

HealthStyle Today

REAL HEALTH CARE IS NOT ABOUT INSURANCE



My Monthly Newsletter begins now.

When you have something to share that is valuable economically and is intended to improve your well-being, why not share it? It's simple, logical and natural!

Each month we will cover different aspects of the healthcare system and how to overcome the fear of health expenses. Get started on your own journey into understanding what your body naturally needs to overcome illness and disease.

We will offer many resources for you to consider for your own well being.

DIY

EASY PEASY MAGNESIUM

The gastric (hydrochloric) acid in your stomach is between pH 1 to 3. Wow! This hinders absorption of most capsules and tablets, rendering them useless to your body.

TRADITIONAL INSURANCE HEALTHCARE CONTRACTS

Most people do not understand their health care policy.

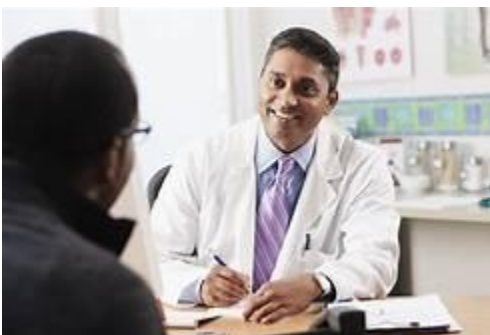
Do you?

I will explain it briefly and simply, below:

[<worksheet>](#)

SELF INSURANCE HEALTHCARE FREEDOM

Do you need extra primary care attention like blood work, diabetes management, sprain injury and wellness visits all included without co-pays and co-insurance? Consider a primary clinic membership.



PRIMACAREDIRECT.COM

Subscription primary care for a flat monthly fee. \$75 per person, comprehensive services and labs. *You can add this to any plan or have no plan at all. Cost is per family member so if you have a child that requires extra attention, you may sign up just that child. Healthcare Freedom.

Turpentine Oil

History of the medical system is an interesting. See the James Corbett documentary, "Rockefeller Medicine". It is eye opening. <https://www.corbettreport.com/rockefeller-medicine-video/>

Remember Snake Oil? After seizing a shipment of Stanley's Snake Oil in 1917, federal investigators found that it primarily contained mineral oil, a fatty oil believed to be beef fat, red pepper and turpentine. (Source: Pharmacy Times.)

In fact, it was the TURPENTINE OIL not the water snake that was the real ingredient differentiator, and it still is today! (Source: rxlist.com.)



turpentine is primarily made from pines trees!

EASY PEASY MAGNESIUM

MAKE YOUR OWN SPRAY

Did you know the best way to get magnesium into your body is through the skin? Alchemist's Health Remedies and other sources say this:

"Magnesium is an essential nutrient for cell growth and is more easily absorbed through the skin than from food sources. Many of us are deficient in magnesium without realizing it!

Magnesium offers a myriad of benefits, including assistance with insomnia, hypertension, muscle cramping and memory recall issues. its use may improve energy, allow relaxation, reduce acid reflux, and boost serotonin levels in the brain."

You can purchase magnesium spray or make your own for pennies AND you know exactly what is in it. My first batch was with quality Himalayan sea salt and very warm distilled water 1:1 ratio, this makes great ionic water. Otherwise, the same formula 1:1 Magnesium Flakes and very warm distilled water. Since this 1:1 is very strong you may want to further dilute the magnesium oil with more distilled water when just starting out.

It is convenient and effective - you can spray this mineral directly on areas that need its benefits! I use it on my over worked hands for stiffness and pain relief and apply it before bed. It will tingle for sure when you just begin, but that will subside after your skin is used to it.

Check out the many youtube videos on this subject this one is on the USE of magnesium oil spray.

Check out this youtube and more!

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

Magnesium oil spray feels like a day at the ocean swimming in the salt water, the feeling you get as the ocean water dries on the skin. Ah, nature, so good!



Contracts and Consequences

HEALTH INSURANCE WORKSHEET

By the Numbers

To get started: Collect your medical insurance coverage card, the Summary of Benefits or Evidence of Coverage documents from your insurer. Open the worksheet on your computer, or print it out.

Deductible - is the amount paid out by the policy holder before an insurance provider will pay any expenses. For 2022 the IRS defines a high deductible health plan as any plan with a deductible of at least \$1,400 for an individual or \$2,800 for a family. An HDHP's total yearly out-of-pocket expenses (including deductible, copayments and coinsurance cannot be more than \$7050 individual and \$14,100 family. It does not include out-of-network providers and treatment plans.

Co-payment - a fixed amount (\$30, for example) you pay for a covered health care service after you've paid your deductible.

Co-insurance - is a percentage of a medical charge you pay, with the rest paid by your health insurance plan, which typically applies after your deductible has been met.

The worksheet should shed light on what you are paying each month and the care you receive in exchange? What is the annual cost if nothing happens? What if one thing* happens? what if three things happen? What is worst case scenario? Fill in the numbers for next year's budget.

*illness, injury, accident, diagnosis.

After all this are you....

More Healthy? Happy? Less Stress? Is it worth it? What would you change?



<https://calendly.com/amy-nielsen>

15 MINUTES to get started.