Index To Optimal Health Files

This File Location:

https://docs.google.com/document/d/1Zc1Foq1a-MnfARWYKDuax3mfaXu8Q8TtYdlmHqcr64I/edit?usp=sharing

**Main Website: OPTIMAL HEALTH …** [**Link**](https://sites.google.com/site/iodinereferenes/home)

**Blood Oxygenation Problems**

Learn how to breath to prevent poor oxygen levels in our blood. Learn to use an Oxymeter, learn how to prevent & treat lung diseases. … [**Link**](https://docs.google.com/document/d/1xk8eym8dfCMMAkW4s7TuupjZglglJ52Qcyib21b6iWA/edit?usp=sharing)

**Boron/Borax Report**

Cure many health problems, cure painful joints, prevent osteoporosis & build bone mass **…** [**Link**](https://docs.google.com/document/d/1GysoTIUIiV0qOqAaV4PDKxDmOBOiUyeZC2M_7yggAmo/edit#)

**Cancers Killed/Prevented by Iodine Report**

Doctors report immune system uses iodine to kill cancer cells with testimonials **…** [**Link**](https://docs.google.com/document/d/1CU1cOKdIxzuu-Mgb9iKV4QL0sKxOdt1pYE2mWms2FGI/edit)

**Candida**

White tongue, confusion, many more symptoms. This is an EXTREMELY SERIOUS, progressive disease that can even result in death. See the 5 stages of Candida here:

<https://healdove.com/disease-illness/The-5-Stages-Of-Candida-Overgrowth>

Totally destroyed by iodine supplements … See Candida in “Iodine Testimonials” below

Also see Colloidal Silver Resources, file below. See ”Candida” in testimonials.

Both Colloidal Silver and Iodine supplements cure Candida.

Older Candida Research, **(obsoleted by Colloidal Silver)**: [Link](https://docs.google.com/document/d/1ndAbkVTfthqeMx5r3K0UqMFXHbrEiL7RCgIyC9BuTTg/edit)

Colloidal silver replaces ALL of the candida drugs !

**Colloidal Silver Resources - The Miracle Treatment for Disease**

Learn how Colloidal Silver cures disease better than Antibiotics

Kills all bacteria, fungus & virus safely & with no side effects including Candida & Morgellons.

Even kills disease resistant to antibiotics …

* **Colloidal Silver Resources …** [**Link**](https://docs.google.com/document/d/1wfnslQKQDd3i3ZK5B6jnW2cPv_0QnCTNstWF5trl_hc/edit#)
* **Handout for family & friends …**  [**Link**](https://docs.google.com/document/d/1LpuaQscGydfSzLfmJPFuq2TMauOeUOcFxiAj4ZHh8gs/edit#)
* **Testimonials …**  [**Link**](https://docs.google.com/document/d/1JWJlelWt8TgWM_tnlZZVgkYZmBPL46nFbLriD3N-Qso/edit#)
* **Colloidal Silver Home Generator Reviews …** [**Link**](https://docs.google.com/document/d/1E0JU4pU9sjNc91_4iZ5oThNsr6b9LkqtnU0X9MsavJg/edit#)

**Diabetes Solutions … See Heart Disease below**

**Erectile Dysfunction Causes**

See Viagra Report & Heart Disease Report for newer updated info **…** [**Link**](https://docs.google.com/document/d/1MBtk754dfmBMvkEAzCcTPCAvolVJ9GnBkXg2U1HG06o/edit#)

**Female Sexual Dysfunction**

Female Libido & clitoris suffers from plunging levels of Nitric Oxide caused by aging,

The cure for plunging nitric oxide is a simple supplement … [Link](https://docs.google.com/document/d/1eT9H70RuLi02WFLKXmJh9nBmsHQshXW9MhJswlyeV2M/edit#)

**Hair Restoration**

Apply Castor Oil to the scalp, cures baldness … [Link](https://www.google.com/search?q=castor+oil+hair+loss&oq=castor+oil+&aqs=chrome.2.69i57j69i59l3j0l2.11125j0j8&sourceid=chrome&ie=UTF-8)

**Hashimotos, Thyroid Problems**

The vital role of selenium & iodine for the thyroid **…** [**Link**](https://docs.google.com/document/d/1751jwypZ4nugKFA3Nk4PJ2MgDbnrVz5an3c76C7hdok/edit?pli=1#)

**Heart Disease & Diabetes Solutions**

Prevent the #1 killer, restore cardiovascular system to youthful health

Prevent strokes, heart attacks & erectile dysfunction, reduce blood pressure to normal

Clear clogged arteries like a Roto Rooter ….[.Link](https://docs.google.com/document/d/1vpBf2OUlekJ1gjPy4G_SUSL5BLXc9rp0mO-4KTVuATA/edit#)

**Herpes /HPV Treatment Report**

Are these REALLY incurable ? Testimonials say YES **…** [Link](https://docs.google.com/document/d/14XEdQdIEjd7y126e4_4OMgeTY7L8wkAWUc5K3_3oCYU/edit#)

**Iodine Reference Files**

Iodine with co-supplements are essential for human health, and prevent a [wide range of disease](https://sites.google.com/site/iodinereferenes/home), especially in women.

**Iodine Home Pg …** [**Link**](https://sites.google.com/site/iodinereferenes/home)

**Iodine Co-supplement Details …** [**Link**](https://docs.google.com/document/d/1t_6oprpjmDCMqwCXP_6BMf0Mbr9DivmOSALeJTjReuY/edit#)

**Iodine Deficiency Diseases, Symptoms …** [**Link**](https://docs.google.com/document/d/1vfO5Tfc6-Pb9TmeIvRZSXiIU_WTVLdQhri29aakNfSM/edit#)

**Iodine Detoxing Help …** [**Link**](https://docs.google.com/document/d/1Re0I1CxVrs7FBFjYAst6CcEUPS4rucIQjbPLXVquje8/edit#)

**Iodine Handout - How to take Iodine Supplements** … [Link](https://docs.google.com/document/d/1IzFKo-r2-Nn8_z0KUrOhHdlanzSuhkuV3QO03XF6YTY/edit#)

**Iodine Instructions**

How to make your own iodine, SSKI, Dosage Help, More **…** [**Link**](https://docs.google.com/document/d/16Dpy1_mGUy3dOxSpr7QY4oeiDVvS0jH9bkeQK_KzvG4/edit#)

**Iodine Introduction …** [**Link**](https://docs.google.com/document/d/1yQ6i7rnTTpSxIkM3UA9VgvLKtj_-RwQ7P2LsDDj9mTY/edit#)

**Iodine References ( Original old file ) …** [**Link**](https://docs.google.com/document/d/139Xa8u8kgNVT-K17TxYvsM7qsSfusxyvloIXWbU92rg/edit#)

**Iodine Testimonials …** [Link](https://docs.google.com/document/d/1KQ8tCLrOoQQJ8h_gSRM1aZ1Ya-YqaN4B3i8NMXOm8TY/edit#)

**Kidney Problems**

Kidney Stones Take 1- Magnesium Saturate Pill daily

**Lung Disease Solutions**

The ultimate solutions **…** [**Link**](https://docs.google.com/document/d/1aO0l1EwIyptXw3E2ijgCEsQfnpH2FsszCxGi4nZsaEs/edit)

Also see Colloidal Silver Resources, above for updated info

Also see **Blood Oxygenation Problems** above

**Ph Levels in our Body**

Low Ph can make us VERY sickly, How measure & cure bad Ph …[**Link**](https://docs.google.com/document/d/1MW7G-9fw8keQowEkYhYcvWZgHkr0wp97axdyOYzszMA/edit#)

**Prostate Problem Cures**

Iodine prevents & cures ALL prostate problems **…** [**Link**](https://docs.google.com/document/d/1Vd9qG9zNnOX9yZo1kFADIv1jMgp3W5scKTuKRof3BGk/edit)

Also see Iodine Testimonials, above: Prostate

**Recommended Reading:**

Dr. Research links on ALL Diseases **…** [**Link**](https://docs.google.com/document/d/1_q9ixGwZFon9yidvmZ0IFbp3Vj5jXDmOp0HwpdBS6VY/edit#)

**Septic Leach Field Rejuvenation**

Easily repair overflowing septic tank w/videos & instructions.

NEVER waste $20,000 to $50,000 to replace your leach field **….** [**Link**](https://docs.google.com/document/d/1HL-0iahk8hPwqclnajsgFnaDEq6JGNMZLaCZ14c2rps/edit?pli=1#)

**Thyroid Report**

Brilliant work by Violien, easily become an expert on your own thyroid **…** [**Link**](https://sites.google.com/site/violienshealth/thyroid)

**Viagra Report, for men only**  …. [Link](https://docs.google.com/document/d/12IvB2EvNCzlEanu1bI8ei3ZldtdolGKPlRWZslBY5KM/edit#)

* Where to get Viagra Super Bargains 90% off, Correct dosage, Viagra Tips
* How to restore youthful Penis sensitivity
* The SHOCKING TRUTH about circumcision DON’T DO IT ! ! !
* Educational text, photos & training videos to provide the best female orgasms
* How to restore foreskin

**Vitamin D3 Report**

D3 prevents/cures close to 100 health problems**…** [**Link**](https://docs.google.com/document/d/1hLMo2CkT6M00HxUGdzQ0BqyqROg41usb53wb1or2uDo/edit#)

**Wheat is Devastating to our Health …** [**Link**](https://docs.google.com/document/d/1rKuM-r9_B6SXeSczH__w4NYE2C4FmzR3mH-LVZaVLyA/edit#)

**Index to Additional Optimal Health Web Sites**

See details here … <https://sites.google.com/site/iodinereferenes/web-sites>

| **Please help to support the Curezone with a contribution**  If you found any of this information helpful, please make a donation.  The Curezone depends on contributions to survive - Grizz  <https://sites.google.com/site/iodinereferenes/donate-to-the-curezone> |
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