

Unnatural Inputs for a Natural Body

This list represents the cumulative, often subtle, assaults on the human system that, when combined and left unaddressed—especially in an immune-compromised or energetically low state—can lead to disease.

- Smoking cigarettes
- Recreational drugs
- Chemicals in personal care products (e.g. shampoos, deodorants, perfumes)
- Chemicals in food (preservatives, colors, additives)
- Processed foods (packaged, long shelf-life, chemically altered)
- Genetically modified crops
- Fluoride in toothpaste and water
- Chemical-laden clothing (synthetic fibers, dye residues)
- Laundry detergents with toxins
- EMF exposure from phones, Wi-Fi, smart meters
- Rare earth metals in electronics
- Social media addiction and behavioral manipulation
- Algorithm-driven dopamine loops (TikTok, Instagram reels, etc.)
- Digital overstimulation
- Mental fragmentation (constant notifications, multitasking)
- Stored trauma (known and unconscious)
- Suppressed emotions
- Pharmaceutical side effects
- Poor food choices
- Nutrient-depleted soil → nutrient-depleted produce
- Artificial sweeteners (aspartame, sucralose, etc.)
- Pesticides and herbicides (glyphosate)
- Water pollutants (chlorine, microplastics)
- Overuse of plastic (leaching chemicals like BPA)
- Synthetic supplements (non-bioavailable)
- Air pollution (particulates, industrial fumes)
- Excessive screen time (blue light exposure)
- Lack of sleep or sleep disrupted by tech
- Sedentary lifestyle
- Artificial lighting disrupting circadian rhythm
- Wearing shoes all day (disconnects from grounding)
- Fear-based media consumption
- Isolation / disconnection from community
- False beliefs implanted by systems (conditioning)
- Lack of purpose / spiritual emptiness
- Shame-based upbringing or control
- Overmedication / dependence on pharmaceuticals

- Factory farming & consumption of energetically-traumatized meat
- High sugar diets
- Alcohol (especially long-term use)
- Overwork / hustle culture
- Consumerism as identity
- Neglecting emotional health
- Microwaved food
- Fast food
- Constant noise pollution (traffic, TV, chatter)
- Inauthentic relationships
- Pornography / sexual distortion
- Manipulative advertising
- Ego reinforcement through comparison
- Inhalation of toxins (cleaning products, candles, fragrances)
- Sitting too long / poor posture habits
- Repetitive unnatural movements (keyboard, mouse, phone scrolling)
- Dependency on AI or tech to make decisions
- Disconnection from nature
- Caffeine overload
- Chronic stress
- Lack of sunlight
- Lack of play / joy / creativity
- Neglecting breath (shallow breathing patterns)
- Wearing tight or synthetic underwear
- Plastic food packaging
- Non-organic feminine hygiene products
- Toxic nail polish and cosmetics
- Blue light before bed
- Not spending time barefoot on earth
- Over-sanitizing
- Eating too quickly or while distracted
- Suppressing tears or emotional expression
- Ignoring gut health
- Lack of fresh air
- Using microwave ovens
- Repeated vaccine overload without detoxing
- Sexual suppression or distortion
- Staying in abusive or toxic environments
- Chronically wearing sunglasses
- Constant air conditioning
- Living out of alignment with your personal truth
- Using antiperspirants
- Breathing polluted indoor air

- Consuming fear-based narratives daily
- Overexposure to fluorescent lighting
- Unconscious self-hate
- Disrupted menstrual cycles from synthetic hormones
- Tick bites, parasites, or pathogens never fully cleared
- Always being “on” — never resting the nervous system
- Boredom, apathy, lack of meaning
- Poor ergonomics
- Shaming or blaming others constantly
- Not drinking enough clean, mineral-rich water
- Drinking cold water with meals
- Neglecting spiritual hygiene
- Unnatural birth practices
- Artificial aromas / air fresheners
- Being gaslit by authority figures or systems
- Suppressing your voice or throat chakra
- Wearing synthetic shoes with no toe movement
- Keeping secrets or unresolved grief
- Skipping breakfast or irregular meal timing
- Over-reliance on logic over intuition
- Chronic dehydration
- Eating under stress
- Using synthetic bedding or foam mattresses
- Engaging in constant mental loops
- Overstimulating kids from birth with screens
- Repeating inherited generational trauma
- Eating meat from stressed animals
- Chronic background noise
- Sex without emotional connection
- Living out of sync with nature’s cycles