



How to Purify the Air

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Ecclesiastes 3:1 To everything there is a season and a time to every purpose under the heaven.

The season we are in now is totally different to our usual one. The entire family is at home doing one thing on the Computer, iPad, television, telephone. The fridge is busy, the microwave is busy, the dishwasher is running as well as the Washing Machine. We also have to dry our hair.

The radiation, the emissions and the negative powers that comes out of those machines are bad. Emissions affect our brain and it hurts our system in a negative way, especially on the blood cells and the oxygen level in our body. This will create agitation and nervousness in the body. Though the contribution may not eliminate all, but it can do a lot.

Contribution to help fight the negative effects

Eat fruits and lots of vegetables with seeds such as Mangoes, Squash, Apricot, Papaya, Bell Peppers. Drink plenty of pure water. Blood Flesh Oranges is also good for Vitamins A and helps our eternal organs.

Add garlic into your food, **check with your doctor if you're on medication for thinning of the blood before eating garlic.**

****You need Oxygen in the house so put plants and flowers in the house.**

(Aloe Vera, Spider plants, Cactus, Stone Lotus flower) **

Ventilation is necessary so we open the windows.

Humidifier is also an essential item to have at this point

Pink Lamp Salt, Hot water with some cloves spices is also good.

****That's my contribution and thanks for the opportunity****

SHALOM FAMILY, THANK YOU MHNCBUA