

Healthcare in America - How we got here.

<https://fort-russ.com/2020/05/how-psychopath-john-rockefeller-wiped-out-natural-cures-to-create-big-pharma/>

Dr. Peter Glidden on 12 foods to avoid.

<https://www.youtube.com/watch?v=WH87ICN9SGg>

Dr. Peter Glidden on salt.

<https://www.youtube.com/watch?v=EwdMbYTAV80>

Which salt is best and why.

<https://eatbeautiful.net/why-choose-celtic-sea-salt-over-himalayan/>

<https://redmond.life/blogs/live-your-journey/the-difference-between-redmond-real-salt-celtic-and-himalayan-salt>

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The Earthing Movie: The Remarkable Science of Grounding (full documentary)

<https://www.youtube.com/watch?v=44ddtR0XDVU>

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Reverse aging by intermittent fasting - David Sinclair.

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Episode 1

<https://www.youtube.com/watch?v=X1kLizzdb2c>

Episode 2

<https://www.youtube.com/watch?v=wD8reCw3Kls>

Episode 3

<https://www.youtube.com/watch?v=4Yc5EXX9YWg>

Episode 4

<https://www.youtube.com/watch?v=bRWT7hVgwuM>

Episode 5

<https://www.youtube.com/watch?v=RUiRFGX1Oqs>

Episode 6

<https://www.youtube.com/watch?v=-6Laa2LiS2E>

Episode 7

<https://www.youtube.com/watch?v=XXtioW19BWg>

Episode 8

<https://www.youtube.com/watch?v=mrnQkA8I6DQ>

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Who we are, why we're here, and how it all began - "The Law of One - The Ra Material" narrated by Pamela Mace.

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Introduction: Book 1 - Part 1

<https://www.youtube.com/watch?v=naAIIR5IbTQ>

Book 1 - Part 2

<https://www.youtube.com/watch?v=yAh1M31UEs4>

Book 1 - Part 3

<https://www.youtube.com/watch?v=rRI-FRRTkRI>

Book 1 - Part 4

<https://www.youtube.com/watch?v=7XRE8PR6oh0>

Book 1 - Part 5

<https://www.youtube.com/watch?v=KK5b1g22s9s>

Book 1 - Part 6

<https://www.youtube.com/watch?v=xabE8E1Tev8>

Book 1 - Part 7

<https://www.youtube.com/watch?v=iyCvIAB02OI>

Book 1 - Part 8

<https://www.youtube.com/watch?v=6-YWsjvAJmo>

Book 1 - Part 9

<https://www.youtube.com/watch?v=9USjw1AbT5w>

Book 1 - Part 10

<https://www.youtube.com/watch?v=swoO6qrOJ4g>

Book 1 - Part 11

<https://www.youtube.com/watch?v=rlq-nDHZXV8>

Book 1 - Part 12

[https://www.youtube.com/watch?v=Lhi9gN3\\_YQ0](https://www.youtube.com/watch?v=Lhi9gN3_YQ0)

Book 2 - Part 1

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

Book 2 - Part 2

<https://www.youtube.com/watch?v=dj3GUHdQAME>

Book 2 - Part 3

<https://www.youtube.com/watch?v=2jYMnLZxNag>

Book 2 - Part 4

[https://www.youtube.com/watch?v=sAtz19YpO\\_A](https://www.youtube.com/watch?v=sAtz19YpO_A)

Book 2 - Part 5

<https://www.youtube.com/watch?v=vYulYkf5Hp4>

Book 2 - Part 6

<https://www.youtube.com/watch?v=qR-vPc4wJXM>

Book 2 - Part 7

<https://www.youtube.com/watch?v=7IEPoPtyHXE>

Book 2 - Part 8

<https://www.youtube.com/watch?v=nfq5kIxxVeA>

Book 2 - Part 9

<https://www.youtube.com/watch?v=POg6C8o8pBk>

Book 2 - Part 10

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

Book 2 - Part 11

<https://www.youtube.com/watch?v=Z5rLOQ6EBbk>

Book 3 - Part 1

[https://www.youtube.com/watch?v=gEzLig3\\_N\\_M](https://www.youtube.com/watch?v=gEzLig3_N_M)

Book 3 - Part 2

<https://www.youtube.com/watch?v=US2haA1xh-w>

Book 3 - Part 3

<https://www.youtube.com/watch?v=I5VjaWwkiaA>

Book 3 - Part 4

<https://www.youtube.com/watch?v=U8Yx-UHJrKQ>

Book 3 - Part 5

<https://www.youtube.com/watch?v=uHa9rgSvFTI>

Book 3 - Part 6

[https://www.youtube.com/watch?v=y\\_r4Ykwm3Cc](https://www.youtube.com/watch?v=y_r4Ykwm3Cc)

Book 3 - Part 7

<https://www.youtube.com/watch?v=nB24rAJEXFQ>

Book 3 - Part 8

<https://www.youtube.com/watch?v=fO8SX5Zn5tw>

Book 3 - Part 9

[https://www.youtube.com/watch?v=DTF\\_2ba2JgM](https://www.youtube.com/watch?v=DTF_2ba2JgM)

Book 3 - Part 10

<https://www.youtube.com/watch?v=fSJxe00GxPA>

Book 3 - Part 11

<https://www.youtube.com/watch?v=wekqmPCmkI4>

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Law of Attraction is a good thing to be aware of - Google "Abraham -Hicks"  
Ester Hicks is highly regarded in the teachings of the Law of Attraction.

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Spirituality/enlightenment - Bentinho Massaro.

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Session #1

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

Session #2

<https://www.youtube.com/watch?v=m93Pd2zGwNM>

Session 3#

[https://www.youtube.com/watch?v=urMO0UYH\\_Lw](https://www.youtube.com/watch?v=urMO0UYH_Lw)

Session #4

<https://www.youtube.com/watch?v=F2kohx5dHqY>

Session #5

<https://www.youtube.com/watch?v=CSA9hhKrLHY>

Session #6

<https://www.youtube.com/watch?v=3WsNXa6pDC0>

Session #7

<https://www.youtube.com/watch?v=NozuZSDuUB0>

Session #8

<https://www.youtube.com/watch?v=XhlpkrtU48E>

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## Mirror Talks - Bentinho Massaro.

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Episode 1

<https://www.youtube.com/watch?v=FPac3LLrCRM>

Episode 2

<https://www.youtube.com/watch?v=VgTP1czVixs>

Episode 3

<https://www.youtube.com/watch?v=NFvOJoB15Ps>

Episode 4

<https://www.youtube.com/watch?v=L612S0MnHnw>

Episode 5

[https://www.youtube.com/watch?v=SQQDj\\_jqGEs](https://www.youtube.com/watch?v=SQQDj_jqGEs)

Episode 6

<https://www.youtube.com/watch?v=4ACfYHTW8a8>

Episode 7

<https://www.youtube.com/watch?v=w4Gb4oqQtIE>

Episode 8

<https://www.youtube.com/watch?v=VjliL7LQ6qg>

Episode 9

<https://www.youtube.com/watch?v=0nNS-WTPUvw>

Episode 10

<https://www.youtube.com/watch?v=rjx9qBm6BN4>

Episode 11

<https://www.youtube.com/watch?v=wadFrEp1d24>

Episode 12

<https://www.youtube.com/watch?v=TE2yKGGfy0o>

Episode 13

<https://www.youtube.com/watch?v=OyAcoFEeZ40>

Episode 14

[https://www.youtube.com/watch?v=wLU9jk-wI\\_w](https://www.youtube.com/watch?v=wLU9jk-wI_w)

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Bentinho Massaro elaborates on the teachings of Abraham-Hicks.



<https://www.youtube.com/watch?v=aJw2KAC2juc>

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Ancient writings regarding spirituality/enlightenment - Dao De Jing or Tao Te Ching - Book of the way.

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

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