

Take The

Reese

Rescue Steps

FREE



1

Remove the Poor 4 Foods

Avoid gluten, bottled oils, fried foods, and ultra-processed “fake” foods. These foods drive inflammation and impair absorption, making it much harder for your body to heal. When you remove them, your diet becomes simple and effective: meat, eggs, butter, cheese, fruits, vegetables, nuts, seeds, rice, and potatoes. If you want more variety, use my cookbook series by [CLICKING HERE.](#)

2

Stop Taking The Toxic 2 Drugs

Your body cannot heal optimally while taking statins and proton pump inhibitors (PPIs). Cholesterol and stomach acid are both essential for healing, and these medications can disrupt those processes and contribute to deficiencies.

3

Place a Pinch of Sea Salt Under Your Tongue

This practice helps enhance stomach acid, which you need to properly break down food and defend against parasites and bacteria. It also supports mineral intake and circulation. Place a pinch under your tongue 4x per day. Each pinch should be followed by a small sip of water—except the first one of the day, which should be followed by 8–12 ounces of water.

4

Lay In Static Back 10 Minutes Per Day

Lie flat on the floor with your legs elevated at a 90-degree angle on a couch, chair, or ottoman. This helps realign your spine, muscles, and organs. If you have a forward head, use a pillow to support your neck.

5

Count Your Blessings

Before bed each night, thank God for at least three things that happened during your day. Note: Even something that felt “bad” but taught you a lesson is still a blessing.

6

Identify Your Food Enemies

Have blood work run for food allergies and sensitivities. You could be eating foods that are doing you harm right now. Ask your primary care physician or have it done independently.

7

Wake Up

Read or listen to Medical Monopoly (the Red Book), then follow it with Head-to-Toe Healing (the Green Book) by [CLICKING HERE.](#) Together, they’ll help you understand how the system works and what you can do to reclaim your health.

Interested In

Living Pain & Drug-Free?

Schedule a

Rescue



Call

**Hop On The Phone With One Of
Dr. Reese's Rescue Coaches ASAP**

START