

Thank you for listening to my Balance And Transformation podcast. Some tools and resources are below that pertain to episode #2 “Mental Balance”.

* Transparency And Integrity Disclaimer: Some of the links below are for companies that have services and products I am an affiliate for. I will be compensated for any purchases you may make through those particular links. However I only suggest and recommend the best products, books and services that will help with each podcast episode.

1. Brain: [CLICK HERE](#)

2. Mind: [CLICK HERE](#)

3. Hard Problem of Consciousness: [CLICK HERE](#)

4. Mind–Body Problem: [CLICK HERE](#)

5. The Laws of Polarity And Correspondence From The Kybalion:

The Kybalion (Hardcover) - [CLICK HERE](#)

The Kybalion (Paperback) - [CLICK HERE](#)

6. “The Human Brain Book: A Visual Guide to the Structure and Function” by Rita Carter - [CLICK HERE](#)

7. "Brain: The Complete Mind: How It Develops, How It Works, and How to Keep It Sharp" by Michael S. Sweeney - [CLICK HERE](#)
8. "What is Reality?" by Ervin Laszlo Ph.D. - [CLICK HERE](#)
9. "New Oxford American Dictionary" 3rd Edition - [CLICK HERE](#)
10. "Stedman's Medical Dictionary for the Health Professions and Nursing" 7th Edition - [CLICK HERE](#)
11. Merriam-Webster's Medical Desk Dictionary, Revised Edition - [CLICK HERE](#)
12. "APA Dictionary of Clinical Psychology" - [CLICK HERE](#)
13. "A Dictionary of Psychology" (Oxford Quick Reference) 4th Edition - [CLICK HERE](#)
14. "Webster's Third New International Dictionary of the English Language" - [CLICK HERE](#)
15. "Get Out" (2017 movie), The Sunken Place - [CLICK HERE](#)
16. "Black's Law Dictionary", 12th Edition - [CLICK HERE](#)
17. Moringa Powder - [CLICK HERE](#)
18. Himalayan Sea Salt - [CLICK HERE](#)
Celtic Sea Salt - [CLICK HERE](#)

19. Organic Sea Moss capsules - [CLICK HERE](#)

20. Green Superfoods - [CLICK HERE](#)

21. Feng Shui:

“Feng Shui For Dummies” - [CLICK HERE](#)

“Feng Shui That Makes Sense: Easy Ways to Create a Home That FEELS as Good as It Looks” by Cathleen McCandless - [CLICK HERE](#)

22. Fermented Food For Good Digestion (Products And Books):

Sauerkraut - [CLICK HERE](#)

Kimchi - [CLICK HERE](#)

“Fermented Vegetables” by Kirsten K. Shockey and Christopher Shockey - [CLICK HERE](#)

“10% Human: How Your Body's Microbes Hold the Key to Health and Happiness” by Alanna Collen - [CLICK HERE](#)

“Gut and Psychology Syndrome: Natural Treatment for Autism, Dyspraxia, A.D.D., Dyslexia, A.D.H.D., Depression, Schizophrenia” by Dr. Natasha Campbell-McBride - [CLICK HERE](#)

23. “African Holistic Health” by Llaila Afrika - [CLICK HERE](#)

24. Nixon Shock - [CLICK HERE](#)

25. History of the United States dollar - [CLICK HERE](#)

26. Value Of Life - [CLICK HERE](#)

27. A few products that will help the most with improving your mental health, mental stability and boost brain function:

A). Dealing with burnout, stress, anxiety, depression, or body pain? Get Joy Organics CBD (Cannabidiol) products that have THC (Tetrahydrocannabinol), THC Free, CBD Gummies, CBD Tinctures (liquids), CBD Softgels & capsules, CBD Topicals for skin care and sports cream, CBD for muscle and joint pain, CBD products for better sleep and to counter stress, and much more: [CLICK HERE](#)

B). Natto-Clear - [CLICK HERE](#)

C). Zeolite Gut Detox Pack - [CLICK HERE](#)

D). Fulvic Detox Pack - [CLICK HERE](#)

28. The best crystals to start out with to help with mental strengthening, balance, stability and boosting are:

Amethyst: The premier stone for stress, anxiety, and bringing peaceful energy.

Rose Quartz: Fosters self-love, emotional healing, and compassion.

Black Tourmaline: Absorbs negative energy and provides grounding stability.

Lepidolite: Contains natural lithium, making it a soothing companion for alleviating anxiety and depression.

Clear Quartz: Acts as the "master healer" to bring mental clarity and balance.

Citrine: Known for bringing joy, optimism, and an energetic boost when dealing with depression.

Smoky Quartz: Helps release dense feelings like grief, fear, and depression.

Blue Lace Agate: Favored for its relaxing, calming vibrations that ease a racing mind.

Sodalite: Strengthens logical thinking, calms panic, and boosts emotional balance.

Hematite: Highly grounding, focusing your energy to tackle overwhelming tasks.

Lapis Lazuli: A stone of mental clarity and deep self-awareness, making it highly beneficial for calming an overactive mind.

29. Doing a fast where you cleanse your entire body will help with mental balance:

A) All About Fasting - [CLICK HERE](#)

B) After you do your fast, daily you will need to detox your body from heavy metals and toxins, and also maintain good health:

Daily Detox: [CLICK HERE](#)

Full Body Care: [CLICK HERE](#)

30. Taking Charge Of Your Overall Health

A). You can want mental, physical, spiritual, and financial well-being - however none of that can be accomplished with a weak, sick, infected, low immune, or toxic filled body. Your body is your first, best, and most valuable asset. Get the help you need:

Daily Detox: [CLICK HERE](#)

Nutrition: [CLICK HERE](#)

Green Superfood: [CLICK HERE](#)

Weight Management: [CLICK HERE](#)

Plant Protein: [CLICK HERE](#)

Immune System Support: [CLICK HERE](#)

Gut Health: [CLICK HERE](#)

Product Packs (Bundles): [CLICK HERE](#)

B). It's easy for most people to gain better health - they just change their mindset, habits, diet, lifestyle, do body movement activities, take supplemental and superfood helpers and maintainers. For some people, they need specific and individualized help because they have tried EVERYTHING, and NOTHING is working. This is where Viome comes in for those hard to figure health issues that even many doctors and diet changes can't solve. Viome can analyze your oral health, gut health, or what your entire body cellular and microbiome is actively doing right now - then turns your biology into personalized food, supplement, and health recommendations backed by science and personalized health remedies: [CLICK HERE](#)

C). Dealing with burnout, stress, anxiety, depression, or body pain? Get Joy Organics CBD (Cannabidiol) products that have THC (Tetrahydrocannabinol), THC Free, CBD Gummies, CBD Tinctures (liquids), CBD Softgels & capsules, CBD Topicals for skin care and sports cream, CBD for muscle and joint pain, CBD products for better sleep and to counter stress, and much more: [CLICK HERE](#)

31. My Official Links (Watch Out For Copycats, Fraudsters, Scammers, And Impersonators)

My Website: [CLICK HERE](#)

My YouTube Channel: [CLICK HERE](#)

My Instagram: [CLICK HERE](#)

My Threads page: [CLICK HERE](#)