

Environmental Health: Inner & Outer

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The disharmony of our modern-day environment is impacting just about everyone. Far too many people, including children, are chronically ill and distressed. Because of this, millions of people are taking drugs and prescription medications to survive. Adding insult to injury is the constant bombardment of media misinformation to socially engineer or program the masses, sell drugs, or instill fear to justify unending wars and the theft of trillions of our tax dollars. Many people often ask...."What can we do as individuals? Where do we begin in the chaotic, warring, polluted world we live in that is controlled by powerful greedy corporations, special interest cabals, and bureaucratic, 'bought' governments?"

Along with HH Swami Isa of the [Global Energy Parliament](#), I have pondered over these questions for quite some time and concluded that all is not lost! The solution lies within each of us individually, one by one! To regain control of our lives, instill peace, and improve our outer environment, we must first change our inner environment and use our economic power. Then, the world around us will begin to change for the better.

You can start by honestly answering the questions below, thinking clearly, and being proactive!

CONSCIOUS LIVING & NOURISHMENT

Are you living and eating consciously or by a programmed habit?

Take a good look at how well you nourish yourself and your children physically, emotionally, and mentally.

Does what you eat, drink, and feed your family nourish and promote healthy growth and development, or break everyone down?

What kind of water are you drinking? Is it pure, well-structured, and hydrating, or is it full of chemicals and medications? Since the human body is 70-80% water, if you do nothing else, ensure that you and your children always have pure, well-structured water, free of all chemicals (fluoride, medications, etc.) and impurities.

What are your addictions? Instead of eating to satisfy your additions, get smart! Consume wholesome, real food that nourishes your body and mind. Select nourishing, unadulterated foods that benefit your blood type and genetics. Remember that the gut (microbiota) is the body's second brain. AVOID processed junk foods that contain refined sugar/carbs; damaged fats and oils; MSG and other addictive flavor enhancers; cryolite, glyphosate, atrazine, and other herbicides, pesticides, and agriculture chemicals found in non-organic foods; BPA, PCBs, and other cancer-causing, endocrine disruptors found in plastics and some foods; GMOs; carbonated drinks; caffeine and other stimulating drugs; and food/drinks/water contaminated with

fluoride (a thyroid suppressor and neurotoxin). Read the small ingredients section of everything you buy. AVOID or keep alcohol to a minimum. It is an addictive, refined carb that robs nutrients and rapidly ages the body. It is also a depressant drug. Go organic, and even then, be vigilant. For an excellent guide, visit <http://NourishingBasics.com>.

DRUGS/MEDICATIONS

Are you taking any recreational drugs or medications?

If so, work with a health-conscious practitioner to address the causes of your ailments, replace the deficiencies, and correct imbalances so you can wean off the drugs. Be it legal or illegal, ALL drugs have side effects. Plus, these drugs are getting into our water supplies, which presents dangerous consequences for everyone.

HOME/OFFICE ENVIRONMENT

Is the Feng Shui, Sthapatya Veda, or Vaastu Shastra of your home/work environment harmonious? (See the links at the end.)

Is your home/office/school air clean, well-circulated, and enriched with negative (beneficial) ions?

Are you or your children inhaling toxic fumes from plastic toys, furniture, or synthetic materials (e.g., building materials, curtains, carpet, new cars, etc.)?

What kind of lighting are you exposed to? Is it full-spectrum or distorted light waves?

What kind of architecture and designs are you surrounded with?

Do you live near a telephone tower, electrical relay, or broadcast transmitter?

What kind of EMFs (electric magnetic frequencies) are you and your children exposed to in your home, school, or office?

If you are using wifi, go back to wires, or at least turn it off when not in use and every night. No excuses justify the risks involved. Free your bedroom of EMFs, especially the area around your bed.

What colors have you chosen for your interior decor and clothes? Every color gives off a different vibration that can affect your mood, health, and well-being.

Do you use healthy essential oils or harmful synthetic perfumes?

What kind of music do you listen to?

Everything produces frequencies, including music, sound, light, colors, design, architecture, building materials, TVs, computers, cell/portable phones, and other electrical devices. Various frequencies are beneficial, and some are very detrimental.

Learn about the beneficial frequencies of essential oils, music, sound, light, and architecture. Once you have answered and researched all these questions, make the necessary changes for a healthier environment. Clear the clutter and create a beautiful, clean, and peaceful environment in harmony with the Laws of Nature.

Create gardens for beauty and organic food. If you have a yard, grow fruit trees. Herbs, greens, and flowers can be grown in small pots on a veranda or patio. Nature is very healing. It also provides an affordable way to beautify your home and improve your health.

WORK/PROFESSION

Is the environment in your workplace healthy, or is profit the only interest? Take a good look at where you work and the kind of work you do. Check the air quality, building biology, chemical exposure, EMFs, and lighting. These factors impact your health and well-being. Home and smaller offices are easier to improve. Just changing the type of lighting in your office can preserve your eyesight and reduce your stress level significantly.

Does your business or work exploit or harm others, or does it contribute to their well-being? Do you produce, sell, or buy products that pollute the environment or cause ill health? Working for yourself will give you more control over your work environment and the impact your work has on others.

Are you a robot of the system, or are you a leader who thinks about creating a healthier, more socially just, better world?

ECONOMIC POWER & SOCIAL CONSCIOUSNESS

Are you a sucker for advertisers and corporate greed, or do you support products that are **conductive to good health, environmentally friendly, & nourishing to the senses**? Are you kind, considerate, and respectful of others?

Stop and think about what you spend your money on, where you shop, the kind of people or businesses behind the products you buy, and how to use your economic power. Supporting small, ethical, local businesses and organic agriculture helps to maintain high standards, free enterprise, and real competition over the long-term. Don't be duped by large, unethical corporations that initially attract consumers with bargains to put their smaller competitors out of business. As we all have seen, when these corporate raiders become monopolies or duopolies, consumers end up with fewer options and higher prices. A few good examples are phone/TV/cable service providers, airlines, utility providers, chain supermarkets, etc. Be it public or government-controlled, monopolies and duopolies are bad for consumers.

Prevention is much better than trying to remedy a problem after it occurs. Thus, when people unite and use their economic power to boycott a corporate monster, it has a powerful effect that can force a business to change its wicked ways or close down. Every little thing makes a big difference. Imagine how quickly the pharmaceutical industry would improve its ethics and be held accountable or closed down if everyone stopped buying/taking drugs!

Imagine how much more peaceful and uplifted the world would be if citizens demanded accountability from elected leaders/Reps/MP/Senators for their out-of-control spending, an end to bogus foreign aid and foreign military bases, and an end to WMD contracts under the guise of security! There would be far less financial stress on everyone, lower taxes, much better/healthier infrastructure, educational opportunities, 'real' health care, and social security (pensions) for seniors.

Having a social consciousness is not bad and doesn't mean you have to give up life's comforts or liberties. In fact, it would be quite the opposite. For all the unhealthy habits/products you give up, you will find many other healthier delights that provide freedom and liberty.

When enough people raise their consciousness and make the necessary changes on a personal, inner level, humanity's environmental health on an outer level will improve. This would also benefit our children, relationships, living conditions, human dignity, and future generations. As with anything in Nature, it will take time and requires effort and commitment; but the outcome would be immensely rewarding!

To enhance your environmental health, check out the sites on the links below:

<http://www.NourishingBasics.com>

<http://MastersOfHealthMag.com>

<http://www.global-energy-parliament.net>

www.soundhealthoptions.com

<https://medicalveritas.org>

<https://calmingharp.com/>

<https://lowbluelights.com/>

<https://www.karenatkins.com/>

<http://www.naturalmedicine.net.nz/>

<https://www.momsacrossamerica.com/>

<https://www.organicconsumers.org/>

<http://fluoridealert.org/>

<https://www.alivewater.com/>

<https://childrenshealthdefense.org/>

<https://worldbeyondwar.org/?s=cost+of+war>

<https://www.doterra.com/US/en/site/nourishingbasics>

<http://robertbarnesassociates.com/blog>

<https://www.youtube.com/watch?v=96KJxYew1lo>

<https://www.fengshuiliving.com.au/what-is-feng-shui/>

<http://fengshui.about.com/od/thebasics/qt/fengshuibasics.htm>

<http://newsite.vastu-design.com/wp/introduction/>

www.sustainable-sources.com/understanding-of-sthapatya-ved-knowledge/

<https://www.thedrpshow.com/shows/bon-130528-borden.mp3> 58:41 2013

Michelle Bond Interview with Michael Borden