Updated

January 2026

Owner's Manual for Maximum Health Potential

Dr. Steve Jennings, D.C., L Ac.

101 N. Austin Ave.
Rensselaer, IN 47978
(219) 866-7164
Website: www.DrSteveJennings.com

"My people are destroyed for lack of knowledge" Hosea 4:6 (God)

After hearing testimony from the Senate Select Subcommittee on Foods and Drugs comprised of over 300 physicians, pharmacologists, and health care providers who studied the progression of various chronic diseases of over 700,000 patients in university-based study centers over an 8-year period, two basic conclusions were reached:

1. Eight of ten people who die in the US each year, die of cancer or heart disease.
2. 80% of these deaths could have been prevented by a proper diet and nutritional supplementary program

During the past 48 years, I have read hundreds of books, professional magazines, watched health videos, and read research articles related to health and diet. Nutritional care and suggestions have been given to over 30,000 patients. I have spent over $100,000 going to health seminars. The following advice, if used properly, can save you thousands of dollars and add quality and years to your life.
The principles below will help you gain and maintain your health. Some principles are more important than others, and some may need an explanation. Feel free to ask questions. Please take advantage of this knowledge to help yourself. Your health is your responsibility.
The information and procedures contained in this list are not intended as a substitute for consulting your doctor. Emergency situations should go to a hospital and see Dr Jennings for follow up care. Any attempt to diagnose and treat an illness should come under the direction of a doctor who is familiar with functional medicine as is Dr Jennings. We are not responsible for any adverse effects or consequences resulting from the use of any of the suggestions in this list. A doctor should supervise all matters regarding your physical health. Ask God for wisdom and guidance.

Dr. Healthy Diet

1. Eat more fruits and vegetables! 80% of your diet should be fruits and vegetables. Most of that amount should be eaten raw. Seeds and nuts should also be eaten raw and not roasted. Soaking nuts overnight releases their natural enzymes for use in your body. A great book for weight loss, energy, and maximum health is "Living on Live Food" by Alissa Cohen. Get the DVD class with the book. This is the save your life diet. It helps to alkalize the body which is needed in most chronic conditions including cancer.

2. Stop drinking pasteurized milk, especially lung and sinus patients. Milk actually depletes the body of calcium and contributes to many chronic degenerative diseases. Calves cannot live on pasteurized milk! Many office calls to pediatricians could be avoided by taking children off cow's milk. Rice milk is a good low allergy substitute. Dream rice is a good brand. (Available at grocery and health food stores.) Almond milk is also a good choice unless you have a nut allergy. Cultured, not processed, aged cheese is good, but get if from a European source where cows are not fed GMO grains that have been sprayed with chemicals. Use real butter. Never use margarine or spreads. Unpasteurized

raw full fat milk is good if you can get it from a farmer. Unpasteurized goat milk is closer to human milk than cow's milk and is better for children. Ghee is good for most people.

3. Do not use microwave ovens. Microwaves destroy the vitamins and enzymes in foods. Microwave food is dead, almost useless for your body except for calories, and is actually toxic. Keep your supplements away from the microwave across the kitchen in a cupboard or refrigerator. Visit www.mercola.com and type in "microwave" and you will see several articles warning about microwave cooking. Microwaving with plastics can contribute to cancer by driving it into the food. Microwaves alter the fats in foods and contribute to weight gain and heart problems. Get an air fryer instead.

4. If you cook, use glass, stainless steel, or ceramic cookware. Avoid aluminum and Teflon pans.

5. Decrease sugar intake. Use a little Sucanat (raw sugar from health food stores or Amazon) or small amounts of raw local honey or raw maple syrup. Manuka honey from New Zealand has many natural antibiotics in it and is healing for both internal and external conditions. Most commercial honey has corn syrup added and has been pasteurized. Stevia is a good sweetener that is sweeter than sugar. Do not use sugar substitutes like Nutria-sweet, Splenda, Saccharin and Sweet & Low. Splenda destroys the good probiotics in your colon. Nutria-sweet breaks down into formaldehyde, which poisons your nervous system. Diabetes is becoming much more common because of "toxic" sweeteners. Ask for our diabetic paper. Avoid anything with corn syrup. If a food says "diet" or "low calorie" it probably contains a bad sugar substitute. You will get fat on diet products because they make you hungry and they mess up your metabolism. Sugar does not cause cancer but it feeds it. Cancer cells have 23 receptor sites for sugar as fuel verses only two for normal cells. If you are diabetic, eat foods that have a glycemic index of less than 50. www.glycemicindex.com. There are about 40 different names that companies hide sugar on labels. Google names that are used to hide sugar in food.

6. Do not over eat. Eat until you are about 80% full. Eat something raw to start each meal. Chew your food well and eat slowly to improve digestion and to allow your brain 20 minutes to realize how much food you have eaten. Focus on enjoying your food. Drink very little fluids with your meal so you don't dilute digestive enzymes. Do not eat 3 hours before bedtime. Your last meal of the day should be the lightest. I recommend that you eat only fruit for breakfast or do intermittent fasting and skip breakfast, but kids need to eat breakfast. Eat only if you are hungry, if you are not sure, don't eat.

7. Maintain your proper weight:
   Men: 106 lbs. Plus 6 lbs. for each inch over 5 feet, plus or minus 10 pounds for various builds.
   Women: 100 lbs. Plus 5 lbs. for each inch over 5 feet, plus or minus 10 pounds for various builds. Exceptions can be made for very active athletes. Ask for a weight loss program.

8. Eggs from chickens that are allowed to run on the ground (100% cage free) and are not fed hormones, antibiotics, or commercial GMO grains, are a very good source of protein if you do not have an allergy to eggs. Look for organic and vegetarian (not fed animal by products) eggs. Most commercial eggs are unhealthy and should be avoided.

9. Organic produce is best because they use no chemicals when grown, but due to our toxic world and chem trails, there are very few truly 100% organic foods. Try to avoid the "dirty dozen" which have the most chemicals added or use a natural food wash: Apple, bell pepper, celery, cherries, grapes, lettuce, nectarines, peaches, pears, potatoes, spinach and strawberries. Try to buy these

organically. Briefly soak all fruit and vegetables using a vegetable wash found in any grocery store. Avoid genetically modified foods. They will have a 5 number code that starts with the number 8. Organic foods are the best and they have a 5 number code that starts with the number 9. Conventionally grown foods have a 4 number code that starts with the number 4. Thrivemarket.com is a great way to order non-GMO and organic groceries online often cheaper than grocery stores.

10. Use natural dressings in small amounts or make your own with organic extra virgin cold pressed olive oil and Braggs apple cider vinegar. There is no other vinegar better than Braggs. It is organic, raw, unpasteurized, and unfiltered so the enzymes are not destroyed like other vinegar. It also helps digestion and improves energy. See health food stores or your grocery. Romaine, green leaf, kale, or spinach leaves are far better than iceberg lettuce. Get the Bragg's vinegar book and Bragg's natural dressings at www.Bragg.com, health food stores or grocery stores. Have a big salad once a day with a variety of vegetables of various colors in it. Growing and adding sprouts to your salad is very good. Try broccoli and alfalfa sprouts. Mushrooms are also good to add. Use Bragg Sprinkle with 24 herbs to add to the vinegar and olive oil.

11. Eat only when you are in a good mood. Pray and be thankful for your food. Negative attitudes any time during the day will adversely affect your body chemistry, digestion and absorption of nutrients. Bad attitudes can destroy even the best diets. "Bless this food to my body" really will work if you don't just say it as a routine prayer ritual. Prayer prepares your body to harmonize with and accept the food if that is your intent.

12. Avoid foods with preservatives. Homemade canning is better than commercial canning. In order of nutritional value: fresh, frozen, and canned foods. MSG is a very harmful common preservative hidden in many foods under several different names and can cause many symptoms. MSG is great for the food industry because it preserves food, makes it taste better, and makes you hungry. It is common in most restaurants. For label information and symptoms it can cause see, www.Truthinlabeling.org. If there is something other than food on the label, don't eat it. MSG packs on the belly fat, effects your brain, and makes you hungry. Natural food flavoring can also be MSG.

13. Eat a wide variety of healthy organic natural foods. Acquire new tastes. Eat foods that will spoil in a short time, but eat them before they do. Avoid highly processed foods. The more man has changed food from the way God has designed it, the more harmful it becomes. Adam and Eve did not have an oven or a microwave, therefore eat foods raw or cooked over heat on a stove.

14. Steam cook, slow cook, or under cook vegetables if you cook them. Slow cooking crock pots are good for soups and stews. Meats should be medium well. Avoid sushi since it is a common source of parasites. Beef needs to be organic and 100% grass fed. Chicken needs to be organic and free of hormones and antibiotics.

15. Do not fry anything. Heating destroys even the best oils and converts them into harmful oils. If you must, stir fry, and use a little coconut oil or extra virgin olive oil. These oils break down less with heat. Avoid fried foods, and trim the fat off your meat. Remove skin from chicken. Replace bad fats with good fats like Doctors Research Omega 3 fish oil from my office. Nordic natural fish oil is a second choice. Most people would benefit from taking a tablespoon of organic, extra virgin, cold pressed olive oil each day. I do not trust Italian olive oil, which most are.

16. Look for California Olive Oil Council seal (COOC) for oil from the USA. Coconut oil is also good. Ask Dr. Jennings to test you to see which oil is best for you. T. J.

Robinson, the olive oil hunter, is an expert in olive oil and will send clients the best olive oil from all over the world. I use the Olive Oil Hunter's oil.

17. Use only expeller expressed or cold processed oils. It should say on the label. The best are avocado, flax, borage, olive, fish oil, and coconut oil. Keep oils refrigerated after opening except olive oil. If oils get cloudy, throw them away. Never fry or heat the oils. Use raw butter if you can get it or make it, but never use margarine. Do not use vegetable oils, canola oil, corn oil, or soy oil. Many chronic and life threatening condition can be attributed to bad oils. Read the labels on salad dressings and other foods to avoid bad oils. Chemical free and mercury free cod oil is available in our clinic. Do not trust most fish oils.

18. Avoid over the counter medicine, and see us for alternatives to most prescriptions. The goal is to take as few prescription drugs as possible. Drugs are a major cause of health problems and even why chiropractic adjustments don't stay in place. Medical mistakes are the third leading cause of death in the US according to the New England Journal of Medicine. One person dies every 5 minutes from admitted medical mistakes. If you consider all the deaths due to medical drugs and mistakes not admitted, then doctors would be the number one cause of death in the USA. We are the most medically drugged country in the world by far and rank in the high 40s for the healthiest and our cost of health care exceeds most countries in the world's total budget. Medical based health care, except for emergency room care, is a failure.

19. Avoid common salt. I recommend Redmond's Real Salt, which is available in our office. Redmond's Salt is full of over 70 trace minerals, which farmers no longer add back to the soil. Use as much of this salt as you like. Do not use the sea salt sold in most grocery stores. Himalayan pink salt is also good. Salt is necessary for digestion and nerve conduction and many other reasons. The right salt does not cause high blood pressure. I also like LMNT electrolyte salt and you can use the unflavored one as salt. It is a great electrolyte product and is especially good for athletes. LMNT also makes fasting easier.

20. Herbs are good for seasoning. Moderate use of herbal and green tea is good. An excellent book on herbs is "The Scientific Validation of Herbal Medicine". By Mowrey PH D. Use herbs according to your blood type. Ask for a free brochure listing herbs and foods for your blood type. www.braggs.com has an excellent herbal seasoning, called "sprinkle", that contains 24 herbs. I also recommend Bragg's Aminos for seasoning as well as Bragg's nutritional yeast which is a good source of B vitamins.

21. A very energetic tea brand is Tulsi Tea www.organicindiausa.com.

22. Drink fresh fruit and vegetable juices. Juicing your own fruits and vegetables is an excellent idea. www.vitalityplus1.com is a good source of juicers and dehydrators. Generally, a press juicer is better than centrifugal juicers. If you don't want to juice, ask us for our green drink. A short juice fast is very healthy. All juices from grocery stores and health food stores are pasteurized which destroys all the enzymes and many nutrients. If you are diabetic, fruit juices may be too much, so use vegetable juices or don't juice until your sugar is under control.

23. The most common food triggers and energy draining foods are: gluten, sugars, wheat, cow's milk, diet products, NutraSweet, non-organic peanut butter, corn, margarine, pork products, instant products, soy, milk chocolate, soft drinks, alcohol, and corn syrup. Many people have a sub clinical sensitivity to grains, breads, cereals, and pasta. Genetically modified grains absorb cancer causing glyphosate weed killers used in farming to kill weeds. Check your blood type diet and have food tested by clinical kinesiology. Rice is low allergenic. Gluten sensitivity symptoms may include fatigue, weight gain, mucous conditions, digestive problems, depression, achy muscles and many other chronic

conditions. Everyone would benefit from going gluten free. This is very important. Ask us for a list of foods that contain gluten. Many of my difficult cases respond favorably to a gluten free diet. Health food stores have gluten free breads and pastas. Red Mill flours, found in grocery and health food stores, have gluten free products.

24. Follow the blood type diet according to your blood type (A, AB, 0, or B). This is based on the book "Eat Right for Your Type" by Dr. D'Adamo. Ask us for a free list of foods to eat according to your blood if you don't want to buy the book. Exceptions are possible so ask me to test you.

25. Read "What the Bible Says about Healthy Living" by Russell MD. www.Amazon.com. This explains the Biblical way to stay healthy. Combine this book with "Eat Right for your Blood Type". If either diet says no to a certain food, then do not eat it. "Fit for Life" by Diamond explains how to combine or avoid combining foods for maximum energy. Any book by Paul Bragg is good. www.Bragg.com. Highly recommend is "Living on Live Food" by Alissa Cohen. These are my top reads for patients out of the 9 bookcases of books I have read.

26. When purchasing beef, buy 100% grass fed (not grain fed) that is hormone and antibiotic free. Find a farm at www.eatwild.com, www.mercola.com or www.grasslandbeef.com. Eat
meat medium well with just a little pink inside. Holy Cow in Monon, Indiana, is a good meat source. 219- 253-8491.

27. Avoid all nutritional supplements unless applied kinesiology testing procedures confirms the need. When in doubt, do not take supplements. Most supplements from health food stores do not work and can damage your health. 99% of supplements are synthetic or made from crushed rocks or contaminated with environmental toxins. Food supplements are no substitute for a poor diet. However, even the best diets need to be supplemented. Ask for a list of reasons. Supplements are suggested on an individual basis. When being tested, you must tell me if you are taking any supplements or prescriptions drugs. Taking extra supplements on your own, unless approved by muscle testing, could cause an imbalance in your system. The goal should be to eliminate or take as few prescription drugs as possible. Have your supplement requirements checked at least once a month. Dr. Jennings says "Test, don't guess."

28. The common factors of long life for most people over 100 years old are: 1). They are rarely overweight, 2.) They eat lots of fruits, vegetables, and natural foods, 3.) They try to remain active, 4.) They have a good outlook on life and have a higher purpose for living.

28. What supplements does Dr. Jennings take on a daily regular basis? Everyone should be tested on a regular basis and programs should be tailor made for each individual. However, here is what I do: I get checked weekly by muscle testing and take the appropriate Humankind Homeopathic supplements. See my site for more information. This can change weekly. I also take Supreme Greens or a multiple supplement called Comprehensive Daily Essentials, and my clay shake. I add Fulvic Acid to all of these to amplify their effectiveness. I use Glutaryl (glutathione) which is the strongest antioxidant in the body. I also use essential oils, especially Sacred 3. Megasporebiotic is my probiotic that I take. Omega 3 fish oil from Doctor's Research is my clean fish oil product. I have researched dozens of companies and thousands of products in 48 years of practice. Although I am always looking for better products, I believe I have some of the best available. We have a complete line of homeopathics and supplements to meet every need. Do not waste your money and endanger your health with inexpensive supplements from drug stores. Save your money in other ways, but get the best for your health. Most multiple supplements, such as Centrum Silver, test weak with muscle testing. New supplements and genetic testing for supplements will be available in 2026.

29. A great supplements program for children would be: ¼ to ½ scoop of Supreme Greens in water or Comprehensive Daily Foundation ¼ to ½ ounce. Add 1 eye dropper pinch of Fulvic Acid (about 25 drops) in one of the above. Megasporebiotic 1 per day. Omega 3 fish oil 1 per day. Keep Triguard or Micronic Silver on hand for infections.

30. Cultured foods are much higher in available nutrients and contain many probiotics. Go to www.krautsource.com and get the bundle item with the book and canner top. Use one Mega sporebiotic in each batch.

31. An anti-inflammation diet such as the Mediterranean diet without the grains would be good for most people. The Paleo diet is also good as well as eating more raw foods. Ask us for a diet that tests good for most people based upon muscle testing.

Dr. Proper Exercise:

1. There is a new revolutionary way of exercising that is rapidly growing with elite Olympic and professional athletes as well as non-athletes, youth, and the elderly. B3 Bands worn on your upper arms and upper legs as you work out will allow you to work out in half the time with half the weights with better results. B3 Bands can be used with any sport or activity to improve strengths, energy, weight loss, lift emotions, and effect your health in many ways. You can save gym membership and work out with no additional equipment needed. You will be assigned online coaching for free for 30 days. There is a thirty-day money back guarantee. Science has shown B3 BFR exercise, which safely mimics high intensity exercise, can reduce pain, decreases post-surgery rehab by close to 50%, allows for an increase of human growth hormone (the anti-aging hormone) by up to 25 times, burns an additional 400 to 800 calories, strengthen bones, helps the cardiovascular system by releasing nitric oxide for circulation and blood pressure, supports cognitive function by increasing brain derived neurotrophic factor, enhances the immune system by increasing killer white blood cells, produces myogenic stem cells to aid in musculoskeletal healing, helps reduce blood sugar, and much more.
   I really endorse interval training where you go very fast for less than a minute, rest, and repeat several times. For example: warm up slowly for 2 minutes, go full speed for 30 seconds, go slower or stop until you catch your breath (usually 1-2 minutes) and repeat full speed for 30 seconds. Do this 30 second regimen up to 8 times. Do not start this unless you have Dr. Jennings ask your body if you are able to do it, how much, and how often, by muscle testing. Using the B3 bands would greatly amplify this. Also, do weight training with B3 twice a week with light weights or half of your usual amount. **DrJennings.B3sciences.com**

2. Walk outside all year, unless the weather is really bad, to help adapt to seasonal changes. Outdoor exercising is more energizing than indoor. Take deep breaths as you walk. Work up to about 30 minutes a day at a brisk pace. A series of short wind sprints is better on your joints than jogging. Walking for 20 to 30 minutes a day should be a habit. Here is an interesting fact. All Amish men have the gene for being overweight, but few are overweight because they average 18,000 steps a day. Bicycling is also very good. Again, use B3 bands to make it even more effective. Do 30 second squats every minute and use light weights in your hands as you walk with the B3 bands. You do not need to walk more than 20 minutes with the B3 bands.

3. Ask us for a list of the best motion-control shoes or Google top ten motion control shoes. Extra Mile in Valparaiso, Indiana has professional shoe fitters.

4. If you need to exercise indoors, use a mini trampoline for jogging. This really helps lymphatic circulation and protects your joints. I recommend short vigorous running in place on a trampoline by lifting your knees high and your arms up and

down quickly followed by gentle bouncing between sprints. If you only can get one piece of exercise equipment, get a mini trampoline. Get one that has a good bounce. Add B3 bands to make it much more effective in just 5 to 10 minutes.

5. We have a great stretching DVD by Dr. Clark that should be done daily by everyone. Attempting to stretch helps even if you cannot fully do it as well as the DVD. A 30 to 40 second stretch for each maneuver is enough unless you feel you need to do it longer. Do slow deep breathing as you stretch. If you have problems with some of the stretches, ask me how you can modify them. Cost is ten dollars. We also have free exercise guides for specific body areas.

6. www.meltmethod.com has good exercise devices for working out musculoskeletal problems.

7. Ask me to test for one or two specific exercises for your problem or pain area.

Dr. Fasting

1. Fasting and praying is God's powerful way to restore and maintain your health. It is nature's operating table. Jesus said, "When you fast" not if you fast. Animals instinctively do this when they are sick or injured.

2. Recommended reading is "The Miracle of Fasting" by Paul Bragg at Amazon. This will explain why you fast, what to expect, and is a real encouragement.

3. People on diabetic medicine and certain other medications may not be able to fast. Consult us or any doctor experienced in fasting if you are in doubt.

4. Read about “intermittent fasting” at www.mercola.com Consult with me to see if you should fast and how long. This is when you only eat foods within a 6-8 hour window of time each day.

5. Drink lots of distilled water while on a fast. Fiji water and Essentia water are alkaline waters and are good to use for a short time when traveling. Distilled water is the best as long as it is not put in soft plastic containers. The British Berkfeld is a great water filter that uses no power. It has been used by missionaries in third world countries for decades. Hydrogenated water at Echowater.com (Ask for a discount code) is great to drink on a daily basis especially if you have serious health conditions and is my first choice in getting the best water. I make hydrogen water from distilled water. An LMNT electrolyte during a fast makes it easier and helps to maintain energy. They have plain or flavored.

6. If you want to juice fast, get a juicer or use the green drink from our clinic. If you have sugar problems vegetable juice is better than fruit juices. The main problem with juicers is some are hard to clean, so get one that is easier to clean so you will use it.

7. We have a fantastic clay cleanse to detoxify the colon and entire body. It is volcanic ash that is very alkalizing, contains all the trace minerals, and pulls out heavy metals, environmental poisons, and unfriendly germs. It can also be used externally for acne, burns, cuts, rashes, skin problems, and pain. Www.bentoniteclayinfo.com. Everyone would benefit from some variation of this powerful cleansing clay on a routine basis. Fasting with clay and Supreme Greens, alternating them every few hours, is very powerful. Bone broth and unsweetened herbal tea can be used when fasting. Detoxification is a major key to good health. Detoxing is harder to do, but more important than taking in good nutrients. Ask Dr. Jennings to muscle test your body to ask it for a tailor-made detox program with the clay and other supplements. Soaking in a clay bath is

very helpful for detoxing. Four ounces in a hot bath for 20-30 minutes is a good dosage. This formula is one of my favorites: 4 lbs. Epsom salts, 4oz clay, 8 pinches of Fulvic Acid, and 30 drops of sacred 3 oil blend and soak for 30 minutes. Eat or drink something healthy before you get into the tub.

8. Do a Gall Bladder Flush to flush out liver and gall stones once a month until you see no stones passing in the stools. Get "Amazing Liver and Gall Bladder Flush" from www.Ener-Chi.com. Ask me if you need to do the flush. Our flush is different from the one in the book, but the book explains why flushing is so important. Do not do this unless I say you can and should do it.

Dr. Restful Sleep

1. Sleep recharges our batteries, detoxifies our brain, and speeds up healing. The average person needs about 8 hours of sleep, unless you are ill, then you will require more. Children require more sleep than adults.

2. Avoid electric blankets. Keep electric alarm clocks, cell phones and appliances at least six feet away from you when sleeping. Unplug your Wi-Fi at night. Put your phone on airplane mode.

3. I recommend JASPR air scrubbers to filter mold and impurities out of the air. For a $400. discount arranged by Dr Jennings for his patients, order at jaspr.co.breath.com or go to their site and type in the discount code BREATH.

4. Do not sleep on your stomach.

5. Use a good orthopedic pillow from our office. Others are also available from our catalogs.

6. Tell us if you suffer from insomnia. Products and techniques are available to help. We also have a free list of over 36 helpful suggestions. Ask for Kalmz and take 1-4 at bedtime. Sleeping pills may help you sleep, but they will not give you quality sleep or allow you to heal as well.

7. Usually a cooler temperature around 67°-71° is best for sleeping. Do not sleep with a fan or any type of draft blowing on your body.

8. See Purple.com for a great mattress with a unique support system and non-toxic material.

9. Do not eat within 3 hours before bedtime.

10. Get your room as dark as you can to help the pineal gland in your brain to trigger sound quality sleep.

11. Go to bed by 10:00pm to allow your body enough time to make melatonin which is produced in the pineal gland to restore youthfulness and fight cancer. This is mostly produced in the 2 hours before midnight.

12. Use a grounding mat under your bed sheet. Most grounding sheet break down after a few washings, so use a mat. I use Down to Ground. Use this link for a 10% discount arranged by Dr Jennings for his patients: https://www.downtoground.co/STEVE21087 All animals in nature sleep grounded. We are not grounded when we sleep in a non-grounded bed. Walking outside in bare feet is good grounding. Get 100% leather soled shoes to ground to the earth in cold weather.

13. Elevate the head end of your bed 4-6 inches to help snoring, sleep apnea, and other sleeping problems.

Dr. Fresh Air

1. No Smoking! Cigarettes have over 3,000 chemicals in them. Try to avoid all second hand smoke. If you need help to stop, ask me. To break this habit, if you desire, there are free self-help directions on Google. EFTforChristians.com. Also Tappas Acupuncture Technique (TAT) www.tatlife.com can be done at home. We also have acupuncture techniques. To make any of this work, you must want to quit.

2. Put an air filter/scrubber in your bedroom and other area where you spend most of the time in you home. Order at jaspr.co/breath to get a discount of $400. arranged by Dr Jennings for his patients.

3. Use a central vacuum or a vacuum with a good filter. I recommend a Dyson, but there are many good ones. Just don't get cheep ones. Perhaps consult with a vacuum specialty store. Hardwood floors are more hygienic and easier to clean than carpet especially if you have pets.

4. Use a high-quality furnace filter and clean or change it monthly.

5. Breathe deeply and slowly from your abdomen several times a day, especially outside. Read "Super Power Breathing" by Paul Bragg at www.bragg.com Buy a Heart Math device for your smartphone to help you train your breathing to change heart rate variability. See www.heartmath.com. Breathe in for 5 seconds, hold for 5 seconds, breathe out for 5 seconds, hold out for 5 seconds and repeat. There can be slight variations of this. Proper breathing helps relaxation. Heart rate variability (HRV), not your pulse, is one of the best indications of good health that can easily be measured. Look into getting a device for home use. Some smart watches have heart rate variability as do Oura rings, but I don't like wearing electronics all the time, just for a few minutes to monitor various activities.

6. Do not use commercial air deodorizers of any kind. Use natural essential oils if you want to add aroma. These are available from our clinic. Also, Pure Citrus orange spray is available at Amazon. It is all natural. (Use orange flavor only) Many in door plants help draw toxins out of the air.

7. Eliminate damp moldy areas in your home. You can purchase a mold test kit from Walmart and test yearly. Put a test kit in your attic, basement or crawl space, in your bedroom, bathroom, and where you spend the most time. Follow the directions and send it back for testing results.

8. I do not recommend indoor pets because of sub clinical allergies and disease. I realize pets are like family. Please take no offense at my suggestion, but you may want to have your pet tested for supplements and chiropractic care to keep it as healthy as possible. Sick pets can drain energy from humans and spread germs and parasites.

9. I can test a handful of your house dust from your vacuum to see if you have an allergy to things in your house including pets. Put it into a zip lock bag and bring it with you on your next appointment to see how toxic your house tests to you. I will use specific homeopathics, light therapy, and chiropractic adjustments to assist your body in adapting to the sample.

10. Every home should be tested once for radon gas. Get a test kit from a hardware store and follow the directions and send it back. There are easy remedies for this by qualified professionals. Radon is a radioactive gas given off from the earth and cannot be smelled.

11. Have carbon dioxide and smoke detectors placed in appropriate areas in your home. I suggest bedrooms, kitchen, and furnace area.

12. A clean and tidy home is healthy and improves your mood. Most household cleaners are toxic, See health food stores for healthier choices or Google natural, safe household cleaners.

13. For bronchitis, pneumonia, and sinus problems, I recommend a nebulizer with Micronic Silver and a full mask breathing in through the nose. Sometimes adding 3% hydrogen peroxide to the colloidal silver water is helpful. Use 80 to 90%silver and 10 to 20% hydrogen peroxide. Breathe for 10 to 20 minute several times a day. Often, just using Micronic silver only for 10 minutes three times a day is all you need to do. Biocidin or HydroOxygen may also be added.

14. If you use a CPAP machine at night for sleep apnea, get a Lumin sanitizer device to help clean it. It only takes 5 minutes and can also clean jewelry and cell phones. It kills 99.9% of germs. Also use the recommended way that comes with your CPAP to clean it out. There are special mouth tapes that often reduce the need for CPAP machines and help snoring and sleep apnea.

15. To strengthen your diaphragm and breathing, lie on your back with something heavy on your navel and practice slow deep breathing with your abdomen.

16. To find the current quality of the air in you are, which can change daily, go to www.airnow.gov

Dr. Pure Water

1. Distilled water is the most pure water on the planet. If you make your own, avoid putting it in plastic bottles. The British Berkefeld (Big Berky) is a good second choice for just a water filter that uses no electricity. Echo Hydrogen water maker has hundreds of research articles showing that it helps many patients with serious health issues. For the best hydrogen units for home use, I recommend https://echowater.com/?_ef_transaction_id=&oid=19&affid=226 Dr Jennings has arranged a discount for patients if you use this link.
If *y*ou want the ultimate water system use distilled water as well and some hydrogen water, especially if you have a serious chronic health condition. I use a counter top distiller. Use this link to get a 5% discount https://mypurewater.com/?sld+drsteve When you check out use the code DRSTEVE for the discount arranged by Dr Jennings for his patients.

2.Drink at least 1/2 your body weight in ounces each day. For example, if you weigh 200 pounds then drink 100 ounces of water. Other drinks do not count. Put your homeopathic drops from HumanKind in your water and sip on all day. Put the amount of water that you require in a container at the start of each day so you know how much to drink, otherwise you will lose track of how much you need to drink. You do not need to drink more than 100oz if you are over 200lbs unless you feel the need.

3.Drink fluids between meals so you don't dilute your digestive enzymes when you eat. Especially avoid ice drinks at meals because it slows down digestive action.

4.An excellent book about water is "Water-The Shocking Truth" by Paul Bragg at Amazon.

5.Ask me to see if your body is properly utilizing good water. Some of the sickest people are not utilizing water even though they are drinking the right amount.

6.Soak in a hot bath with 4 pounds of Epson salts for 20 to 30 minutes for sore muscles and to help detoxify the body. Even better, add 4 ounces of our Living Clay.

Ask me to test to see which essential oil to add for specific health concerns.

7.Bathe or shower daily. Brush with a soft bath brush. Brush towards the collar bone. Use products from Melaleuca, The Wellness Company, for shampoo, soap, and personal care. Health food stores also have many safe natural products for personal use. Also see www.schmidts.com for soaps and deodorants from Walmart or Amazon. I use Miracle Soap II with moisturizer for my hair and body wash www.miraclesoap.com

8.Do not shower or bathe in unfiltered city water. See www.ewater.com for shower filters. This filter helps your hair, skin, and thyroid by getting the chlorine out.

9.Eliminate soft drinks. Check your blood type to see if you can handle coffee, if so, limit it to 2 cups of organic coffee per day. Use organic herbal teas.

Dr. Balanced Posture

1. Go to a chiropractor at least once or twice a month for life. This will help maintain the proper nerve energy flow to all of your organs and body parts. Go more often if you are having health problems. Remember, your spine does not need to be hurting to benefit from an adjustment. This is the most important thing you can do for your health. We specialize in upper cervical care www.upcspine.com and cranial adjusting www.mybetterbrain.com. Dr Jennings has been trained in over 50 chiropractic technics not taught in the colleges and can tailor make gentle specific adjustment for you. He has adjusted patients from a few hours old to 104. The brain and nerves must be free of interference because the nervous system controls everything and helps us to adapt to the stresses of life.

    1. Ask us for a free list of spinal care suggestions. This is a list of do's and do don'ts to help you stay in alignment. Dr. Jennings is a contributing author of "Neck Pain" by Fernandez. This is the most complete self-help book for taking care of you neck. We sell it at cost in our clinic.

    2. Follow a good exercise program to stay fit and improve muscle tone. Work out with B3 blood flow resistant bands for 5 to 20 minutes. www.DrJennings.B3sciences.com This helps chiropractic adjustment to hold in place longer.

    3. I recommend better balance orthotics from Australia to balance the spine and muscles of the body. www.betterbalanceorthotics.com for information. We take the measurement of you feet in our office and will order it for you. They really help your body hold your chiropractic adjustment better.

    4. Ask for a free list of motion control sport shoes. Do not let your shoes get worn out especially at the heel, but shoes can also wear out on the inside which we not be able to see. Never wear heels over one inch. You can google: "Top 10 motion control shoes". Go to Xtra Mile Fitness in Valparaiso, Indiana for professional shoe fitting. Leather soled shoes help ground you to the earth.

    5. Ask me for specific spinal fulcrums to lie on at home to reshape your spine. This usually takes about 10-20 minutes per day. (A good time to pray or meditate). I also have a simple and easy to use home neck traction device that only takes a few minutes to use.

    6. Ask for specific exercises for specific problem areas of your body.

    7. Wrist, elbow, ankle, and knee braces and support are available from our office clinic for acute injuries. However, we usually recommend kinesio tape or Rock tape for most muscular skeletal injuries. Rock tape causes the brain to pay more

attention to the area taped. It helps speed healing, reduces pain, helps bruising, improves acupuncture energy flow, helps the fascia, and is easy to use.

8. Low back supports should be used in recliners and cars. These are also available from our clinic.

9. Pfrimmer Deep Muscle Therapy is a highly recommended massage. Rensselaer Massage and Holistic Therapies located in Rensselaer with Licensed Massage Therapist, Christine Jennings LMT is my recommendation. Christine recommends getting a massage every 2 -4 weeks to release adherent conditions within the muscle tissue, to restore flow of lymph, improve oxygenated blood to the whole body, to improve and aid free movement of joints, to assist organs to help remove waste products such as toxins, etc. Christine Jennings LMT is a Nutritional Consultant who is trained in personalized nutritional testing and can test your body for supplements. To make an appointment with Christine Jennings LMT call (219) 863-1074 and leave a message and she will call you back or you can make an appointment on her site.

10. We also use a super pulsed magnetic laser, special LED and infrared lights, Chirowave advanced ultrasound, nano-current electrical stimulation, percussors, Hivamat, Stimpod radio frequency simulator, and rapid release instruments for pain and healing. Acupuncture, dry needling, and cupping are very helpful with pain conditions. Read about these modalities on my site.

11. Dozens of muscle ointments have been tested in our clinic. Highly recommend is Relief cream from our clinic, which comes with a money back guarantee. This can also be used with a few drops of essential oils from the clinic.

12. Pulsed Electro Magnetic Frequencies (PEMF) is my latest (2018) addition to my clinic and is one of the best therapy devices I have ever seen. See Pulse Centers of America. (www.PulseCenters.com) See the link on my site. Almost everyone could benefit from this. I use it on myself several times a week. Patients with implanted medical devices such as hearing aids, pain pumps, insulin pumps, and pace makers cannot use this.

13. Although Dr Jennings has held a license for acupuncture in Indiana longer than any other doctor. Ask me if you want to try acupuncture or get information.

Dr. Sun

1. As long as the weather permits, try to get at least 30 minutes of direct sunlight on at least 25% of your body or more each day. It is the best source of Vitamin D for your health.

2. Sun bathing is good, but do not get a sunburn. For sunburns, we use AI-Inflam and EpI-Cell/ Rep from our clinic. Aloe Vera from the plant and our clay are great for all burns and other skin problems. Bragg's Vinegar is also good for sunburns. Relief cream from our clinic also works on burns. The sun doesn't cause skin cancer!

3. Most sunscreens are toxic and the increased use of sunscreens seems to correlate with increased skin cancer. Most skin cancer patients are low on essential fatty acids and Vitamin D. Ask us for our recommendations.

4. Avoid tanning beds.

5. If you have been told to avoid the sun, this advice is wrong. See us for the evidence and
solutions so you can enjoy the healthy benefits of the sun. Don't be a house plant or cave dweller. There are many benefits of getting out side.

Dr. Positive Attitude

Stress and negative emotions such as fear, sadness, anger, resentment, bitterness, grief, sorrow, and worry greatly effect health. Emotions are real, invisible energy. They can be positive like love, joy, and peace or negative like anger, fear, and sadness. Negative emotional energy can get trapped in organs and tissues and effect health all the way to causing death.

1. Read and practice what the Bible teaches! If you have never read the Bible, start with the book of John, the 4th book in the New Testament, after the book of Luke. The gospel of John mentions "Love" many times.

2. Pray and meditate daily. Talk to God just like you would a friend. He is eager to hear from you. Listen to the good thoughts and suggestions He will put in your mind.

3. Listen to good, uplifting music, especially praise and worship. Be careful what you watch on TV. Check out Wholetones healing music. It is very healing music similar to what David used to calm Saul in The Bible. Tammy Sorenson's music is also tuned to the key of David's instruments.

4. Hug someone often. They best way to hug is heart to heart by placing you head to your right and their left. 90% of people hug wrong. It is a way of giving and receiving love from the heart.

5. Loving and helping others will get your focus off "poor me" attitude. Be a friend and service minded.

6. Focus on solutions not problems. Problems are opportunities to learn, mature, and serve.

7. Forgive. Don't judge. People already have a Judge and it isn't you. Forgiving others is for your health and benefit, not others. You can encourage and influence people, but you cannot control them. You may never know what problems or situations others are having to go through. Show mercy.

8. Smile and laugh often.

9. Fear, Anger, Sadness, Worry, Grief, Guilt, Rejection, Regrets, Loneliness, Hopelessness, and Sorrow are the basic emotions that will destroy your health. Replace them with Love, Trust, Forgiveness, Gratitude, Peace, Hope, and Harmony.

10. Ask me if one of my emotional techniques or supplements will help you.

11. Practice gratefulness, count your blessings and say "Thank you" often! Write down three things you are thankful for each day for 30 days. Don't repeat any. This will allow you to review the list every day.

12. For deeper Christian counseling for spiritual and emotional help contact Gracepointrensselaer.org 219-866-0740 in downtown Rensselaer.

13. I do not recommend secular (non-Christian) counseling or anti-depressants.

14. Worrying about your healthy is not healthy. If you have a concern and feel you need a diagnosis or test from a specialist to ease your concerns, tell us, and we will arrange for a test that we can order or a specialist to examine you.

15. Take vacations

16. Check out Dr. Leaf at, www.Dr.leaf.com or Google “Biblically based EFT”. These are great self-help sites for fears and emotional stress.

17. I recommend Tapas Acupuncture Technique (TAT) by Tapas Flemming for self-help with stress. See www.tatlife.com. I can teach you how to treat yourself with this technique. I enjoy empowering people to help themselves.

Electromagnetic Frequency Health Crisis

Electro Magnetic Frequencies (EMF) and Cellular Damage

"**All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed.**
Third, it is accepted as being self-evident." Arthur Schopenhauer

Stress is unavoidable in the world we live in. Dis-ease results when the nervous system, brain and the body fail to adapt to some form of stress. Traditionally, stress has been classified into three categories (physical, chemical and emotional). With the astronomical increase in wireless technology
(Cell towers, cellphones, Wi-Fi, smart meters, Bluetooth gadgets, baby monitors, appliances, electronics, special lighting, wireless sound systems, cordless phones, smart watches, alarm systems, computers, I pads), there is now a recognized fourth category; electro-magnetic stress. Even though now recognized, the general public is largely both under informed and misinformed regarding its biologically destructive pulsed wave form and impact on health. It is my hope that this paper helps raise your awareness and inform you of some precautions and proactive steps you can do to limit your electro-magnetic radiation exposure to you, your family and loved ones.

In 2019, I spent over 40 hours listening to three dozen top experts (Medical doctors, Chiropractors, PHDs, Scientist, Professors, and Researchers) from all over the world present their research and experiences regarding the damaging effects of EMFs in our environment and how it impacts health. EMFs affect everyone, but not everyone to the same degree. Some are more sensitive due to a number of reasons which can explain why some can go from doctor to doctor with very little or no results. Even in those who are not aware, the constant bombardment and accumulation of EMF can slowly undermine the body’s natural physiology and cause distress in even the healthiest person. If you strive for improved health, the maintenance of a high quality of life and especially if you are not happy with the results of your natural health care, this may be worth further consideration and investigation. Tens of thousands of research papers have shown very frightening trends. EMFs can damage DNA (genetic instructions) and the mitochondria (power house of cells) can be correlated with cancer, heart problems, infertility and sexual function, anxiety and depression, genetic mutation, neurological damage such as Parkinson’s and Alzheimer’s, autism, learning problems, autoimmune disease, weight gain, and many more.

In an ideal world, everything would be wired with zero sources of EMFs and no one would be hooked on the convenience of Wi-Fi on demand. Eliminating EMF sources is ultimately the best approach, though where it cannot be avoided; reducing EMF sources is the next best thing to lessen its harmful impact. The experts gave a variety of suggestions on how to mitigate the harmful effects. At first, the information may seem overwhelming, so my suggestion is to begin with small “base hits” because eventually these basic things have impact and score runs for improved health. Implementing (creating new habits) even just a few things from the following list can be helpful. Those with more pressing and acute concerns may want to address items in the list with more urgency.

1. If you have a smart meter that measures electricity coming into your house (call your electric company if unsure) either have them change it back to ‘old fashioned meter reading type (additional monthly charges may apply) or put a faraday cage around the smart meter.

2. Never put your cell phone to your head. Put it on speaker and hold it at least a foot or more away from your body whenever you use it in anyway. You can also use an air tube headset. The fine print with all cell phones says “probable cause of cancer.”

3. Never carry your cell phone on your body unless it is off, in air plane mode, or in an EMF blocking case. I put my phone in a Safe Sleeve product. Do not use the Bluetooth feature to link other devices in close proximity to your person including in your car.

4. Minimize or do not use any “Smart Appliances”.

5. Minimize or do not use wireless Wi-Fi. Only have Wi-Fi turned on when you use it. Your neighbors Wi-Fi may be affecting you if the network can be picked up by your phone. Use a wired mouse and keyboard. Especially turn Wi-Fi off at night when you sleep. A timer can be set up to do this automatically. If wireless is not a feasible option, insist in a low EMF Wi-Fi and wired router.

6. No microwave ovens. They all leak radiation, and they disable the enzymes and vitamins in your food.

7. Avoid baby monitors as they give off a tremendous amount of harmful radiation.

8. Keep anything that is electrical at least 6 feet away from your bed even if it is turned off since dirty electricity can still be present. This includes alarm clocks and lamps. The best option would be to shut off the circuit to your bedroom

9. Your cell phone should be at least 6 feet away from your bed and turned on airplane mode. The alarm will still work if you use it as an alarm clock.

10. It would be good to ground yourself to the earth as you sleep. See Dr Sleep above.

11. I have tried many products to plug into the house or wear on the body to protect from bad EMFs. The best that I have found so far that I believe is a must have is from www.orgoneffectsaustralia.au Get one for your house, your cell phone, computer, car, and to have on your body. Use the discount code DRSTEVEJENNINGS at check out to save 10%.Safe sleeve is also a good addition for your cell phone.

12. Metal fillings in your mouth can amplify EMF reading. Due to mercury toxicity, I recommend having mercury silver amalgams removed.

13. Living within a half mile of larger power lines is a huge concern. Also, living close to a windmill or large solar field may put you in extra jeopardy. You may need special meters listed below to verify if they are affecting your living area. Home biologist that are experts in this area many need to be consulted.

14. Close distance to cell towers can be trouble for many. Google how many are in your area. If we go to 5G phone coverage, danger will be greatly amplified

for those that receive that power.

15. Severely sensitive people may need to sleep with a faraday cage around their bed or EMF blocking blankets, curtains, or clothing. These people may have other issues that may need to be addressed such as toxicity or emotional stresses that are weakening them and causing them to be more susceptible to EMFs.

16. Use blue blocking glasses when on your computer or looking at your cell phone for a long time. Some electric devices have a blue spectrum minimizing or blocking feature. If you do not have a blue blocker app on your phone, download and install a blue spectrum blocking app. Try to keep your face a couple of feet away from the computer screen.

17. Keep your laptop off your lap away from your sex organs at least a foot away from your body.

18. Do no wear smart watches/computers.

I strongly advise to get some meters to check your home and work place. Get a RD 10 Rad meter or a Trifield meter model TF2 to check smart meters, Wi-Fi, magnetic frequencies, wireless phones, dimmer switches, different types of lights, appliances, and other electrical radiation. You will also need a Greenwave meter for dirty electricity. You can find these on Amazon or some of the sites below. These two meters will be able to measure all four types of EMFs.

To further personally study and investigate this subject, check out the following sites, some of which have tens of thousands of scientific articles many of which classify EMFs as at least a class 2 carcinogen (possibly or probably cancer causing), and some consider it a class 1 carcinogen (causes cancer).

www.EMF-Portal.org
www.EMFHealthSummit.com
www.WirelessEducation.org
www.RadiationResearch.org
www.EHTrust.org
www.TakeBackYourPower.net
www.LessEMF.com
www.AntennaSearch.com
www.StopDirtyElecticity.com
www.PowerLink.org
www.ElectroSmogRx.com
www.NonTinFoilEMF.com
www.ClearLightVentures.com
www.ElectraHealth.com
www.Hedronemfprotection.com

Dr. Dentist

1. See your dentist twice a year. Bad teeth can cause many health problems throughout the body. I have seen bad teeth cause lower back pain, heart problems, arthritis, kidney problems, and knee problems, and reoccurring infections.

2. Brush your teeth twice a day with a Sonicare or Oral B electric toothbrush. Brush slowly and very lightly. Use very little toothpaste. Floss with the Reach product

from Wal-Mart. Waterpiks for the gum line can help prevent gum disease which can cause many health problems throughout the body. I would use saline solution and a drop or two of essential oil to the waterpik water.

3. Most mouthwashes are toxic. Use Tri-guard two pinches in a little water as a mouth wash to kill germs or Micronic silver from our clinic. Brushing your tongue will help your breath. If you have a coated tongue or bad breath you are toxic.

4. Avoid fluoride toothpaste, mouthwashes, and treatments. You can use a little Micronic Silver as mouth wash especially if you have gum disease. Swallow it after you swish it around your mouth for a minute.

5. Use Earthpaste, peppermint flavored toothpaste from Redmond's, available at our clinic.

6. Avoid silver mercury fillings. See a certified holistic dentist at www.iaomt.org Silver amalgam fillings are a huge problem. Dr. Jennings can also muscle test your fillings.

7. If your dentist cannot resolve your face or tooth pains, consult with me.

8. Oil Pulling is done for gum infections and to prevent oral problems. Ask for directions. We have a coconut oil that stays in a liquid state that is good for pulling. A drop of essential oils in the coconut oil can be helpful. Oil pulling for 3 to 5 minutes a few times a week is usually sufficient to help prevent gum disease, but do it more often if you have been told you have gum disease. Do not spit it into a sink. It will clog it up. Spit into a waste basket.

9. Avoid root canals. See me to get the teeth healthy or have them pulled. Root canals can cause many chronic health problems and have been linked to cancer. A bad root canal tooth can harbor infections even without pain which settles in weak areas of the body which can contribute to numerous health problems which will not respond well to doctors' treatments until the tooth is pulled. If you have breast cancer, check for failed root canals on the same side of the cancer and have it pulled. If you have heart, joint, or kidney problems, it may be root canal teeth. The top dentists may be able to do a healthy root canal if they use a special laser and ozone to clean out the tooth.

Dr. Miscellaneous

1. Avoid all vaccinations. They are not required for school except in California. Ask me how to avoid them. Also, ask for our free vaccination information packet, or visit www.nvic.org, the National vaccine Information Center. "Vaccines Revealed" is the best documentary on this subject. Also read the article on vaccines on my website, in the library section under favorite links.

2. Natural Childbirth is best. The Bradley Method is more complete than Lamaze and teaches nutrition, relaxation, coaching, knowledge, exercise and rehearsal into birth, making it more likely that birth will occur without needing drugs. A healthy baby, healthy mother, and a labor that is natural, is beneficial to the start and growth of a healthy family. Babies should nurse for at least one year. We can test mother's milk to see if it is healthy.
   Sometimes certain supplements are needed to keep breast milk free of poisons. If you have questions about nursing call LaLeche League. All expecting and nursing mothers should also take Comprehensive Daily Essentials (which an excellent pre-natal multiple supplement), as well as clay, Omega 3 fish oil from Doctors Research, and Mega Sporebiotic. If you can't or won't nurse, ask me to test formulas to see which is the best for your baby. Ask me for natural formulas

you can easily make up yourself. We have great homeopathics for morning sickness as well as for infant health care.

3. A home infrared sauna is excellent. Do not exceed 30 minutes a day. Drink lots of water before, during, and after the sauna treatment. It is a great detoxifier. Sweating flushes out heavy metals and many other toxins. Get one that is low in EMFs and allows you to keep your head out. Drink LMNT in your water to replace electrolytes when in the sauna. Be sure to cool off after in a cool shower.

4. Colonics are good if you have colon problems. We can refer you to a colonic specialist (www.cleansingwater.info) located in Indianapolis (317)259-0796). I only refer patients out to this in severe cases about once a year especially if I suspect a bowel blockage. If a severe blockage, hospital care may be needed urgently. I do not recommend colonics on a routine basis if you have no bowel problems. If you are constipated, we have natural herbal laxatives, digestive aids, fiber cleanses, homeopathics, and probiotics. You should have a bowel movement 2 or 3 times a day.

5. Once a year get a great blood and urine analysis which we can order for you. I have arranged for exceptionally low prices for lab work through Lab Corp, the largest lab in the country. The panel that I use is more complete than what most routinely get done at hospitals and doctors' offices. I can order any type of blood and urine testing as well as hormone testing. I look at labs from a functional medicine perspective. In 2026 I will be offering a genetic swab test to check for genetic weaknesses and nutritional products to help support the body so there is less likely to have problems develop.

6. Get a PH test strip and test your saliva and urine first thing in the morning and between meals. It should be at least 7.0 or a little higher. Most people are too acidic (below 7) which leads to poor health.

7. Avoid aluminum since it is associated with Alzheimer's: aluminum cookware, pop-cans, antiperspirants, some table salt, some baking sodas, chem trails, and vaccinations.

8. One of the best health websites to research health concerns is www.mercola.com and www.nataralnews.com. Another website for good dietary information is www.westonaprice.org From a medical perspective I like Cleveland Clinic's website, Mayo Clinic's website, Web MD, and Drugs.com

9. Tea Tree oil is a great topical natural antibiotic better than all over the counter antibiotic ointments. We also have other healing oils for the skin and infections. We also have clay products for most skin problems. Do not rub anything into your skin that you can't eat is a good rule of thumb. We also have an ointment for most skin problem with healthy oils and the probiotics that live on the skin.

10. Certain jewelry can cause health problems. The most common are toe rings, navel rings, and other unusual piercings. They act like bad antennas and can disrupt energy flow. Anything that crosses the mid-line of the body can cause problems such as braces. Some watches can cause problems. Muscle testing can test for interferences. Warnings to avoid tattoos are in the Old Testament. Keep cell phones off your body or on airplane mode and in a Safe Sleeve. (I personally try to use a regular phone if possible). Brain cancer and immune problems are increasing due to cell phone usage. Cell phones are banned in Europe for children. Computers and electronic note books can affect eyes, brains, and genitals.

11. Poor health is not genetically caused. It is a toxic environment and poor lifestyle choices 95% of the time. See Bruce Lipton's book, Biology of Belief. Genetics

can load the gun, but a poor life style will pull the trigger and make the genetic weakness develop. This means that even if you have the genetic weakness it may never manifest if you take care of your health. There are supplements that help the body to compensate for genetic tendencies and weaknesses.

12. To look up the side effect of your medications go to www.drugs.com. Never take cholesterol drugs or vaccines!

13. Check out the App for EWG's Healthy Living. Scan the bar code with your phone and see how healthy or harmful a food or product rates.

14. Read these books by Andre Moritz; "Timeless Secrets of Health and Rejuvenation", "Cancer is not a Disease", and "The Amazing Liver and Gall Bladder Flush". See book web site, www.Ener-Chi.com.

15. You will start to hear about more people with brain cancer and dementia and depression due to cell phones. Cell phones are banned for children in Europe. See www.orgoneffectsaustralia.au to help remedy. Use DRSTEVEJENNINGS for discount code.

16. Many household cleaning and personal products are toxic to us and the environment. Health food stores also have many healthy cleaners. See www.Schmidts.com for very good body soaps and deodorants.

17. If you do an internet search for most polluted states in the country and go to www.environmentalintegrity.org, you will see that Indiana is the #1 most polluted state. Yikes!

18. In summary: Chiropractic adjustments on a regular basis, B3 exercise, Modified fasting and detoxification, Great Christian attitude toward life, Eat right, Sunlight, Distilled and Hydrogen water, Sleep grounded, Fresh air, Better Balance Orthotics, and the best supplements. See above for discount codes for many of these items needed to accomplish these needed requirements.

Cause of all Disease

The cause of all disease is failure of your body to adapt to stress. Poor health results from the natural and logical consequences of violating one of God's physical (physics), emotional (Bible), or bio chemical (chemistry) laws or principles either knowingly or unknowingly. When stress from one or more of these violations overcome our natural resistance, then we become unbalanced structurally, emotionally, or chemically which leads to malfunction, disease, and then to death.

The nervous system's prime goal is to control function and allow us to adapt to stress. "The nervous system controls and coordinates all organs and structure of the human body and relates the individual to his environment." Gray's Anatomy, (29th edition, p.4) The body was created to be self-healing if we take proper care of it and keep our bodies free of subluxation. Subluxations interferes with the body's ability to adapt to all stress and function optimally. Most Chiropractors have their own spine checked once or twice a month and more often if there is a health issue. Get adjusted on a regular basis.

Physical, Biochemical, and Emotional Health is not just the absence of symptoms, but results when all cells are receiving 100% of their nerve energy and nutrients, are free of toxins, and the spirit is in full obedience to God's will for your life. This is a life time journey doing our best to accomplish.

If any of my patients have any healthy recommendations or websites you would like me to research please let me know. Remember you may call me anytime for free consultations about any health concern.

Yours in Health,

Dr. Steve Jennings **www.DrSteveJennings.com** **219-866-7164**