



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

**UPDATED HANDS ON TOOL KIT**  
**Print and Save This Handy Guide**

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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 is available through my 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.

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

[www.Wellevate.me/Rima-Laibow](http://www.Wellevate.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 two exceptions below (Nano Silver, AVD Cards), 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.Wellevate.me/Rima-Laibow](http://www.Wellevate.me/Rima-Laibow).

Our Mission: To Discover, Develop, Demonstrate, Document and Disseminate Natural Solutions

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](http://www.Wellevate.me/Rima-Laibow)

Here is how to join Dr. Rima’s Wellevate Dispensary: <https://youtu.be/a-XZK85wOCY>

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**[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](http://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.

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

[www.NSFMarketplace.com/MainPage](http://www.NSFMarketplace.com/MainPage)



The global push to accept vaccines as somehow “good for you” -- *benign and safe* is on, full force. But true health advocates understand that vaccines 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](http://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.

Learn more about vaccine safety... or, rather, the *lack* of any such safety, from Dr. Rima’s Vaccine Safety Report, 26 pages, 55 scientific and legal citations. Just sign up here: <http://drimatruthreports.com/dr-rimas-vaccine-safety-science-report/>

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**[6] Dr. Rima Recommends™ CORE, SOUL& FORM for your Health**  
[www.MyRainLife.com/NaturalSolutions](http://www.MyRainLife.com/NaturalSolutions)



**[www.myrainlife.com/naturalsolutions](http://www.myrainlife.com/naturalsolutions)**

**EAT THE SEEDS!**

Now it is true that I am a “mega dose *kinda gal*” so even if the FDA were not gagging our speech and we could freely state what this wonderful seed nutrition does, it would be impossible to say that SOUL alone might be the sole active nutrient that will make a real difference in your life. *But, try it.* You may find that it does.

**Amazing *whole seed nutrition*: Black cumin, black raspberry, chardonnay grape and more -- like D-ribose and trans-Resveratrol. Powerful nutrition in a tasty fruit base.**

To understand this, you need to think about feedback loops: One thing feeds and supports, or controls and turns off, another at the biochemical AND at the genetic level. Complex nutritional interactions.

**I am convinced that whole seed nutrition is a potent tool for good health.**

**[7] Dr. Rima's Senior Mental Clarity Pack**  
[www.NSFMarketplace.com/MainPage](http://www.NSFMarketplace.com/MainPage)



**Cognitive Function: Imagine never having to worry about declining mental function no matter what your age or that of your loved ones!**

There is a mental clarity secret and it is nothing short of astonishing. I have personally seen the dramatic results of adding the brain-specific nutrients in my special Senior Mental Clarity Pack. I have seen people go from declining back to dazzling when taking the ingredients which are now combined into this very special neurological nutrient program.

One or two of each of the components of the Senior Mental Clarity Pack per day just might be the difference for you or someone you care about between being actually in their life – and yours – or watching life go by from an increasingly blurry side line.

Declining mental function is NOT a necessary part of normal aging. Reducing free radical and biological stress which impacts sensitive neurological tissues in the brain is a logical, and sometimes life-changing, nutritional strategy to preserve normal brain structure and function.

**Every brain needs brain food, and that is exactly what Dr. Rima Recommends!™**

**[8] REVITALU**

<http://RevitalU.com/DrRima>



Maybe you love the taste of coffee and get its health benefits in your morning mug. I do. But maybe you don't love that steamy richness and you hesitate trying RevitalU because it tastes like – UGH! – Coffee!

Right you are! If the taste of coffee and vital nutrients mixed together, doesn't appeal to you, you don't need to buy the tube or the tubes of RevitalU at <http://RevitalU.com/DrRima>. They taste like fresh, hearty, balanced and beautiful coffee. Instead, go to <http://RevitalU.com/DrRima> and order the amazing coffee caps.

They are filled with the same wonderful formulation but you don't have to taste that full, refreshing, clean taste. All you taste is the taste of the natural juice or water with which you wash down one or two caps. When you do you'll do your body and your health freedom a favor. Jump aboard the RevitalU health benefits train!

When you try RevitalU as a Brand Influencer you will save money and get some really good deals. And you can change your status at any time easily and quickly.

If being a Brand Influencer, getting bonuses and helping others to experience this wonderful set of products does not appeal to you — and you hate the thought of making money while you do it — please, becoming a Brand Influencer is not for you.

But do try the coffee caps. I recommend this powerful nutrition, it is part of my daily health protocol: <http://RevitalU.com/DrRima>



LET ME BE YOUR UMBRELLA  
<https://youtu.be/ALq4-j4a00U>