

A DECALOGUE FOR CHEMICAL HYGIENE © 25 April 1986 Rev. Fred J. Fox, SVD
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1. I am your Maker, The Lord. You shall not contaminate your body.
2. You shall not take the discoveries of alternative medicine in vain.
3. You shall respect the time for feeding, for resting, and for cleansing your body
4. You shall maintain the proper voltage (0.9v) of your body to enable all the organs to function effectively.
5. You shall not kill or burden your body with excessive alcohol, tobacco, or drugs
6. You shall not adulterate your nervous system with formaldehyde, chlorine and fluorine from soap powders, toothpaste, and shampoo.
7. You shall not pollute your lymphatics, liver and enteric nervous system with mercury, silver or cobalt from amalgam fillings in your teeth.
8. You shall not foul your face with benzoin and other chemicals in lipstick, eye shadow and other make-up.
9. You shall not desecrate your body with the pill, IUD or abortion.
10. You shall not damage your foods with insecticides, refining or radiation with chemicals.

N.B. As for a No. 11, don't believe it. **As you sow, so shall you reap.**