

# **OVERVIEW OF IMMUNITY FOR ALL**

## **LIFESTYLE**

- 1. EDIBLE FOODS ONLY**
- 2. STRUCTURED SLEEP**
- 3. SUPPLEMENTARY MINERALS**
- 4. SUPPLEMENTARY PHOTONS**
  - A. BY AIR**
  - B. BY STREAMING PHOTON**
- 5. SUPPLEMENTED MOTION**
- 6. BACK BALANCING**

When you purchase the test, these booklets are included:

They explain more detail about the IMMUNITY FOR ALL Lifestyle, as illustrated below:

**Bear in mind – photons are the only form of bio-energy!**

The image displays four booklets arranged in a 2x2 grid. The top-left booklet has a green background and is titled "Eating for Energy Edible & Inedible Food". It features a diagram showing an "Antioxidant" atom with a full outer shell of electrons, an "Unpaired Electron" atom with a missing electron, and a "Free Radical" atom with an unpaired electron. An arrow labeled "Electron Donation" points from the antioxidant to the free radical. Below the diagram, it says "Fake Food & Free Radicals the connection" and "PhysicsOfWellness.com". The top-right booklet has a red background and is titled "Structured Sleep..... path to energy reserves". It features a diagram of a person sleeping with blue lines representing energy being collected from the "Magnetic Earth". Below the diagram, it says "Collecting Energy for (photo) Synthesis! from the Magnetic Earth" and "DURING SLEEP!". Below the diagram, it says "Sleep is the master of life extension". The bottom-left booklet has a dark blue background with a glowing blue stream of light. It is titled "Three Supporting Protocols IMMUNITY FOR ALL". Below the title, it says "Like a lightning rod, the right materials will attract & concentrate (healthful) photons to a living system - adding energy!". The bottom-right booklet has a yellow background and is titled "The Back Balancing System". It features a diagram of two human skeletons. The left skeleton has red 'X' marks over the spine and pelvis, indicating imbalance. The right skeleton has red lines along the spine and pelvis, indicating balance. Below the diagram, it says "manipulating tension/energy in ligaments to balance the pelvis".

# 1. EATING FOR ENERGY

Edible foods are foods that yield energy to the human body. It is hard to imagine, but there are many popular foods that have **NO energy value**. This first booklet gives all the details. Below you will find one example of many in the booklet:

## What do I call this Food?



[PhysicsOfWellness.com/books/Edible & Inedible Foods](http://PhysicsOfWellness.com/books/Edible%20&%20Inedible%20Foods)

A certain food yields 425 calories of energy/heat (a form of energy) in a calorimeter/incinerator.

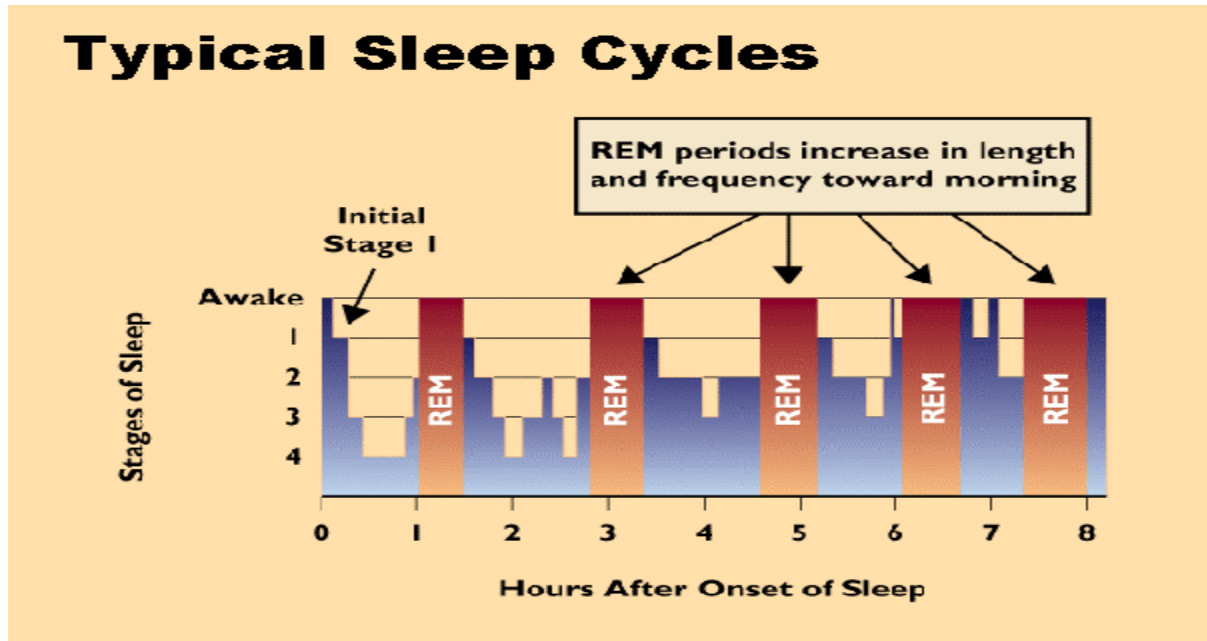
That same food yields no energy/nothing/nada/zero to human digestion, due to molecular structure.

What do I call that food?

**Inedible, fake, fatigue producer, premature aging, deficit creator, slow killer!**

**THERE ARE THREE (LARGE) GROUPS OF INEDIBLE FOODS!**

## 2. STRUCTURED SLEEP



***ABOVE - ABOUT ONE HOUR OF DEEP SLEEP –***

***THIS IS TYPICAL..... AND TERRIBLE.***

In this document, you will learn to double your deep sleep time.

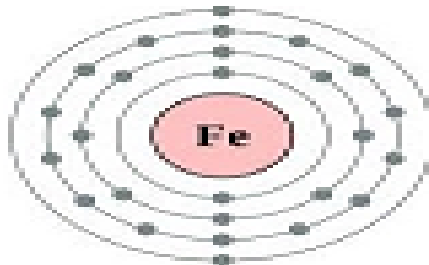
*Above is representative of the typical sleep cycle in modern America. In this graph from a highly sophisticated sleep study, it is obvious that this person (most people) are collecting less than 50% of the energy that is possible. Yes, there is a method whereby people can double the volume of electromagnetic energy (the only form of bio-energy) collected each night. If you are a healthcare practitioner, if you pride yourself on delivering therapy based on causes vs. symptoms, you must understand this concept. If you are just a private person who cannot sleep, stay tuned for relief.*

### 3. SUPPLEMENTARY MINERALS

Minerals are the storage depot for energy/photons. Everyone must be sure they have in their body the optimum levels of positively charged mineral atoms (you have to know something about volcanoes). It is not difficult to accomplish, once you know how! In this booklet, you learn how.

# Periodic Table of Elements

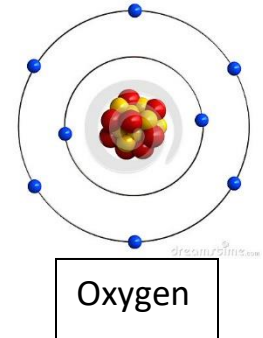
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18												
1 H Hydrogen 1.00794																	2 He Helium 4.002602												
3 Li Lithium 6.941	4 Be Beryllium 9.012182																												
11 Na Sodium 22.98976928	12 Mg Magnesium 24.3050																												
19 K Potassium 39.0983	20 Ca Calcium 40.078	21 Sc Scandium 44.955912	22 Ti Titanium 47.887	23 V Vanadium 50.9415	24 Cr Chromium 51.9961	25 Mn Manganese 54.938045	26 Fe Iron 55.845	27 Co Cobalt 58.933195	28 Ni Nickel 58.9334	29 Cu Copper 63.546	30 Zn Zinc 65.38	31 Ga Gallium 69.723	32 Ge Germanium 72.64	33 As Arsenic 74.92160	34 Se Selenium 78.96	35 Br Bromine 79.904	36 Kr Krypton 83.798												
37 Rb Rubidium 85.4678	38 Sr Strontium 87.62	39 Y Yttrium 88.90585	40 Zr Zirconium 91.224	41 Nb Niobium 92.90638	42 Mo Molybdenum 95.95	43 Tc Technetium (97.9072)	44 Ru Ruthenium 101.07	45 Rh Rhodium 102.90550	46 Pd Palladium 106.42	47 Ag Silver 107.8682	48 Cd Cadmium 112.411	49 In Indium 114.818	50 Sn Tin 118.710	51 Sb Antimony 121.760	52 Te Tellurium 127.60	53 I Iodine 126.90447	54 Xe Xenon 131.293												
55 Cs Cesium 132.9054519	56 Ba Barium 137.327	57-71 Lanthanides	72 Hf Hafnium 178.49	73 Ta Tantalum 180.94788	74 W Tungsten 183.84	75 Re Rhenium 186.207	76 Os Osmium 190.23	77 Ir Iridium 192.217	78 Pt Platinum 195.084	79 Au Gold 196.966569	80 Hg Mercury 200.59	81 Tl Thallium 204.3833	82 Pb Lead 207.2	83 Bi Bismuth 208.98040	84 Po Polonium (209)	85 At Astatine (208.9804)	86 Rn Radon (222.0176)												
87 Fr Francium (223)	88 Ra Radium (226)	89-103 Actinides	104 Rf Rutherfordium (261)	105 Db Dubnium (262)	106 Sg Seaborgium (266)	107 Bh Bohrium (264)	108 Hs Hassium (277)	109 Mt Meitnerium (268)	110 Ds Darmstadtium (271)	111 Rg Roentgenium (272)	112 Uub Ununbium (285)	113 Uut Ununtrium (284)	114 Uuq Ununquadium (289)	115 Uup Ununpentium (288)	116 Uuh Ununhexium (287)	117 Uus Ununseptium (289)	118 Uuo Ununoctium (289)												
For elements with no stable isotopes, the mass number of the isotope with the longest half-life is in parentheses.																													
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57 La Lanthanum 138.90547	58 Ce Cerium 140.116	59 Pr Praseodymium 140.90765	60 Nd Neodymium 144.242	61 Pm Promethium (145)	62 Sm Samarium 150.36	63 Eu Europium 151.964	64 Gd Gadolinium 157.25	65 Tb Terbium 158.92535	66 Dy Dysprosium 162.500	67 Ho Holmium 164.93032	68 Er Erbium 167.259	69 Tm Thulium 168.93421	70 Yb Ytterbium 173.054	71 Lu Lutetium 174.967	89 Ac Actinium (227)	90 Th Thorium 232.0376	91 Pa Protactinium 231.03688	92 U Uranium 238.02891	93 Np Neptunium (237)	94 Pu Plutonium (244)	95 Am Americium (243)	96 Cm Curium (247)	97 Bk Berkelium (247)	98 Cf Californium (251)	99 Es Einsteinium (252)	100 Fm Fermium (257)	101 Md Mendelevium (258)	102 No Nobelium (259)	103 Lr Lawrencium (262)



## 4. SUPPLEMENTARY PHOTONS

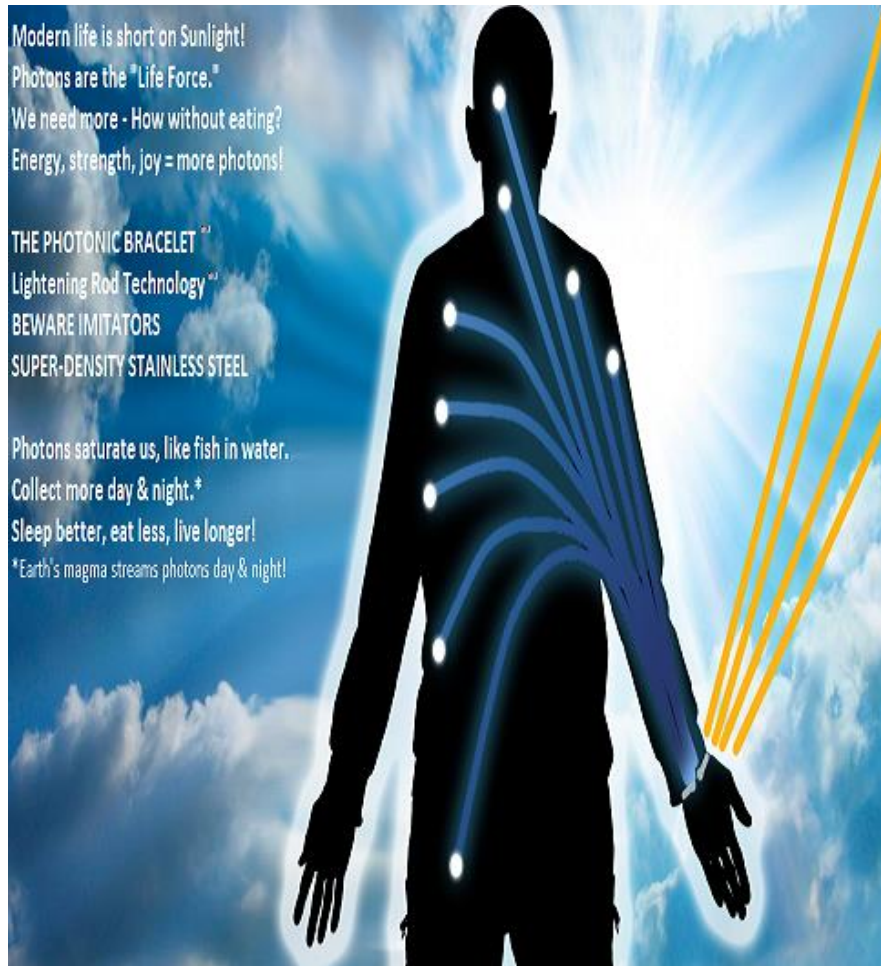
- a. By air
- b. By streaming photons

BY AIR - There are only 4 ways to collect photons: eating, breathing, sunlight, motion. It is amazing to think that any person could increase their photon intake one quarter (25%) by installing a simple appliance in their home. The booklet explains.



BY STREAMING PHOTONS – Yes, wearing a piece of jewelry can be good for you!

The steel in our photonic bracelet attracts photons just like a lightning rod (remember Ben Franklin?). Photons engulf us, like water does a fish. We literally live in a sea of photons, even at night. None of us gets enough of the Sun. This is how you can optimize photon collection in spite of your modern lifestyle!



Modern life is short on Sunlight!  
Photons are the "Life Force."  
We need more - How without eating?  
Energy, strength, joy = more photons!

THE PHOTONIC BRACELET™  
Lightening Rod Technology™  
BEWARE IMITATORS  
SUPER-DENSITY STAINLESS STEEL

Photons saturate us, like fish in water.  
Collect more day & night.\*  
Sleep better, eat less, live longer!  
\*Earth's magma streams photons day & night!



## 5. IMMERSION IN AN ENERGY FIELD

All the benefits of exercise, except muscle growth!

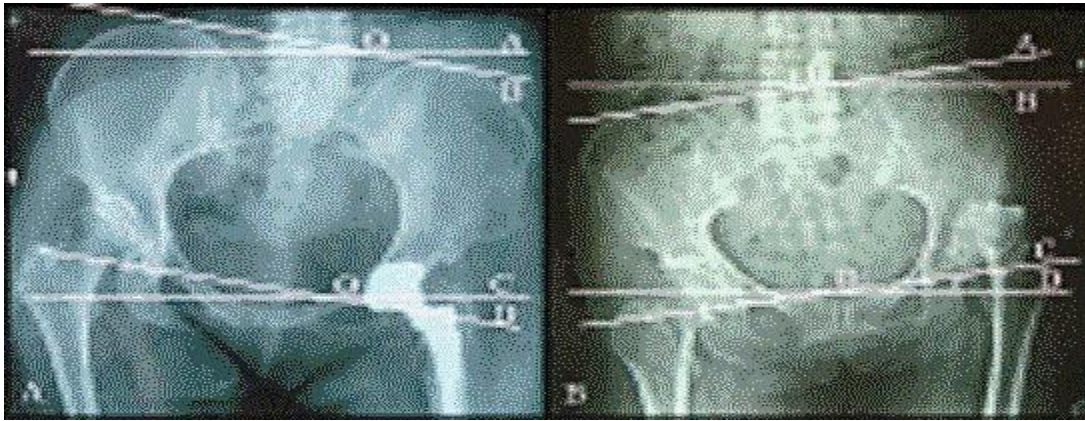
**Think about that one. It is true. It is physics, so it is a little odd, but you must capitalize on it – especially if you do not exercise (70% of the population).**

What is an ENERGY FIELD?

For our purposes, we can talk about a vibrator (but of industrial strength). Yes, a vibrator creates an energy field, and you can immerse yourself in it for amazing long life and pain-relieving benefits – this booklet tells you everything!

[Special note – how to optimize hormones and enzymes, i.e. Life Chemicals!](#)





## 6. BACK BALANCING

It is estimated that 80% have back pain. No one has ever identified the underlying cause. THAT HAS CHANGED!

Part of your IMMUNITY LIFESTYLE is learning the cause of most back & joint pain – and how to never have that problem again! You will learn to teach this do it yourself protocol.

“Thank God,” the man said!

