

Written by Administrator

Monday, 10 October 2016 13:08 - Last Updated Monday, 10 October 2016 15:01

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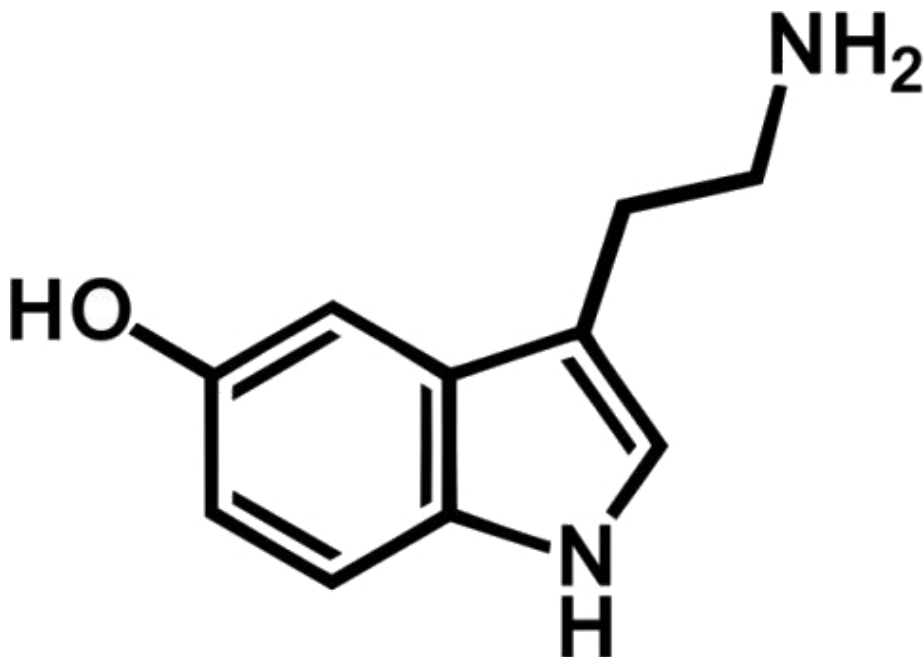


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Greetings ... in the Moon-day ... the day of the Crystal White Ray of Jesus, Christ.

And ... the idea is to speak and to talk about two key components or molecules that are present in many Foods:

The First is the Benevolent ... Serotonin.



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Fruits have ... Omega Salt ... and the Molecule is also produced by the Brain ... implanted in the Nerves ... to impulse a Benevolent: "Good Humor".

Of Course you can check the Web ...

A primary Picture is ...



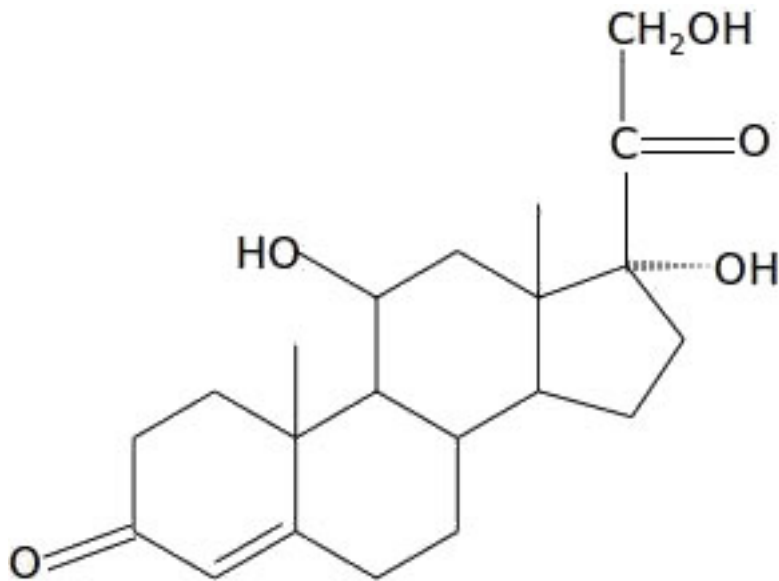
Basically ... "Hard Food" like Liquor, Continuous consummation of Chocolate and Foods with refined Sugar ... "Fast Food" ... is preponderantly rich in Cortisol.

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Cortisol Molecule is very different from ... Benevolent Serotonin ...



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If you have a minimal background on Inorganic Chemistry you can see that you are in most cases eating ... (Sorry) like Benzine Food which will ... accelerate the speed of the Ki in your Nerves ... pushing you to become more nervous.

Therefore ... exercise ... Still Water ... better with few quantities of Sodium ... enable you to ... increase the "Serotonin" in your Nerves ...

When you walk ... You produce and engine an internal Fire. The difference between a good walking or inconclusive is Perspiration.

The Fire in your cells ... consume the Free Radicals ... reduce the Fat Mass ... Toning minimally your muscles ... Of Course you can (is not necessary) go to a Gym or Practice Sport seriously with Others like Judo or Martial Arts ... but the Real Art ... is always Internal.

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I also propose ... Tai Chi ... which is VERY NATURAL ... there are also Many Masters that impart Lessons on the Web ...

- From this perspective I cannot but advice also ... Falun Dafa ...



- I can add the Maitreya Dances ... (Do not ask yet ...)
- The DNA Alignment Dances by Madam Peggy Dubro ...

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