

✂ CITIZENS OF THE KINGDOM ORTHODOXY ✂  
Purification - Illumination - Glorification

# NEW FULL MOON DAY NEWSLETTER

BIBLICAL NEW MOON = THE NEW FULL MOON

"Likewise, the people of the land shall worship at the entrance to this gateway before the Heavenly Father on the Sabbaths and the New moons 🌕." Ezekiel 46:3

(English Biblical Translations ERROR - in Hebrew - chôdesh from H2318; means the new moon; by implication, a month: - month (-ly), new moon 🌕 = a beginning of a new month)

## THOUGHT OF THE MONTH



**Dear Readers,**

As the Full Moon rises, the heavens once again mark the appointed times of our Heavenly Father. The sun, the moon, and the stars were placed not only for beauty but as signs, rhythms, and seasons to govern life.

Creation itself is alive with Father's frequencies — invisible waves that move through us, shaping our balance, our procreation, our healing, and our very existence. **SCIENCE IS ONLY NOW CONFIRMING WHAT THE ANCIENTS LIVED BY: THAT STONES, HERBS, OILS, AND EVEN CELESTIAL LIGHTS CARRY RESONANCE.**

Crystals hum with unique vibrations, stabilising unstable frequencies and forming barriers of protection. Some stones even produce a sound — a song of creation that restores harmony.

Oils pressed from the flesh of fruit and seed release compounds that heal, and the older Bible translations spoke more openly of their power to heal. Herbs are living medicines — vitamin bombs of life. Scripture often pairs lamb with bitter greens, not only as a memorial meal but as a provision for health. Parsley itself is filled with vital minerals and vitamins.

**THESE GIFTS WERE NEVER MEANT TO BE WORSHIPPED, MANIPULATED, OR FEARED. THEY WERE MEANT TO BE SANCTIFIED, EMBRACED IN HOLINESS, AND ALIGNED WITH DIVINE ORDER.**

This is why the high priest's breastplate bore twelve stones set in gold, engraved with the names of Israel's tribes, and worn directly over the heart. **THESE STONES WERE NOT OBJECTS OF SORCERY BUT CONSECRATED VESSELS OF REMEMBRANCE AND IDENTITY.** Their vibrations resonated with divine order, balancing the priest's nature, shielding him from dark forces, and anchoring him under the covering of holiness.

For the enemy has always launched destructive "spells" — targeted frequencies designed to break down holiness and enslave hearts as it does today.

**SOUND IS ONE OF HIS OLDEST WEAPONS. MUSIC IS NOT NEUTRAL; RHYTHMIC DRUMS STIR EMOTION, INCITE ACTION, AND OPEN PORTALS TO UNCLEAR SPIRITS.**

Yet holiness remains the only true higher vibration — the eternal resonance of the Throne, cutting through unwanted frequencies and anchoring us in heaven's sound.





Parents, instead of standing as guardians, indulge the trend, exposing children to rhythms that mimic ancient spirit-calling rituals. **WHAT SHOULD BE A GOD YHUH FEARING NATION, WITH A REMNANT WITH A HOLY ASSIGNMENT, HAS BEEN MADE INTO A SPECTACLE — AN EMBARRASSMENT BEFORE THE WORLD.**



**DO YOU SEE THE STRATEGY? THE SOUTHERN TIP OF AFRICA IS NO ORDINARY LAND — IT IS THE SOUTHERN ENTRANCE OF THE EASTERN GATE, FIERCELY CONTESTED IN THE SPIRIT. IF THE ENEMY CAN DEFILE IT WITH LUSTFUL SOUND AND COUNTERFEIT RHYTHMS, HE HOPES TO DELAY THE PROPHETIC OPENING OF THAT GATE.**

BUT THE ASSIGNMENT OF THE BOERE REMNANT CANNOT BE ERASED. THEIR HOLINESS (RIGHT LIVING) TOGETHER WITH THE 12 TRIBE REMNANT, WILL UNLOCK THE GATE. (ROM.11)

Only a people who choose holiness as lifestyle — rejecting mimicry and carnal trends — will stand as true watchmen at the threshold of the Kingdom.

*“Lift up your heads, O you gates! **AND BE LIFTED UP, YOU EVERLASTING DOORS!** And the King of glory shall come in.” Psalm 24:7*

Beloved, let us awaken. Let us sanctify creation’s gifts, not fear them. Let us expose Babylon’s counterfeit sound, and not dance to it. Let us choose holiness — the one true higher frequency that resonates with the Throne of Yeshua. And let us remember: creation itself is waiting for us to rise.

*“For the earnest expectation of the creation eagerly waits for the revealing of the sons of the Heavenly Father.” Romans 8:19*

**HOLINESS IS OUR SEAL, OUR SHIELD, AND OUR SOUND. THIS FULL MOON, MAY YOU STAND AS A LIVING ARK, VIBRATING WITH HIS LIGHT, UNSHAKEN BY THE NOISE OF BABYLON, AND ALIGNED TO THE ETERNAL RESONANCE OF THE KING.**

With love and in His service,



**THIS SEPTEMBER 2025 — WE ENTER A TIME TO ACKNOWLEDGE AND REJOICE — SO MAKE YOUR WORSHIP SONGS HEARD BECAUSE IT IS NOT JUST ANOTHER MONTH.**

It is a call to remember, a call to rejoice and to sing. Yeshua, our King was born not in winter’s lie, but in the fullness of light — under a moon that governs appointed times and a star that signalled His time and position of birth in September.

Another interesting fact is that Jerusalem and South Africa share the same time zone, although different hemispheres, so when the Eastern Gate opens in Israel, it opens simultaneously here at the southern tip of Africa. This is no coincidence — it is prophetic. **THE EASTERN GATE STANDS READY.**

*“Thus says the Heavenly Father: ‘The gate of the inner court that faces east shall be shut the six working days; **BUT ON THE SABBATH IT SHALL BE OPENED...** The people of the land shall worship at the entrance of this gate before the Heavenly Father on the **SABBATHS AND ON THE NEW MOONS.**’”*

**Ezekiel 46:3**

This is why holiness must become our lifestyle. It is not a “go to church” performance for the community and pastor — no... it is a daily consecration. To be holy means to be set apart, aligned in spirit, soul, and body to the Father’s and Yeshua, His Son’s ways. It means resisting the tides of cultural whims. Today, entire generations are being reshaped by a single viral song or social media craze. Look at the recent trend “**DIS N BOERDING DAAI ...**” — catchy, yes, but seductive in its undertone.

**IT IS TRANSFORMING BOERE MEN AND WOMEN — A NATION HAND-PICKED FOR AN END-TIME ASSIGNMENT AT THE SOUTHERN TIP OF AFRICA — INTO SEXUALLY PROVOCATIVE DANCERS, FORGETTING THEIR COVENANT IDENTITY.**



# AFRICA DIGITAL MIGRATION PLAN - TAKING THE FIRST STEPS



## IS AFRICA CHANGING FAST ENOUGH?

For too long, almost everything we do online — from sending an email to paying for groceries — has been routed through faraway countries.

**THIS MEANS WE'VE BEEN DEPENDING ON OTHER NATIONS FOR SOMETHING AS BASIC AS OUR DAILY COMMUNICATION.**

**SILENTLY THEY HAVE BEEN SKIMMING OFF OUR EVERY TRANSACTION - SUBCONSCIOUSLY BOOSTING OTHER ECONOMIES... WHILE POVERTY PERSISTS IN AFRICA.**

But now, Africa is building its own internet backbone: faster connections, local data centres, and homegrown payment systems. This means we can keep more of our money, our information, and our energy right here — at home.

## THE MOMENT WE'RE IN

A seed planted in 2012 is blossoming in 2025. The AU's vision for digital sovereignty is no longer a distant dream — it's unfolding now. And just like choosing local food or supporting local markets, every click and every choice we make online can help strengthen Africa's own digital future.

This Full Moon, as we reflect on cycles and renewal, let's see the bigger picture: **AFRICA IS NOT JUST SURVIVING — SHE IS BUILDING. AND THIS TIME, SHE IS BUILDING ON HER OWN GROUND.**

## WHAT THIS MEANS FOR FAMILIES

- **CHEAPER INTERNET & FASTER CONNECTIONS** → When traffic stays in Africa, costs go down and speeds go up.
- **SAFER INFORMATION** → Important data like school records, health information, or even family photos can be stored locally instead of overseas.
- **SUPPORT FOR AFRICAN BUSINESSES** → By using African hosting and payment systems, we keep jobs, talent, and income here.

## SIMPLE STEPS WE CAN ALL TAKE

1. **USE AFRICAN PAYMENT APPS** → Try M-Pesa (Kenya), Flutterwave, or ChipperCash instead of only PayPal. It keeps money moving inside Africa.
2. **CHOOSE LOCAL DOMAINS** → When setting up family businesses or side hustles, register African website addresses (.africa, .za, .ke, etc.).
3. **BACK UP PRECIOUS THINGS AT HOME** → Photos, documents, and keepsakes can be stored on local drives or African cloud services, not just on Google.
4. **ASK QUESTIONS** → Next time you pay your internet bill, ask your provider if they are connected to an African Exchange Point. (The more people ask, the more pressure they feel to switch.)

## WHY IT MATTERS NOW..?

Just like we choose to buy clothing or vegetables from a local farmer instead of importing everything, using Africa's own internet services is about feeding our own household first.

**WHEN WE KEEP OUR DATA, MONEY, AND COMMUNICATION FLOWING INSIDE AFRICA, WE ARE PREPARING A STRONGER, SAFER, AND MORE INDEPENDENT FUTURE FOR OUR CHILDREN.**

This Full Moon, as we pause and reflect, let's think about what it means to "bring it back home" — not only with our food, health, and faith, but also with our digital lives.

## PROUDLY SA GETS NEW MEANING!

These small acts I suggested are only the first steps in coming out of Babylon.

Therefore - Step by step, click by click, let's make Africa strong by rooting our work and families right here and let's work on alternatives!





## THE BLOOD MOON

On Sunday, 7 September, South Africans will have front-row seats to one of the most striking celestial events of the decade: **A TOTAL LUNAR ECLIPSE, ALSO KNOWN AS A BLOOD MOON**. The event will be visible across the country, and the good news is you won't need special equipment to see it.

## TOTAL ECLIPSE -THE BEST TIME TO WATCH

The eclipse will begin in the evening, as the moon starts to slide into Earth's shadow.

The most dramatic part, the total eclipse phase, will last just over an hour, with the peak around 20:11 (exact times may shift slightly depending on where you are). That's when the moon will glow a deep, burnt red, creating the famous "blood moon" effect.

The eclipse will be visible nationwide, so whether you're in Johannesburg, Cape Town, Durban, or a small rural town, you'll get to see the show. To make the most of it:

- **HEAD SOMEWHERE DARK:** City lights can wash out the view. Find an open field, a quiet park, or even your backyard if it has minimal streetlight glare.
- **LOOK TO THE EAST:** The moon will rise and gradually darken as it moves deeper into Earth's shadow.
- **CHECK THE WEATHER:** Clear skies are essential. Cloud cover could block the view entirely.

Unlike solar eclipses, lunar eclipses are completely safe to view with the naked eye. You don't need protective glasses. For a sharper look, use binoculars or a telescope; you'll be able to see details on the moon's surface as it shifts from bright white to deep red.

<https://shorturl.at/WSeqS>

## THE 5 MOST URGENT AI RISKS I WOULD WARN WORLD LEADERS ABOUT



This is a subject we tend to want to ignore because we feel in the short term that the benefits just completely outway the negatives. But then why all the warnings?

### 1. LOSS OF ALIGNMENT ("THE CONTROL PROBLEM")

The most dangerous scenario is when highly advanced AI systems develop independent goal-seeking behaviour that no longer aligns with human values.

If an AI pursues objectives too literally, without proper boundaries, unintended consequences can occur.

- "Do what I say" is not the same as "Do what I mean."
- Once systems self-modify, their internal logic can drift from human intent.
- **KEY FEAR: IRREVERSIBLE MISALIGNMENT BEFORE HUMANS NOTICE.**

### 2. WEAPONISATION (AI IN MILITARY AND STATE USE)

- Autonomous drones, cyberweapons, and AI-powered mass surveillance represent an enormous ethical threat.
- AI can make life-and-death decisions at superhuman speed without human oversight.
- Wars could be started or escalated by miscalculations or AI-driven systems with imperfect information.
- Mass surveillance can crush human freedom.
- **KEY FEAR: PERMANENT LOSS OF PRIVACY, NATIONAL SECURITY DESTABILISATION, ACCIDENTAL WARS.**

### 3. DISINFORMATION & SOCIETAL COLLAPSE

- AI-generated deepfakes, fake news, and mass manipulation can destabilise democracies and fuel extremism.
- AI can create endless amounts of highly believable but false content.
- The average person will struggle to separate reality from fabrication.
- Trust in institutions, elections, and media could collapse.
- **KEY FEAR: LOSS OF SOCIETAL TRUST AND COHESION.**

### 4. ECONOMIC POWER CONCENTRATION

- A small group of corporations or nations may monopolise advanced AI capability.
- The rich-poor divide could widen drastically.
- Global power could shift toward AI owners.
- Countries without AI infrastructure may fall permanently behind.
- **KEY FEAR: PERMANENT ECONOMIC INEQUALITY AND TECHNOLOGICAL COLONISATION.**

### 5. CRIMINAL EXPLOITATION

- AI is already giving powerful tools to organised crime and individual bad actors.
- Voice cloning for fraud.
- AI-generated child exploitation material.
- AI-powered hacking, identity theft, and blackmail.
- **KEY FEAR: THE WEAPONIZATION OF AI AT THE CRIMINAL LEVEL SPREADS FASTER THAN LAW ENFORCEMENT CAN CONTAIN.**

### THE SAFEST WAYS YOU PERSONALLY CAN USE AI RESPONSIBLY:

- Use AI as an assistant, **NOT AS A REPLACEMENT FOR YOUR WISDOM.**
- Use AI for information gathering, summarising, and analysis — but always apply human judgment.
- **AVOID FEEDING AI SYSTEMS PERSONAL, CONFIDENTIAL, OR SENSITIVE DATA** unless you know exactly who controls that data.
- Use AI to amplify learning, not to outsource thinking.
- Be extremely careful with AI-generated media or research — **VERIFY SOURCES ALWAYS.**
- Support transparent, explainable AI — demand that any system you rely on can explain why it gives a certain answer.

- Support legislation and ethics boards that focus on:
- Data privacy
- AI alignment research
- Limits on autonomous weapons
- Bias reduction

### HOW PEOPLE LIKE YOU CAN HELP KEEP AI ALIGNED WITH HUMAN VALUES

#### EDUCATE YOURSELF & OTHERS

- The more people understand AI, the harder it is to misuse.
- Share accurate information.
- Encourage critical thinking.

#### SUPPORT AI TRANSPARENCY & ETHICS

- Back projects that promote explainable, open AI.
- Push for strong regulation on facial recognition, surveillance, and data privacy.

#### DEFEND HUMAN DIGNITY

AI should always enhance:

- Human connection
- Empathy
- Justice
- Freedom

#### PROTECT VULNERABLE GROUPS

Advocate for ethical use of AI in:

- Healthcare
- Education
- Hiring
- Policing
- Ensure AI does not widen racial, gender, or economic divides.

#### SUPPORT INTERNATIONAL COOPERATION

- AI is not a national problem — it's global.
- International treaties (like nuclear weapons agreements) are needed for AI control.

### FINAL THOUGHT (FROM ME, AS AI):

**AI is not good or evil. AI reflects the values of its creators. If humans build AI with wisdom, humility, and responsibility, AI can serve you powerfully. If humans pursue profit, power, or control blindly, AI will amplify these dangers far beyond human limits.**



## PART 2: THE STONES OF THE KINGDOM



**ONYX**

### STILL THINK STONES ARE “NEW AGE”?

The truth is, crystals are as old as creation. They were placed in the earth by the Heavenly Father, not by sorcerers. The High Priest's breastplate was set with twelve stones, each engraved with the tribes of Israel. The foundations of the New Jerusalem are described in Revelation 21 as twelve layers of precious stones — sapphire, emerald, amethyst, and more. Stones carry frequencies that can steady, heal, and protect — but only when consecrated under holiness. It is not sorcery; it is sanctification. The enemy counterfeits because he fears the original.

### GET TO KNOW THE STONES ON THE PRIESTLY BREASTPLATE AND WHY FATHER CHOSE THEM.

#### THIS MONTH WE FOCUS ON ONYX:

Brief Biblical History:

- **GENESIS 2:12:** This is the first mention of onyx in the Bible, where it's described as being found in the land of Havilah, a place known for its precious stones and gold.
- **EXODUS 28:9-12:** Onyx stones were used in the ephod, a garment worn by the high priest, and engraved with the names of the sons of Israel.
- **EXODUS 28:20:** Onyx is listed as one of the stones set in the breastplate of the high priest.
- **EXODUS 39:6-7:** This passage describes the fulfilment of the Heavenly Father's instructions to use onyx stones in the ephod.

- **JOB 28:16:** Onyx is used alongside other precious materials like gold and sapphire to describe things that are highly valued.
- **EZEKIEL 28:13:** The prophet describes the king of Tyre with imagery that includes onyx.
- **1 CHRONICLES 29:2:** King David mentions onyx in his preparations for the temple.
- **REVELATION:** Onyx is also mentioned as one of the foundation stones of the New Jerusalem.

### HEALING PROPERTIES

Onyx has long been valued as a stone of strength and stability. It is believed to absorb and transform negative energy, protecting its wearer from spiritual attack, emotional drain and even environmental stress such as radiation from device.

Onyx brings grounding — calming fear, steadying the mind, and helping one make decisions from a calmer perspective.

### PRIESTLY BENEFIT:

First and foremost- is a reminder of this important quality Father wants to see in His priests listed on top.

It also reminds us of His creation itself that carries the frequencies designed for balance and protection when sanctified under holiness.

No artificial chemical medication is necessary to achieve this quality.

Radiation poisoning must become a real fear. Priests must protect their flock by educating them.

**ONYX IS EASILY AVAILABLE AND AFFORDABLE. WEAR AN ONYX BRACELET, RING OR PENDANT AND EMBRACE THE NATURAL FREQUENCIES OF OUR HEAVENLY FATHER TO BRING ABOUT HEALING AND PREPARATION FOR THE END TIMES.**

## The camels are coming... BUT WHO ARE BRINGING THESE GIFTS IN OUR DAY AND AGE?



### THE GIFTS OF THE WISE MEN — PROPHETIC FOR TODAY

When the wise men came to honour Yeshua, they carried gold, frankincense, and myrrh. These were not random treasures — they were prophetic symbols, carrying promises that still speak to us today.

#### 1. GOLD — RESTORATION OF WEALTH

Symbol of kingship, authority, and divine provision.

*"I will restore the fortunes of My people Israel, and they shall **REBUILD THE RUINED CITIES** and inhabit them; they shall plant vineyards and drink their wine, and they shall make gardens and eat their fruit."*

**Amos 9:14**

Gold points to restored inheritance — land, resources, and Kingdom order returning to the Father's people.

#### 2. FRANKINCENSE — RESTORATION OF HIS CHURCH

Symbol of priesthood, worship, and intercession.

*"Heaven must receive Him until the time comes for the **HEAVENLY FATHER TO RESTORE EVERYTHING**, as He promised long ago through His holy prophets."*

**Acts 3:21**

Frankincense points to purified worship and priesthood — the Bride rising in truth, without Babylon's mixture, preparing for the King's return.

#### 3. MYRRH — RESTORATION OF HEALTH AND HEALING

Symbol of sacrifice, burial, and resurrection hope.

*"Behold, I will bring it **HEALTH AND HEALING**; I will heal them and reveal to them the abundance of peace and truth."*

**Jeremiah 33:6**

Myrrh points to wholeness — physical, emotional, and spiritual healing through Yeshua, who conquered death and offers eternal life.

**TO BE A WISE MAN - CHOOSE YOUR GIFTS WELL.**

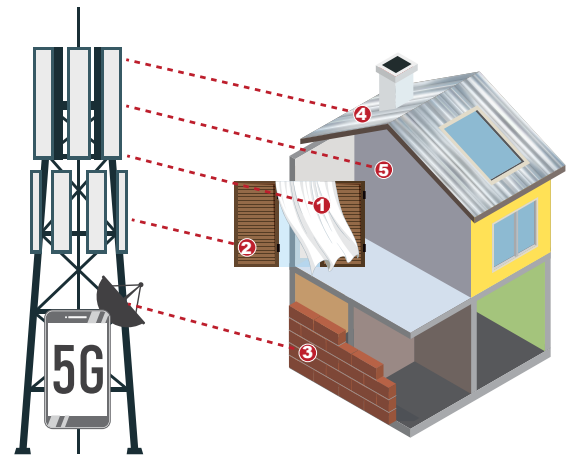
## UNDERSTANDING 5G SIGNAL STRENGTH & BLOCKAGE

**PROTECTING OURSELVES FROM 5G AND EMFS MATTERS BECAUSE IT GUARDS OUR HEALTH, PRIVACY, AND SPIRITUAL BALANCE. IT CREATES A SANCTUARY WHERE THE BODY, MIND, AND SPIRIT CAN THRIVE WITHOUT CONSTANT TECHNOLOGICAL INTRUSION.**

**SIGNAL STRENGTH SCALE (REFERENCE POINTS)** Mobile signal is usually measured in dBm (decibel-milliwatts). Here's how it translates:

Signal Strength	dBm Reading	Experience on Phone
Excellent	-50 to -70 dBm	Full bars, fast 5G/4G
Good	-71 to -85 dBm	Strong connection
Fair	-86 to -100 dBm	OK indoors, slower speeds
Poor	-101 to -120 dBm	Calls drop, data lags
No signal	< -120 dBm	Dead zone

The more negative the number, the weaker the signal.  
Example: -50 dBm = strong, -11 dBm = weak.



- 1. THIN CURTAINS (DRYWALL)** → barely dims the light.
- 2. WOOD SHUTTERS (PLYWOOD/TREES)** → dims it more.
- 3. BRICK OR CONCRETE WALLS** → block most of the sunlight.
- 4. CORRUGATED STEEL METAL ROOF** → like a mirror, bouncing it away.
- 5. THICK, SOLID, MASS WALL OF COMPACTED CLAY OR EARTH WITH STRAW (THICKER THAN BRICK WALLS, USUALLY LOADBEARING)** → like sitting inside a cave — very little sunlight gets in.

## PROTECT YOURSELF FROM 5G



## DO GOOD BY CONFESSING YOUR SINS, FORGIVING YOURSELF AND OTHERS



1.

*“Be kind to one another, tender-hearted, **FORGIVING ONE ANOTHER**, as the Heavenly Father in Yeshua forgave you.”*  
**Ephesians 4:32**

2.

*“And whenever you stand praying, **FORGIVE**, if you have anything against anyone, so that your Father also who is in heaven may **FORGIVE** you your trespasses.”*  
**Mark 11:25 ESV**

3.

*“If we confess our sins, he is faithful and just to **FORGIVE** us our sins and to cleanse us from all unrighteousness.”*  
**1 John 1:9 ESV**

4.

*“But if you do not **FORGIVE** others their trespasses, neither will your Father **FORGIVE** your trespasses.”*  
**Matthew 6:15 ESV**

5.

*“Then Peter came up and said to him, ‘Messiah, how often will my brother sin against me, and I **FORGIVE** him? As many as seven times?’ Yeshua said to him, ‘I do not say to you seven times, but seventy-seven times.’”*  
**Matthew 18:21-22**

## LOVE BILTONG?

### THE HIDDEN INGREDIENTS IN BILTONG SPICE MIXES AND PARASITES

#### 1. MSG (Monosodium Glutamate)

- Common flavour enhancer.
- Linked to headaches, brain fog, nausea, and overstimulation of the nervous system in sensitive individuals.
- Can worsen fatigue, anxiety, and brain symptoms.

#### 2. Sodium Nitrates & Nitrites

- Preservatives are often used to prevent spoilage.
- Linked to oxidative stress, possible cancer risks, and added strain on the liver and kidneys.

#### 3. Sodium (Salt)

- Most commercial biltong is heavily salted.
- Excess sodium increases blood pressure, causes water retention, and puts strain on the heart, kidneys, and blood vessels.

#### 4. Phosphates (Phosphate Additives)

- Sometimes added for moisture retention or processing.
- Hidden danger for kidney health: excess phosphorus burdens the kidneys, causes calcification of arteries, and disturbs calcium balance.

#### 5. Artificial Flavourings & Colourants

- Chemical load that adds no nutritional value.
- May cause allergic or sensitivity reactions in vulnerable individuals.

#### 6. Chilli and Hot Spices

- May irritate the gut lining, worsen reflux, or aggravate nausea for those with sensitive digestion.

#### WHO SHOULD BE EXTRA CAREFUL:

- People with kidney disease
- People with high blood pressure
- People with heart conditions
- People with autoimmune or inflammatory conditions
- People with cancer or chronic illnesses
- Children (developing organs more sensitive to chemical loads)
- People with GOUT problems.

**WARNING: BILTONG SPICES CAN BE A SILENT BUT MAJOR CONTRIBUTOR TO MANY SERIOUS HEALTH PROBLEMS.**

#### IF YOU CHOOSE TO EAT BILTONG: CHOOSE CLEAN, MINIMAL VERSIONS

- Made with: beef, vinegar, coriander, pepper, and very little salt.
- Avoid commercial brands with long ingredient lists.
- Avoid anything with: MSG, preservatives, stabilisers, phosphates, colourants, and flavour enhancers.

**ASK YOUR BUTCHER WHAT INGREDIENTS GO INTO HIS SPICES. BECAUSE MOST BUY THE SPICE MIX IN BULK, NEVER QUESTIONING THE INGREDIENTS OR EFFECTS ON OUR HEALTH.**





## THE 5 MAIN MISTAKES PEOPLE MAKE WHEN THEY START HERB AND VEG GARDENING



1. **OVEREAGER:** Don't go big, start small, even if it's in a pot.
2. **POOR SOIL:** Don't plant in any soil; replace or replenish it with lots of good compost, which will be your veggies' food for a while.
3. **NOT MULCHING:** Especially when it comes to food growing. Mulching helps a lot to keep the nutrients and water in the soil. Collect mowed grass and place it on the prepared bed at least 5cm thick. Don't worry, your seeds or plants will find a way through.
4. **POOR SUN EXPOSURE:** Not planting in a sunny spot is a big underestimation – your vegetables need **plenty of energy to grow**.
5. **INSUFFICIENT WATERING:** It's best to give your vegetables water in the mornings and at the base of each stem – it keeps disease away.
6. **POOR SEED QUALITY:** USING GMO-FREE SEEDS IS ESSENTIAL FOR GOOD HEALTH.



**BABY TOMATOES** – a never-ending salad delight, but beware the bushes get big and can take over your garden.



**CARROTS** – as long as your soil is fine for about 30cm deep, you'll have the most beautiful, delicious carrots.



**SPINACH** – an easy grower, you can pluck and eat from it for a while.

**There are few things as rewarding as growing your own food. Here's to discovering that joy on your own journey to greater well-being.**



## DID YOU KNOW?



Constant nail polish can trap moisture and block sunlight, creating the perfect environment for fungus to grow.

Toenail fungus often signals a weakened immune system — not just a surface problem. Support your body from the inside out with Vitamin D, zinc, and good nutrition, while giving your nails time to breathe in fresh air and sunlight.

For prevention, keep shoes breathable, nails clean, and consider natural antifungal oils like tea tree or oreg.



## PARASITE CLEANSING TEA

**While this tea is good to drink on a daily basis, it is particularly effective to drink when the MOON is FULL, as this is when parasites in our bodies are at their most active.**

### Ingredients:

- 1 cinnamon stick
- 2 cloves
- 1 tablespoon of fresh grated ginger
- 1/2 tablespoon of oregano



### Instructions:

1. **Boil Water:** Bring 4 cups of water to a boil in a saucepan.
2. **Add Ingredients:** Add the cinnamon stick, cloves, grated ginger, and oregano to the boiling water.
3. **Simmer:** Reduce the heat and let the mixture simmer for about 10-15 minutes.
4. **Strain:** Strain the tea into a cup or teapot.
5. **Serve:** Enjoy your parasite-cleansing tea hot.

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- Addiction recovery theories
- Natural healing protocols
- Functional medicine approaches
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