

Natural Action Technologies, Inc.

presents

Roadblocks to Hydration

What items in your daily life prevent the body from reaching complete hydration?

1. Emotions

- A. Dogmatic Position, stuck, defensive (in Large Intestine)
- B. Fear (refers to Kidney)
- C. Sadness (in Lung)
- D. Anger (in Liver)
- E. Scared / Overexcited (in Heart)
- F. Disgrace / Shame (Conception Vessel)
- G. Worry (Spleen)

2. EMF's Electro Magnetic Frequencies (Cell Phones, Computers, Microwaves)

3. Physiological Kidney Toxicity

(Diaplex/Arginex/Chinese Herbs)

4. Pathological Bacteria

5. Parasites (Protozoans, Spirochetes, Roundworms, Flukes, Virus, Yeast, Fungus, Molds)

6. Kidney Under energized

(Right Kidney 3 TCM Acupuncture Point)

7. Heavy Metal Toxicities (Mercury, Lead, Aluminum, Arsenic, Etc.)

8. Food Chemicals / Additives (Processed Salt, Sugar, Trans Fats, MSG, etc.)

9. Teeth Maladies (Cavities, Fillings, Crowns, Braces, Dead teeth, Cavitations)

9. Liver Qi (Underenergized / Stagnant - Left Liver 3)

10. Nutrition - Water (toxic, underenergized, and under oxygenated)

(Lack of / not drinking enough - Chronic dehydration)

11. Nutrition - Air

(Toxic & Polluted - Cigarettes, Paints, Welding, Cleaning Agents, Exhaust, etc.)

12. Nutrition - Lack of Trace Minerals, Vitamins, Enzymes

13. Dessicants (aka Drinks that Dry out the Body)

(Drinking alcohol-beer/wine,whiskey, soda, coffee, Red Bull, sports drinks)

14. Pharmaceuticals (Look at the side of effects of medications, esp. dessicates kidneys and liver?)

15. Feng Shui - (Negative Feng Shui energy creates water difficult too assimilate)

16. Clothes (Toxic materials leach into skin)

17. Personal Health Items (skin creams, toothpastes, shampoos, etc.)

Bringing [Natural Action Technologies](#) Structuring Units to these arenas will promote increased hydration long term.