thirty minutes is usually enough time to soak in the bath and submerge everything except your head. We also put salts in our hot tub with no damage to the equipment. You could also just do a foot bath with the same formula, reducing the amount.

You'll want to shower afterwards, to rinse off any toxins that have been released and this is an ideal time to do more contrast therapy by finishing with cold water. Drink plenty of water during or after your bath to replace what you have sweated out. Now, just relax and enjoy how your body feels, having been cleaned both outside and in.

**Caution:** If you have heart disease, high blood pressure or are diabetic, check with your doctor before trying a detox bath.



## WET SOCK THERAPY

The wet sock therapy is one of the easiest and simplest ways to boost your immune system. The theory is to simulate an “attack” on your body,



to threaten it with the cold, wet socks.

This causes your body to do exactly what it does in the face of every threat - it initiates a fever response (a great defensive strategy) and raises your circulating levels of white blood cells.

This is a wonderful preventative measure whenever you are feeling under the weather and run down, or if someone around you is getting sick, or if you just need a great nights sleep while cleansing. This is completely safe and extremely relaxing.

Anyone of any age can do it.

### **THE BENEFITS OF WET SOCK THERAPY**

Can relieve head and sinus congestion. Helps with headaches and earaches. Can relieve the discomfort of PMS. Helpful to soothe abdominal pain. Strengthens the immune system.

### **DOING IT**

You'll need two pairs of socks, one cotton and one thick wool. Submerge the cotton socks completely in a bowl of ice water and let stand while you soak your feet in hot water, as hot as you can stand. Or, take a hot bath or use the hot tub. Then remove your feet and dry them off quickly. Wring out the socks until they are barely damp to the touch, place them on your feet and immediately cover with the wool socks.

Go directly to bed. Keep the socks on overnight. Amazingly, you will find that the wet cotton socks will be completely dried out by morning. If they are still moist, this could indicate that your body simply does not have enough energy to defend itself.

## **# 11 - HEAT THERAPIES**



Our bodies automatically increase our core temperature when we get ill. Why? Because fevers will burn off infections. Fevers are healthy. We can relax and let the body do its healing work, , unless the fever rises too high.

Saunas have been proven healthy over many hundreds of years, especially in Scandinavia. Research links the benefits of saunas to cardiovascular health, improving the skin, for body cleansing and detoxification.

We love saunas! When we lived in Maui we built a big one and ran a detox program. So it was challenging to discover that, healthy as saunas are, the far infrared sauna - and especially the individual head-outside models, are the healthiest.

We bought one of these seven years ago and have been selling them since then, to friends and doctors who recommend them to their patients. You'll find more detail on the one we sell in just a few more pages, complete with details on the benefits, so we won't repeat ourselves here.

BTW, this is probably our favorite home wellness device!

There are a variety of heat therapies available including biomats and they are well worth researching to find what works best for you.

## **# 12 - ENEMAS**

An enema is a procedure that slowly introduces water into the colon through the anus. If you have never given yourself an enema the idea might be intimidating. Actually, it's easy to do, not messy if you do it right, and can provide immediate relief if you are even mildly constipated or straining during bowel movements.



This softens and breaks up blockages to release accumulated waste. Enemas are essential during a cleanse to help eliminate toxins, remove mucous and undigested foods, detoxify the liver, relieve gas.

When you feel that you have emptied completely, continue the enema. Repeat this sequence until the bag is empty and you have eliminated all of the solution in a final release on the throne. Become a charter member of Stool Watchers Anonymous. See with your eyes and smell with your nose the sickness and disease that has just left your body. Notice any undigested food which tells you to chew your food more thoroughly and eat slower.

Remember, there are three sections in the colon and it is four to six feet long. Enemas can be done any time of the day. Just make sure you have time to relax afterwards.

### **Solutions:**

Adding certain ingredients to your water can improve the effectiveness of an enema. For instance, wheatgrass, herbs, probiotics, or liquid minerals, and our favorite - coffee from S.A. Wilsons, which is widely used in cancer clinics around the world for liver detoxification.

Consult with your physician or do your own research to determine which solutions might be the best for your body.

## **THE BENEFITS OF ENEMAS**

In the past 50 years we have been exposed to increasing amounts of toxins, prescription drugs, and poor quality food, water, and air. Enemas will help rid your body of excess waste that

builds up in the colon and tissues in your body. Helps you feel cleaner, clearer, lighter and refreshed, as toxins and old matter are safely removed. Helps clear up skin conditions like acne and rashes, removes parasites, mucous, and undigested food.

Reduces frequency and severity of the common cold. Stimulates peristaltic action resulting in better and more regular bowel movements. Helps to rehydrate the bowel. Dehydration contributes to every disease and is a factor in premature aging.

## DOING IT

Before you fill the stainless steel or glass container with warm, purified (very important) water, make sure you have rinsed it out and also check to confirm that the clamp is closed. Fill with with your chosen solution in warm water. Hang the container from the S hook, fill it, lie down on your right side and get comfortable.

1. Gently insert the tip (lubricated with castor oil).
2. Open the clamp and the water will begin to flow in. Regulate flow with the clamp, stopping the flow if pressure builds too high.
3. Try to continue through the first urge to release by using your breath and focused attention. When the next strong urge arrives, if you unable to work through it, remove the tip, place it carefully on the towel to keep it clean and ascend the throne.
4. Massage your abdomen while you sit on the toilet to assist with a full release.

**NOTE:** If you have trouble retaining the solution, add 1 tablespoon of blackstrap molasses.

A certified colon hydrotherapist could be helpful any first-timers. He or she will help familiarize you with this part of your body during a colon hydrotherapy session.

## # 13 - CASTOR OIL PACKS



Castor oil is used in a compress on the abdominal area. This enables the body to absorb the active ingredient, ricinoleic acid and the other healing components of castor oil. It is recommended for ridding the body of hardened mucous in the form of cysts, tumors and polyps.

The compress improves drainage of the lymphatic

system and stimulates the livers filtering function. In terms of healing value, using a castor oil pack is probably one of the single most helpful home remedies anyone can use.

## **THE BENEFITS OF A CASTOR OIL PACK**

Flushes out toxins. Heals and forms new tissue. Raises white and red blood cell counts. Strengthens a compromised immune system. Helps to dissolve adhesions and lesions. Increases the flow of bile from the liver and gallbladder, which enhances the digestion of essential fatty acids drains the lymphatic system. Relieves constipation and increases elimination. Reduces pain and inflammation. Lubricates the digestive system. Helpful in treating puncture wounds.

## **DOING IT**

To enjoy the benefits of the castor oil pack you will need the cold pressed castor oil, a four quart hot water bottle or a heating pad, a plastic garbage bag, a thick piece of cloth, approximately 13 x 17 square inches and made of 100% wool or cotton flannel (with no dyes), and one large bath towel. We have found cotton is more comfortable on the skin than wool.

If you prefer to use a hot water bottle or heating pad, place it on a towel on a flat surface. Spread out the plastic garbage bag on top of the heating pad or water bottle. First lay the cloth on the plastic, then pour castor oil to soak your cloth (saturated but not dripping) and lay it on top of the garbage bag and (optional) heat source. Let it warm for a few minutes. Having done this for 30 years, I've decided no heat is necessary; my body heat is enough, being wrapped up in the towel.

Lay down on top of the large towel. Carefully "flip" your pack on top of your body with the oil-soaked flannel now touching the skin and with your heat source on top. Wrap yourself with the towel to hold everything in place and to prevent oil from getting on your bedding, etc.

When you remove the pack, massage the remaining oil into the skin or clean yourself off with a mixture of 1 quart of warm water and 2 TBS of baking soda. Your cloth can be reused many times if stored properly in a plastic bag or zip-loc container in the refrigerator. Before using again make sure to warm it up and always top it off by adding more fresh castor oil.

Apply the castor oil pack whenever you have 60 to 90 minutes available, for instance, while watching a movie, reading, or lying in bed.

## **CONGRATS!**

That's all 13 of the daily habits we recommend. We hope you will begin experimenting and gradually integrating more and more of them into your daily routine. Is it worth the time? Absolutely! Your return on investment (ROI) is a forever investment. After all, you'll live in

your body until the day you die. Making sure it is as healthy as possible is, we think, the single best investment anyone can make towards a fulfilling life.

Print out this checklist so you can track your progress. Put a check mark in the current week every time you do a practice. At the end of the month you will be able to see how many of these Health Yourself practices you have done, record your score, and celebrate your progress.

**NOTE:** print out three of these forms, one for each month, and keep them in an obvious place so it's easy to record.

### THE HEALTH YOURSELF HEALTHY HABITS CHECK LIST

MONTH: \_\_\_\_\_

TOTAL SCORE (Maximum 364): \_\_\_\_\_

### CONCLUSION

		WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR
1.	Deep Breathing				
2.	Water intake				
3.	Meditation				
4.	Oral Hygiene				
5.	Intermittent Fasting				
6.	Movement				
7.	Food as Medicine				
8.	Exercise				
9.	Dry Brushing				
10.	Hydrotherapy				
11.	Heat therapies				
12.	Home Enemas				
13.	Castor Oil Packs				
	<b>TOTAL</b>				

Detoxifying your body can improve overall function. But it's not a practice to be taken lightly. CONSULT YOUR PHYSICIAN before undertaking any home detox program. And connect with medical professionals who embrace these kinds of practices and will support you to take responsibility for improving your health.

We've added on a few pages that will help guide you in setting up your home as a health spa, including one-pagers on our three favorite home wellness devices. Why spend thousands of dollars to visit a healing retreat center when you can live in one?

Good luck and please be in touch if you have questions or requests.

[tashinawilkinson@gmail.com](mailto:tashinawilkinson@gmail.com)

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



**NOTE:** I am not a doctor. Nothing in this e-booklet is meant to diagnose or make claims of cures for any illness. What is offered arises from primarily anecdotal evidence and should not be construed as advice contrary to anything your doctor prescribes. Conversely, many individuals have realized great success with these and other practices, so you are invited to try them out for yourself with an open mind and a hopeful spirit.

# Creating Your Health Yourself Home

Congratulations. You've completed the first step of this exciting journey. Now that you've read the e-book and, we hope, printed out the checklist on page 22 and begun practicing some of these 13 healthy habits, you're ready for the next step: building your own health yourself home. There are three steps:



## 1. Cleaning Up Your Home

We live in an increasingly toxic environment but indoor pollution is worse than outdoor pollution. Three rooms deserve special attention: your kitchen, bathroom, and bedroom. Go through your cupboards. Throw out every food, hygiene, or cleaning product that's poisoning you with chemical ingredients. This is a HUGE step and can make a DRAMATIC difference.

Some of us are sensitive to electromagnetic pollution. Where is your router? Do you have a Smart Meter? Learn how to clean up the energetic environment in your home. Turn off your router at night; you'll sleep better. We have information on our site under resources.

## 2. Choosing Healthy Alternatives

Now replace what you've thrown out with healthy alternatives, available in your local health food stores and even some grocery outlets like Fred Meyer, CostCo, Trader Joe's and WalMart. Whole, healthy food can be delicious. Chemical-free toothpaste, shampoo, cleaning products, etc. are more effective and won't hurt you. Don't be fooled by the "All Natural" label. Choose organic and GMO-free.

## 3. Developing Your Support System

The best athletes have coaches and we all need help to make important changes in our lives. Once you've gotten to this point - you've adopted some of the healthy habits and you've cleaned up your home environment - it's time to reach out for personal support. We've made that easy by offering live, personal phone or zoom consultations. Call 541 552-0877 or email [tashinawilkinson@gmail.com](mailto:tashinawilkinson@gmail.com) or [will@willtwilkinson.com](mailto:will@willtwilkinson.com).

What happens when we talk? We'll start by learning about your personal situation: what are your health challenges, what have you done so far to health yourself, and what specific support do you need. Much of what we'll recommend won't have a price tag attached to it and you won't encounter any persuasive "up-sells." That's not our style. We're here to help you.

We *will* discuss the various home wellness devices we've researched and use in our own home, to see if any of these might support your healing process. And, we'll always point you towards doing your own research and deciding what's best for you. After all, that's the core of what it means to "health yourself." So, when you're ready, email to schedule that call. Meanwhile, make sure you take advantage of the resources on our site and in our weekly blog.

Again, congratulations. You're making an invaluable investment in yourself and you *will* inspire others!



## HOME WELLNESS DEVICES

*These wellness devices are professional units, priced for home use as an alternative to paying for treatments or visiting expensive health clinics. Some of these machines are necessities (like the water filter), others are optional (like the far infrared sauna). Here are the nine devices we use, some of which we also sell (marked with an \*). Detailed descriptions and pricing are available on our site and you can email your questions to [tashinawilkinson@gmail.com](mailto:tashinawilkinson@gmail.com). We've added three of our full product description pages onto the end of this document.*

**\$ - Under \$600**

**\$\$ - Under \$1,000**

**\$\$\$ - Over \$1,000**

★

### **Water Purifier - \$**

We like the Big Berkey.

It needs no plumbing or wiring and filters out just about everything.

It works if the power goes out and you can take it camping.

### **Vitamix Blender - \$**

There's blenders and then there's the Vitamix. We use ours several times every day to make smoothies, salad dressings, soups, sauces, etc.

We've had ours 12 years and it's still going strong.

### **Omega Juicer - \$**

Juicing is fantastic for your health. This juicer is very powerful (it can process wheat grass) and it is easy to clean.

Once you've had your own juicer, you'll consider it a required appliance.

★

### **Far Infrared Sauna - \$\$**

We use the RELAX sauna. It's portable, easy to set up, is totally non toxic, low EMF, elevates your body temperature very quickly, and costs pennies to run.

This one person sauna is small, requires little space.

★

### **Oxygen Machine - \$\$**

Our unit is from Longevity Resources out of Canada.

You wear a mask while you exercise (called Exercise With Oxygen Therapy, or E.W.O.T.). Ideal to combine with the rebounder for all season exercise.

★

### **Rebounder - \$**

Our choice is the Rebound Air and we've had our unit for about eight years and had no problems (with daily use).

Even Olympic athletes and weight lifters champion this form of low-stress exercise.

### **Air Purifier - \$**

Every home needs an air purifier. We use The Air Doctor, the first affordable professional air purifier.

Process 2,400 sq. ft. an hour to remove smoke, pollen, VOC's, dander, and chemical pollutants.

★

### **Ozone Generator - \$\$**

Ozone therapy is the subject of over 3,000 medical papers. It is used by over 7,000 doctors and has been in use for over 40 years in Europe.

We have the Simply O3 unit, easy to use & efficient.

★

### **P.E.M.F. - \$\$\$**

We have had our Tesla Fit Plus Pulsed Electro-Magnetic Frequency machine for over three years and wouldn't be without it.

We use either the mat or the ringer every day.



## PROFESSIONAL FAR INFRARED SAUNA

\$1,295 retail, Tashina's price - \$1,095 by phone (541) 552-0877.

This is one of our favorite wellness devices, such great value for so much healing. The sauna is portable, easy to set up, small, with low emf's, reasonable price, heats up quickly and only costs an estimated 15 cents an hour to run.

The materials used in the Relax Sauna tent are 100% safe. It is made from high quality nylon, not plastic, with silver threads woven in to reflect the far infrared rays to generate 95% pure far infrared compared to conventional panels and emitters which generate just 32% - 62%. Those familiar with wood saunas are amazed at how much more effective this unit is as a therapeutic device.

It's easy to use. Many people start sweating in about eight minutes, are dripping in about 15 minutes, and have had a complete sweat in about 20 minutes. We are all unique so sweat times will vary for all of us.

### Therapeutic benefits of the Relax Sauna (partial list):



- improves sleep
- improves micro-circulation
- strengthens immune system and boosts metabolism
- enhances delivery of oxygen into the blood
- promotes regeneration and fast healing
- enhances white blood cell function
- increases immune response
- elimination of foreign pathogens and waste
- removes accumulated toxins by improving lymph circulation
- detoxifies heavy metals and non-metal chemicals
- reduces inflammation and edema
- decreases joint stiffness and muscle aches

Visit <https://www.momentum98.com/youtube.html> for a 24 page booklet and links to videos. Look on the left side for the booklet.

Review videos and documents on these links below.

<https://www.youtube.com/watch?v=LhupLJuoPGc>  
<https://www.youtube.com/watch?v=ZSWek4fExSI>  
<https://www.youtube.com/watch?v=O991PaPb6Ss>  
<https://www.youtube.com/watch?v=8oPZSiGY8oQ>.

[tashinawilkinson@gmail.com](mailto:tashinawilkinson@gmail.com)

Call 541 552-0877 for discounted price.

*"I highly recommend this sauna to all my patients. I use my own Relax Far Infrared sauna almost every morning and love doing something that feels wonderful while I detoxify and reset my nervous system."*

~ Dr. L. Elyssia Herrick,  
N.D., L.A.c

## REBOUND AIR REBOUNDER

\$310 - \$429 Order by phone for best price: (541) 552-0877

*In order to stay healthy in the 21st century, it's necessary to **"health yourself"** with daily health habits, including good diet, exercise, sleep, managing stress, and using technology. This wellness device is designed to stringent quality standards and carries a limited lifetime warranty.*

The medical industry backs rebounding as one of the safest forms of exercise on the market today. Many professional athletes use rebounders for improved performance. Rebounding is recommended by chiropractors, medical doctors, physical therapists, and fitness trainers.

Portable, compact, durable, this is one of the best built, most innovative rebounders available.

### Therapeutic benefits of rebounding (partial list):

- improves balance and coordination
- full aerobic cardiovascular and strength workout
- improves muscle and skin tone
- boosts lymphatic circulation and immune function
- improves circulation, digestion, bones and joints
- promotes body repair
- lose excess fat
- lowers blood pressure, cholesterol, and triglyceride levels
- reduces stress



*"I've used a rebounder for over 30 years and I love how easy it is to get in five to fifteen minutes of exercise without leaving the house."*

*"I always feel invigorated and mentally clearer. Rebounding is a great way to de-stress also, must be all that O2."*

~ T.E., Sunshine Coast, BC  
Canada

*"My opinion of these exercise units was determined by using a cheap one years ago. What a difference to get this one, which is truly industrial strength."*

*"I bought ours about nine years ago and it's still in perfect condition, other than being a little weathered from being outside all year. It's especially effective to use with an oxygen machine for what is called 'E.W.O.T.,' exercise with oxygen."*

~ W.W., Oregon

For more information, visit <https://rebound-air.com/>

Demonstration video available upon request.

To order, with free, fast shipping contact: 541 552-0877

## SIMPLY O3 OZONE MACHINE

\$750 to \$950. Information at <http://lddy.no/69bg>

To purchase with free shipping, phone: (541) 552-0877

Compared to many other ozone devices, the quality of this ozone generator is exceptional and gives you more than 10,000 hours of operating time (treatment time averages 60 seconds).

Ozone is referenced in over 3,000 medical papers and research studies. Over 7,000 doctors have used ozone therapy in Europe for over 40 years. Ozone therapy is currently in use in Germany, Switzerland, Denmark, Austria, Italy, Bulgaria, and Romania has a standard treatment.

This ozone generator comes bundled with an oxygen regulator, insufflation bags, catheter, water ozonator, oil ozonator, and wound healing bag.

**This unit carries a six-month money back guarantee and a lifetime warranty.**



HOME-USER KIT

*"I found the ozone therapy to be an exceptional modality for healing chronic candida, improving mental clarity and focus, greatly improving energy and creating a sense of joy in life."*

*"Even though this year was one of the worst flu seasons in our area, I believe my use of ozone was pivotal in keeping me healthy and thriving all winter, even though I was working with many sick individuals."*

*"Each time I use the ozone treatments, friends comment on my clear, bright eyes and smooth, radiant skin. I believe this is due to the deep oxygenating effects of the ozone."*

*~ S.W., Oregon*

### Therapeutic benefits of ozone generator (partial list):

- changes the environment in your body
- kills viruses, fungus, microbes, mold, pathogens, and parasites.
- kills harmful bacteria, leaves helpful bacteria
- cancer cells struggle to survive in an oxygen environment.
- stimulates white blood cells to fight infection.
- increases oxygen in blood cells.
- anti neoplastic. Kills outer shell of cancer cells.
- enhances brain function.
- speeds healing and detoxification
- improves immune function



www.healthyourself.me  
tashinawilkinson@gmail.com

541.552.0877