

# Index To Optimal Health Files

This File Location:

<https://docs.google.com/document/d/1Zc1Foq1a-MnfARWYKDuax3mfaXu8Q8TtYdlmHqcr64I/e/dit?usp=sharing>

**Main Website: OPTIMAL HEALTH ... [Link](#)**

## **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](#)

## **Boron/Borax Report**

Cure many health problems, cure painful joints, prevent osteoporosis & build bone mass ... [Link](#)

## **Cancers Killed/Prevented by Iodine Report**

Doctors report immune system uses iodine to kill cancer cells with testimonials ... [Link](#)

## **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](#)

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](#)**
- **Handout for family & friends ... [Link](#)**
- **Testimonials ... [Link](#)**
- **Colloidal Silver Home Generator Reviews ... [Link](#)**

**Diabetes Solutions ... See Heart Disease below**

## **Erectile Dysfunction Causes**

See Viagra Report & Heart Disease Report for newer updated info ... [Link](#)

## **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](#)

## **Hair Restoration**

Apply Castor Oil to the scalp, cures baldness ... [Link](#)

## **Hashimotos, Thyroid Problems**

The vital role of selenium & iodine for the thyroid ... [Link](#)

## **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](#)

## **Herpes /HPV Treatment Report**

Are these REALLY incurable ? Testimonials say YES ...[Link](#)

## **Iodine Reference Files**

Iodine with co-supplements are essential for human health, and prevent a [wide range of disease](#), especially in women.

**Iodine Home Pg ... [Link](#)**

**Iodine Co-supplement Details ... [Link](#)**

**Iodine Deficiency Diseases, Symptoms ... [Link](#)**

**Iodine Detoxing Help ... [Link](#)**

**Iodine Handout - How to take Iodine Supplements ... [Link](#)**

### **Iodine Instructions**

How to make your own iodine, SSKI, Dosage Help, More ... [Link](#)

**Iodine Introduction ... [Link](#)**

**Iodine References ( Original old file ) ... [Link](#)**

**Iodine Testimonials ... [Link](#)**

## **Kidney Problems**

Kidney Stones Take 1- Magnesium Saturate Pill daily

## **Lung Disease Solutions**

The ultimate solutions ... [Link](#)

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](#)

## **Prostate Problem Cures**

Iodine prevents & cures ALL prostate problems ... [Link](#)

Also see Iodine Testimonials, above: Prostate

## **Recommended Reading:**

Dr. Research links on ALL Diseases ... [Link](#)

## **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](#)

## **Thyroid Report**

Brilliant work by Violien, easily become an expert on your own thyroid ... [Link](#)

## **Viagra Report, for men only** .... [Link](#)

- 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](#)

## **Wheat is Devastating to our Health** ... [Link](#)

## **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>