

## YES!!!:

- Learn some forms of breathing techniques (Yoga, Tai Qi, Qi Gong, and others).
- Filter your tap water.
- Remove Amalgama dental fillings (mercury) avoid the new sealants for your children's teeth.
- Variety of fresh prepared **organic, local, and seasonal** food.
- Cook only with cold pressed organic olive oil, Butter, Clarified Butter, coconut oil, lard, chicken fat, goose fat, beef tallow, bacon.
- High intake of cold pressed, organic fats/oils.
- Free availability of raw clean organic vegetables, seeds, and nuts as snacks rather than processed food.
- Supplement your diet with Trace Minerals and with EFA (essential fatty acids), particularly Cod Liver Oil in the winter and fish oil in the summer. Unrefined sea or mine salt.
- Check you thyroid function (morning body temp.)

## Dr. Borgna's Macrohealing Check List

- Analyze your home and workspace for: EMF, Radon, CO, Toxic Waste, Power Towers, Etc...
- Open your windows for at least 1/2 hour every day.
- Keep low maintenance plants in your home and office.
- Be aware of your posture. Stretch and warm up before exercise. Long pauses between exercises and visualize them.
- Light daily exercise (Walking 20min Twice a day)
- Spend at least 1 hour a day out door without sunglasses.
- Do your own research and question your doctor.
- Minimum 2 hugs a day
- Volunteer work periodically or one gesture of randomized anonymous kindness or generosity daily.

Questions:

[adriano@macrohealing.com](mailto:adriano@macrohealing.com)

## NO!!!:

- Hydrogenated or Partially Hydrogenated vegetable oils, Shortening, Margarine.
- Vegetable oils in general for cooking, Canola, peanut, corn oils, peanut butter
- Processed and preserved food containing MSG, Artificial sweeteners and Other additives (Food flavorings), refined salt.
- Excessive sugar (Sodas, fruit juice, candy bars, sweets)
- Large body fish for the high content of mercury (Sword, shark, tuna)
- Conventional homogenized reduced fat milk.
- Meat and poultry fed with animal products, hormones and antibiotics.
- Non organic produce
- Soy or corn products
- Direct contact of your foods or drinks with plastic bottles, containers, plastic wrapping, non-stick pans, and aluminum foil.
- Microwave Ovens and microwaved food.
- TV without supervision, violent video-games or movies for children