

# **BTGs**

## **(basic treatment guidelines)**

**BTGs benefit all health issues and maintain wellness  
Plus BTGs are Essential to deal with the effects of  
Stressors, Pollution and Nutrient Depleted Soils etc.**

**\*Pure Water**

**\*Extra Vitamin D3**

**\*Probiotics (aid detox/digestion/immune/inflammation)**

**\* Essential Oils (type/ratio varies with health issue)**

**\*Active B vitamins ( co-factors for your biochemistry)**

**\*Magnesium (type depending on bowel/health issues)**

**\*Zinc (optimal to aid healing/repair / hormonal issues)**

**\*Selenium (eat 2 Brazil nuts/day if not allergic)**

**\*Iodine (Seaweed snacks or seasoning)**

**Below BTGs HABITS all are better than any pills and all are free!**

**\*Good SLEEP Habits (early , dark no late gadget use)**

**\*MOVEMENT or some call it Exercise ( ask for tips)**

**\*DEEP BREATHING ( make your lungs help...detox &  
alkalize you ....your liver , gut and kidneys would  
appreciate it)**

**\*FUN and LAUGHTER (studies prove this is really  
important and the bonus It's enjoyable)**

**\*EARTHING (google or ask your ND about this)**

**\*CASTER Oil packs( best home pain treatment)**

**\* DIET: low Glycemic, Avoid Food Sensitivities/Treats**

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