



Take Control of Your Health or Let Someone Else Manage Your Illness!

HANDS ON TOOL KIT

Print and Save This Handy Guide

Index: [DirectLabs](#) / [Wellevate](#) / [Nano Silver](#) / [Wellness Arch](#) / [AVD Card](#)

Natural Solutions Foundation is dedicated to the concept that you own your own body. That means that your health decisions are yours to make. This printable guide provides a wealth of tools you can use for yourself and your loved ones. Throughout this Tool Kit you'll see important links to wellness sources you and your family need. Please share with this permanent link: <http://drrimatruthreports.com/hands-on-tool-kit/>



[1] What's Ailing You? Diagnostic Tools – No Doctor Needed
<https://DirectLabs.com/NSF>

You've done your research and you know that you need some lab tests but you don't want to have to convince a doctor that you need them. You want to have the results and then decide if you need to see a health professional or follow a health regimen of your choosing.

Additionally, you may not want your health records accessed by Facebook, Google or any other agency (with letters for a name or not).

Early diagnosis and good laboratory results are essential to diagnose and follow the improvement of conditions. But most doctors are burdened by considerations that have nothing to do with what you need – even if they know what you need!

The same high-quality labs I use for my patients are available to you without a prescription! A full assortment of lab tests are available through special arrangement at <https://DirectLabs.com/NSF>.

By selecting your test at this link, you'll be working with the same major labs that I would send you to in a consultation for exactly the same tests.

Just call 1-800-908-0000 and use this code, R-NSF, or visit <https://DirectLabs.com/NSF> to order your tests. You will be directed to a nearby Patient Service Center. A lab locator is available online. Once you receive the lab requisition you can visit the blood draw site.

Confidential lab results will be available to you, usually within 24-48 hours via mail, fax or internet upload (your choice).

I have a number of special panels for heavy metal toxicity and other conditions about which most physicians are either ignorant or intolerant from which you can choose.

These services are not available to people with mailing addresses in MD, NY, NH or RI.



[2] Where Are My Supplements? They Are Real Life-Savers!

www.Welleivate.me/Rima-Laibow

If you believe that nutrition and health are related, chances are you take supplements, use herbs, homeopathy, teas, tinctures and other health tools to keep yourself and your family healthy and to return to health when something goes wrong.

I have access as a health professional to more than 15,000 ultra high-quality health supports for myself and my patients in my personal dispensary. And now, so do you.

Virtually everything, with one exception below, that you need for health promotion and illness prevention is available here. Most of the items here are available only to health professionals so this is an opportunity for you as a health freedom supporter to open the doors to the special products usually available through physicians and other licensed health care providers.

You'll always receive a discount on the regular prices when you visit my personal dispensary at www.Welleivate.me/Rima-Laibow.

One word of caution, though: the site is arranged for office managers and doctor’s assistants, not for retail customers so you’ll do well to spend a few moments looking at the drop-down tabs (“category”, “Sub Category” and so on) to get the lay of the land so you can easily find what you need.

To make it a little easier, I have selected my favorite “Blue Star” products that will pop up first when you create a complementary account and begin sourcing your health aids at www.Wellevate.me/Rima-Laibow

[3] Antibiotics? Why Would I Do That When I Have Dr. Rima Recommends™ Silver Solution 10 PPM?
<https://NFSMarketplace.com/mainstore>



Antibiotics have a great many serious problems associated with their use including drug resistant organisms. What if you could use a totally non-toxic health promotion aid which would solve the problems presented by bacteria, viruses and parasites, backed by more than 1000 studies without any side effects?

That would mean you could rely on your immune system and the support it receives from this amazing solution to protect you from infections exactly the way it is supposed to do.

And you could rest easy knowing that it is safe for Baby, Granny, the cat, the dog and everyone else in the family and it has a shelf life of pretty much forever.



[4] I Know How Beneficial Far InfraRed Is But Where Do I Find It?
www.NSFMarketplace.com/mainstore

Far InfraRed (FIR) frequencies are amazing: scientific studies document over and over that increased circulation, immune activation, increased oxygen to tissues resulting in a host of problems improving, detoxification and dozens of other health benefits follow the use of this

technology. That's why we have made a special arrangement with the manufacturers of affordable, hand-made, all-natural Wellness Arch products from the hand-held Wellness Arch Mini to the Over-Body Wellness Arch to full Far InfraRed Saunas.

These health aids are both comfortable and comforting to use and offer a wealth of health benefits. I use both the Wellness Arch Mini and the Wellness Arch regularly since I want to keep my immune system in tip-top shape.



[5] I Don't Want to Take Vaccines Because I Know the Science. How Do I Get an Exemption?

www.NSFMarketplace.com/MainPage

The global push to accept vaccines as somehow good for you, benign and safe is on, full force. But health advocates understand that they are neither safe nor benign and want to exercise their legally protected exemption status for themselves and their children. Informed Consent is legally guaranteed if you exercise your right to it correctly.

That is why we created the Advance Vaccine Directive, www.NSFMarketplace.com/MainPage. Your personal exemption card will allow you to legally refuse any and all vaccines or assert that right for your family members.

Each wallet sized card, signed by the individual asserting this right or the parent/guardian of the dependent exempted is laminated and should be carried by the exempt person. Instructions on proper use are provided with the Advance Vaccine Directive Card.

