



SOME BASICS (a work in progress) cont. #7

“Some Basics” is a list of ideas and nutraceutical/transferceutical products we compiled to assist people in getting into, what we consider, is a productive frame of mind with regards to herbal and nutraceutical and transferceutical supplements. It is by no means the be-all and end-all. We're sure others will have additional thoughts on this.

We started with ideas about **motivations and commitment** to taking care of yourself as much as possible. Then we went on to **the obvious importance of clean air and pure water**. We then reviewed **Transfer Factors, the immune system (your castle wall) product** and then the **use of a good food source multiple vitamin/mineral supplement**. Our email in June dealt with **Probiotics and Digestive Enzymes**. In July we finished our list with **Hydrated Bentonite and Psyllium**.

Previous installments of **“Some Basics”** are available at our website. <http://www.naturesbetterway.com/> The complete list of **Some Basics** is located at the bottom of this article.

We have stated many times in **“Some Basics”** that we're sure others will have additional thoughts on this. **“Some Basics”** is intended as a starting point for those interested in gaining a better understanding of herbal, nutraceutical and transferceutical supplements.

We started to develop a list of other ideas, thoughts, and therapies related to health and wellness but the list kept growing. We didn't want to leave something out, so we “googled it”. We googled **“various natural therapies”**. Here are two sites with lists of options out there. The lists are quite extensive and are a good example why we decided to provide **“Some Basics”**.

https://en.wikipedia.org/wiki/List_of_forms_of_alternative_medicine

<http://altmedworld.net/alternative.htm>



If you check out the above websites, you will be confronted with a myriad of choices in the natural health field. To have a good understanding of each of your many options will take a lot of time. We encourage any effort to do this but caution against becoming mired down trying to decide which or what to do all the time doing nothing. Should I do this? Should I do that? Is this better? Is that better? My neighbor said I should take or do this. My plumber said I should take or do that. So many decisions. So many choices. So little time. What may be worse than doing nothing is actually trying this or that with little or no consistency. Essentially wasting time and money looking for quick fixes.



“Some Basics” is an attempt to simplify.

Here’s **a quick review in reverse order** of what we discussed in these essays?

Psyllium

Hydrated Bentonite

Using these can **assist your body in the removal of toxins.**

Digestive Enzymes

Probiotics

Using these can **assist your body in the processing of food.**

Multiple Vitamin/Mineral (Food Source)

Using these can **assist your body getting basic nutrition.**

Transfer Factor

Using these can **assist your body defending itself.**

Pure Water

Clean Air

These are **obvious.**

Consistency

None of these ideas or products work if you are not **consistent in their use.**

Conviction

You will not be consistent in their use if you lack the **conviction about and understanding of the principals involved.**

Real "Want to"

None of the above will benefit you if you are not motivated by **a real personal desire (a real want to).**

Are you ready?



Can you do this?



Some Basics list:

- **Real "Want to"**
- **Conviction**
- **Consistency**
- **Clean Air**
- **Pure Water**
- **Transfer Factor**
- **Multiple Vitamin/Mineral (Food Source)**
- **Probiotics**
- **Digestive Enzymes**
- **Hydrated Bentonite**
- **Psyllium**

You can do this if this is what you want to do.

If you have any questions, please do not hesitate to contact us.

To your health and wellness,

Chuck & Judy Erkfitz

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Please consult a licensed health professional should a need be indicated.

These are our ideas. We are not doctors nor do we play one on TV. We cannot diagnose and we will not prescribe. No claims are made. These are just our ideas based on a long family history (over 80 years) in and around the health and nutrition business. Do your own "due diligence" and investigate this. You are the most important person in the world! To you - you are! No one cares more about you than you do. Pay attention! We only go around once.

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