

## Expert Backpacking and Travel Document

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### Backpacking Gear

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### Expert Mobile Hygiene Techniques

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#### Oral and Tooth Care

Mix all 10 different \$1 travel size toothpastes together with hydrogen peroxide and baking soda mix into paste. Thoroughly brush with medium to hard grade tooth brush. Use dentek tooth cleaning kit to scrape and clean each individual tooth front back and sides for 8 hours while brushing intermittently with mix. Teeth will be cleaner, whiter and stronger than much of the world population. 8 hour tooth cleaning session should be done once every 2 – 3 weeks and brush at least 1 times per day with the 10 different \$1 toothbrush mixes mixed together.

#### Skin Care

Mix together all 4 different lotions and creams with the specialized and custom made creams and vitamin paste with 2,000% vitamin A, B, C, D, E biotin and more. Leave paste on skin for 8 hours. The vitamin paste mixed with lotions will get absorbed into the skin for permanent reversal of daily skin damage.

You will always need to be able to prove who you are and where you're at long distance to your people 24/7 down to a millimeter by using GPS coordinates within a millimeter. I have written certain programming code and applications that enables you to do this without the use of mainstream social media services. This should make it extremely difficult for anyone to modify the GPS coordinates reported unless they get physical access to the server running the web applications. Mainstream social media makes it possible for those who are in control of it to change / modify the uploaded images and information. If this becomes a problem then you cannot rely on these services to store the images / videos / information. If you can't prove who you are to your friends / family / people down to a millimeter long distance you place yourself in extreme risks. You will also need to be able to prove who you are to your home country / government and maybe location long distance as well. Every tourist location is watched by the local criminal groups. They usually gather information on targets for different criminal purposes. With this guide you can enforce information security and diversion so as to prevent anyone from gathering any information on you. You will also setup diversion social media accounts and pass around the information so as to trick anyone you feel is a threat.

All of the electronics require physical and digital information security hardening. Custom security hardened firmwares and more. LinuxBIOS / CoreBoot / LineageOS and more. It looks like basic stuff but once hardened this stuff will take of you. You can carry all of this stuff around with you in a neat and tidy backpack for an ultra clean and organized appearance. The actual software makes it very easy to get by with absolutely no money at all. The second part of this guide

shows how to pick up on any language and how to memorize 10,000 words in that language in 365 days.

This is an incomplete and this / guide and it will be periodically updated until perfect.

Longlasting, Lightweight, Durable, Discrete, MilSpec and More Backpacking Gear.

Budget: ~\$2,000 U.S.D.

I have personally selected, assembled, customized and tested this gear for use on my travels. It is all long lasting and physical and digitally hardened. Any backpacker with this specific gear can expect to stay clean, styled, physically and digitally secure as well as have the capability to walk 10 - 20 miles without stopping. No hurt feet, legs or back. You can also bug out long term with this specific gear. Also good as a GoBag and a Daily Bag. I will add more to this list in the future.

Treating and hardening the Dr. Martens Nylon Hardened Edition boots with extra stitch reinforcements and fabric hardening with sole hardening material makes a stronger boot than any U.S. Military issue boot today. You can walk up to 20 miles a day with no hurt feet as long as you use the right socks and memory foam inserts. The boots can be made to last for up to 1 year or longer with the right sole treatment.

[+] Clothing / Jewelry / Sandals - Shoes - Boots / Accessories / Backpacks / Electronics

[\*] HeadWear

[+] Hats

[+] Bandanas

[\*] EyeWear

[+] Eyeglasses / Sunglasses

[-] Randolph

\* <https://www.RandolphUSA.com/pages/shop-by-frame>

[-] Ray-Ban

\* <https://www.Ray-Ban.com/usa/sunglasses/view-all>

[-] Vuarnet

\* <https://us.Vuarnet.com/>

[-] LaCoste

\* <https://www.LaCoste.com/us/lacoste/men/accessories/sunglasses/>

[+] Smart Glasses

[-] Ray-Ban Wayfarer Smart Glasses

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[\*] Jewelry

[+] Wiring

[-] 5 Troy Ounces of .925 Sterling Silver Wrappable Wire ( For Emergencies )

[+] Earrings

[+] Facial Jewelry

[+] Necklaces

[+] Pendants & Medals

[+] Rings

[+] Lapels & Brooches

[+] CrestWear

[\*] NeckWear

[+] Tactical Shemagh / Kefflyeh

[-] Rothco Tactical Shemagh

<https://www.Rothco.com/category/tactical-shemagh-military-scarves>

[+] Face & Neck Gaiters

[-] GuardWell

\* <https://www.GetGuardWell.com/IDVCFGFP/6.0000/Index.dtm?otsid=23965>

[+] Scarfs

[-] BurBerry

\* <https://us.BurBerry.com/craft-series-cashmere-scarves/>

[\*] WristWear

[+] Tactical Travel / Expedition / Adventuring Watches

[-] Timex Expedition

\* <https://www.Timex.com/browse/men/shop-by-collection/expedition/>

[+] Smart Watches

[-]

[+] Watch Bands

[-] NATO Style Nylon Watch Band

\* <https://www.Walmart.com/ip/Watch-Band-Nylon-NATO-Strap-Ballistic-Nylon-with-Stainless-Steel-Buckle-for-Watches-Fitness-Devices-Black-Gray-24mm/261901332>

[\*] HandWear

[+] Gloves

[-] UnderArmour Storm Run Gloves

\* [https://www.UnderArmour.com/en-us/p/gloves/mens\\_ua\\_storm\\_run\\_gloves/1345385.html](https://www.UnderArmour.com/en-us/p/gloves/mens_ua_storm_run_gloves/1345385.html)

[\*] Clothing

[\*] Jackets

[+] Performance Jackets

[-] UnderArmour Rain Jacket

\* <https://www.UnderArmour.com/en-us/>

[\*] Ponchos

[+] Handmade In Mexico Poncho

[-] Handmade Hooded Poncho Serape

<https://www.Ecualama.com/products/lightweight-baby-alpaca-wool-hooded-poncho-pullover-unisex-boho-ethnic-festival?variant=35599043166368>

[\*] Shirts

[+] Performance Shirts

[-] UnderArmour Performance Polyester Shirt

\* <https://www.UnderArmour.com/en-us/>

[\*] Jeans

[+] Performance Jeans

[-] Levi Strauss 505

\* [https://www.Levi.com/US/en\\_US/jeans-by-fit-number/men/jeans/505/c/levi\\_jeans\\_by\\_fit\\_number\\_men\\_jeans\\_505](https://www.Levi.com/US/en_US/jeans-by-fit-number/men/jeans/505/c/levi_jeans_by_fit_number_men_jeans_505)

[-] Levi Strauss 501

\* [https://www.Levi.com/US/en\\_US/jeans-by-fit-number/men/jeans/501/c/levi\\_jeans\\_by\\_fit\\_number\\_men\\_jeans\\_501](https://www.Levi.com/US/en_US/jeans-by-fit-number/men/jeans/501/c/levi_jeans_by_fit_number_men_jeans_501)

[\*] Thermals / Undergarments

[+] Performance Thermals

[-] UnderArmour Polyester Heavyweight Thermals

\* <https://www.UnderArmour.com/en-us/>

[-] Cotton Thermals

[-] Icebreaker Merino Wool Thermals

\* <https://www.IceBreaker.com>

[\*] Socks

[+] Performance Boot Socks

[-] USOA Anti-Microbial Boot Socks

\* [https://www.USPatriotTactical.com/usoa-antimicrobial-socks-3-pairs/usoa\\_USOA.html](https://www.USPatriotTactical.com/usoa-antimicrobial-socks-3-pairs/usoa_USOA.html)

[-] Merino Wool Boot Socks

[-] Cotton Boot Socks

[\*] Shoes / Boots / Sandals

[+] Boots

[-] Dr. Martens

\* <https://www.DrMartens.com/us/en/p/16607001>

\* <https://www.DrMartens.com/us/en/originals-boots-and-shoes/boots/1460-lace-up-boots/c/06015600>

[-] GripFast

\* <https://www.GripFastBoots.com/products/gripfast-10-eyelet-steel-toe-boot-in-black>

[-] SoloVair

\* <https://us.nps-Solovair.com/collections/all/products/s11-981-bk-g?variant=36508662235208>

[+] Sandals

[-] Olukai Malanai Sandals

\* <https://www.Olukai.com/products/ohana-womens-beach-sandals-petal-pink-black>

[\*] Shoes / Boots Accessories

[+] Memory Foam Inserts

[-] AirPlus Memory Foam Inserts

\* <https://www.Walmart.com/ip/Memory-Comfort-Insole/185270099>

[-] SofSole Memory Foam Inserts

\* <https://SofSole.Implus.com/products/comfort-insoles/memory-plus-foam-insoles>

[+] Shoe / Boot Laces

[-] Paracord 550 Metal Tips

\* <https://www.Amazon.com/550-Paracord-Boot-Laces-Milspec/dp/B07C33RGHW>

[+] Boot / Shoe Outsole Rubber Cement

[-] Elmer's Rubber Cement

\* <https://www.Target.com/p/elmer-39-s-4oz-rubber-cement/-/A-17088978>

\* <https://www.Homedepot.com/p/DAP-Weldwood-3-fl-oz-Original-Contact-Cement-00107/100195615>

[-] ShoeGoo

\* <https://www.Target.com/p/eclectic-1oz-shoe-goo-glue/-/A-15024681#lnk=sametab>

[-] Barge Rubber Cement

\* <https://www.Walmart.com/ip/BARGE-All-Purpose-CEMENT-Rubber-Leather-Shoe-Waterproof-Glue-1-Qt-o-946-L/125919734>

[\*] Waist Belts / Suspenders

[+] Waist Belts

[+] Suspenders

[-] Rothco Combat X Suspenders

\* <https://www.Rothco.com/product/rothco-adjustable-elastic-x-back-pant-suspenders/4196>

[\*] Backpacks / Go Bags

[+] Military Issue Molle Backpack / FlatPack

[+] Military Specification Backpack / FlatPack With Molle Webbing

<https://www.Amazon.com/REEBOW-GEAR-Military-Tactical-Rucksacks/dp/B01KJMK4W2/>

[-] Ozark Trail Rainproof 40 Litre Backpack

[-] MIER Heavy Duty Duffle Backpack

[\*] Backpack Attachments

[-] ID Card Holder

\* <https://www.Walmart.com/ip/Vertical-Clear-Plastic-ID-Badge-Card-Holder-Pocket-Pouch-4pcs/50256776>

[+] Carabiners

[-] Nitelze 75 LBS

\* <https://www.Nitelze.com/collection/New-Products.asp>

[\*] Survival Accessories

[+] Rain Jackets

[-] Foldup Rain Poncho

\* <https://www.Walmart.com/ip/Ozark-Trail-Lightweight-Rain-Poncho-Blue/35735203>

[+] Survival Sticks

[-] FireStarter

\* <https://www.Walmart.com/ip/3-Pack-Emergency-Flint-Fire-Starter-Striker-Lighter-Camping-Survival-Outdoor-New/139067883>

[+] Metal Multi-Card Tools

[-] Voodoo Tactical Metal Multi Card Tool

\* <https://www.Amazon.com/VooDoo-Tactical-02-9960055000-Multi-Purpose-Survival/dp/B004XN8UHA>

[\*] Flashlights / UV Lights

[+] Flashlight

[-] Hardned Aluminium 700 Lumens T6 LED Flashlight

\* <https://www.eBay.com>

[+] UV Pen Light

[-] GearLight Ultra-Violet Pen Light

\* <https://www.eBay.com/>

[\*] Tactical Knives

[-] UZI Assisted Open Tactical Folding Knife

\* <https://www.Uzi.com/knives>

[-] ColdSteel SRK

\* <https://www.ColdSteel.com/srk-sk-5/>

[\*] Journals & Writing

[+] Journals

[-] Leather Button Journal

[+] Writing Utensils

[-] Zebra Stainless Steel Fine Pens

\* <https://www.ZebraPen.com/product-category/brand/steel/>

[\*] Wallets

[+] Passport Wallets

[-] SwissGear Passport Wallet

\* <https://www.SwissGear.com/swissgear-rfid-protection-travel-wallet>

[+] Wallets

[-] TrayVax Armored Summit Wallet

\* <https://www.TrayVax.com/collections/wallets-metal/products/armored-summit>

[\*] Fire

[-] Zippo Lighter

\* <https://www.Zippo.com/products/classic-matte-black>

[-] Zippo Flints

\* <https://www.Zippo.com/products/flints>

[-] Zippo Wick

\* <https://www.Zippo.com/products/wick>

[-] Zippo Fluid

\* <https://www.Zippo.com/collections/fuel-and-supplies/products/4-fl-oz-lighter-fuel>

[\*] Tents

[-] Ozark Trail 1 Person Backpacking Tent

\* <https://www.Walmart.com/ip/Ozark-Trail-1-Person-Backpacking-Tent-with-Vestibule-for-Gear-Storage/519270004>

[\*] Sleeping Bags

[-] Coleman 30 Degrees Farenheit Sleepingbag

\* <https://www.Coleman.com/>

[\*] Thermus / Flask

[-] Stanley Flask

\* <https://www.Stanley1913.com/products/classic-easy-fill-wide-mouth-flask-8-oz>

[\*] Electronics

[+] Laptops / NoteBooks

[-] Lenovo T440p With CoreBoot & Gentoo Linux / Arch Linux

\* <https://www.eBay.com/itm/Lenovo-ThinkPad-14-T440p-Core-i5-Laptop-Windows-10-PRO-8GB-RAM-500GB-HD/274743677636?epid=17030823529&hash=item3ff7ffd2c4:g:sMUAASwmkRgZ0NJ>

[-] Aluminium Google Chromebook With CoreBoot & Gentoo Linux / Arch Linux

\* [https://www.Amazon.com/Google-Pixelbook-Chromebook-64GB-Black/dp/B07YMGQYP6/ref=sr\\_1\\_3?dchild=1&keywords=Google\[+\]Pixelbook&qid=1618182424&s=electronics&sr=1-3](https://www.Amazon.com/Google-Pixelbook-Chromebook-64GB-Black/dp/B07YMGQYP6/ref=sr_1_3?dchild=1&keywords=Google[+]Pixelbook&qid=1618182424&s=electronics&sr=1-3)

[+] USB Sticks / MicroSDXC Cards / MicroSDHC Cards

[-] SanDisk Metallic 256GB USB Stick

\* [https://www.Newegg.com/sandisk-model-sdcz73-256g-g46-256gb/p/N82E16820173392?Description=SanDisk USB Stick&cm\\_re=SanDisk\\_USB Stick-\\_20-173-392-\\_Product](https://www.Newegg.com/sandisk-model-sdcz73-256g-g46-256gb/p/N82E16820173392?Description=SanDisk%20USB%20Stick&cm_re=SanDisk_USB%20Stick-_20-173-392-_Product)

[-] SanDisk 128GB MicroSDXC Card

\* <https://www.Newegg.com/sandisk-128gb->

[microsdxc/p/N82E16820173361?Description=SanDisk\\_MicROSD&cm\\_re=SanDisk\\_MicROSD-\\_20-173-361-\\_Product](https://microsdxc/p/N82E16820173361?Description=SanDisk_MicROSD&cm_re=SanDisk_MicROSD-_20-173-361-_Product)

[+] Portable Video Game Controllers

[-] Android / iPhone Size Game Controller

\* <https://www.eBay.com/itm/Wireless-Bluetooth-Mobile-Controller-Gamepad-for-IOS-Android-Tablet-Smart-Phone/303456832551?hash=item46a76fcc27:g:SwEAAOSwey5gNL-Q>

[+] Laser Keyboard Modules

[-] AGS Laser Keyboard

\*

[+] Internationally Unlocked Mobile Phones / Satellite Phones

[-] Iridium Satellite Phone

\* <https://www.eBay.com/itm/133729024820?hash=item1f22defb34:g:gawAAOSwtyVgeE2F>

[-] Internationally Unlocked PinePhone64 Linux Phone

\* <https://www.Pine64.com/product-category/pinephone/?v=0446c16e2e66>

[-] Internationally Unlocked Google Pixel 3XL

\* [https://www.Amazon.com/Pixel-Phone-XL-Certified-Refurbished/dp/B07HKPMFZ5/ref=sr\\_1\\_2?dchild=1&keywords=pixel\[+\]3XL&qid=1618182647&sr=8-2](https://www.Amazon.com/Pixel-Phone-XL-Certified-Refurbished/dp/B07HKPMFZ5/ref=sr_1_2?dchild=1&keywords=pixel[+]3XL&qid=1618182647&sr=8-2)

\* [https://www.Amazon.com/OtterBox-Defender-Holster-Google-Pixel/dp/B08BT53W7S/ref=sr\\_1\\_3?dchild=1&keywords=otterbox\[+\]google\[+\]pixel\[+\]3xl\[+\]case&qid=1618182840&sr=8-3](https://www.Amazon.com/OtterBox-Defender-Holster-Google-Pixel/dp/B08BT53W7S/ref=sr_1_3?dchild=1&keywords=otterbox[+]google[+]pixel[+]3xl[+]case&qid=1618182840&sr=8-3)

[-] Internationally Unlocked BlackBerry

\* [https://www.Amazon.com/BlackBerry-KEYone-64GB-BB100-7-International/dp/B073ZLLVQ9/ref=sr\\_1\\_8?dchild=1&keywords=blackberry\[+\]key\[+\]1&qid=1618180137&sr=8-8](https://www.Amazon.com/BlackBerry-KEYone-64GB-BB100-7-International/dp/B073ZLLVQ9/ref=sr_1_8?dchild=1&keywords=blackberry[+]key[+]1&qid=1618180137&sr=8-8)

[+] Mobile Phone Cases

[-] Waterproofed, Dustproofed, Shockproofed, Fireproofed Aluminium Case With Gorilla Glass Version 3, Non-Reversible Titanium Screws

[-] OtterBox Defender Case With Belt Clip

[+] Mobile Phone Privacy Screen Protectors

[-] ScreenShield, PrivateScreen

[+] Satellite Phone Service Plans

[-] Iridium / Inmarsat / TerreStar / Thuraya

\* <https://www.BlueCosmo.com/iridium-10-150-monthly-service-plans.html>

[+] International Mobile Phone Service Plans

[-] Google-Fi

\* <https://Fi.Google.com/about/>



[+] U.S. Based Mobile Phone Service Plans

[-] AT&T

\* <https://www.ATT.com/prepaid/>

[-] T-Mobile

\* <https://Prepaid.T-Mobile.com/home>

[-] Simple Mobile

\* <https://www.SimpleMobile.com>

[+] Virtual Private Network Services

[-] ProtonVPN

\* <https://www.ProtonVPN.com>

[-] NordVPN

\* <https://www.NordVPN.com>

[+] Portable Power Banks

[-] 20,000 Milliampere Hour / Solar Panel Chargeable Power Banks

\* <https://www.Walmart.com/ip/onn-Dual-Port-Portable-Battery-6x-Charge-20000-mAh-Black/581872119>

\* <https://US.Anker.com/products/a1650>

[+] EarBuds

[-] SkullCandy INK'D 2

\* <https://www.SkullCandy.com/shop/earbuds/inkd-2>

[-] Apple EarBuds 3.5MM

\* <https://www.Apple.com/shop/product/MNHF2AM/A/earpods-with-35-mm-headphone-plug>

[+] Power Adapters & Cables

[-] BlackWeb Braided US / UK / European / Power Adapter

\* <https://www.Walmart.com/ip/Blackweb-4-8A-USB-Type-C-to-Type-A-Cable-and-Wall-Charger-Kit/384519132>

[+] Electronics Faraday / BlackOut Bags

[-] Faraday Defense

\* <https://Shop.FaradayDefense.com/product/nx3-3pc-triple-layer-fabric-faraday-bag-kit/>

[\*] Toiletries / Hygiene Kit

[+] Oral Care

[-] Travel Size Tooth Pastes

[-] Travel Size Plackers

[-] Travel Size DenTek Oral Care Kit

[-] Manual Toothbrush

[+] Grooming Tools

[-] Precision Tweezers

- [-] Blackhead Removal Tool
- [-] Single 3 Blade Shaving Razor
- [+] Soap
- [-] Dial Gold Bar, Anti-Microbial / Anti-Bacterial Soap - Benzalkonium Chloride - Triclosan
- [-] Travel Size Anti-Microbial Wipees
- [-] Travel Size Bleach
- [-] Travel Size Lotion
- [-] Travel Size Vaseline
- [+] Scrubbing Tools
- [-] Pumice Stone / River Rock
- [+] EarCare
- [-] Travel Size Q-Tips
- [+] HairCare
- [-] Hair Pomade
- [-] Travel Size Hair Combe / Travel Size Hair Brush
- [+] Hygiene Tool Containers & Pouches
- [-] Soap Container
- [-] Toothbrush Container

- [\*] First Aid Kit
- [+] SuperGlue
- [+] Gauze
- [+] Travel Size Rubbing Alcohol
- [+] Travel Size Hydrogen Peroxide
- [+] Travel Size Cut / Gash Wax

- [\*] Financial Institutions & Credit / Debit Cards
- [+] American Express
- [-] American Express Blue Bird
- \* <https://www.BlueBird.com/>
- [-] RIA2World
- \* <https://www.RIAMoneyTransfer.com>
- [-] American Express Serve
- \* <https://www.Serve.com/>
- [+] MasterCard
- [-] MasterCard PayPal
- <https://www.PayPal.com>
- [+] Non-Backed
- [-] Travelex
- \* <https://www.Travelex.com/travel-money-card>
- [+] VISA
- [-] VISA CashApp
- \* <https://www.Cash.app/>
- [-] VISA Crypto Metal Card

\* <https://www.Crypto.org>

- [\*] Waterproof Plastic Pouches For Kits
- [+] Large Plastic Pouch For Plastic Pouch Kits
- [+] Hygiene Kit Plastic Pouch
- [+] First Aid Kit Plastic Pouch
- [+] Electronics Kit Plastic Pouch
- [+] Identification Documents / Wallet Plastic Pouch
- [+] Journals & Writing Utensils Plastic Pouch

- [\*] Identification Documents
- [+] Nation Based Identification Documents
- [-] Passport Book(s)
- [-] Passport Card(s)
- [-] State Issued ID(s) / License(s)
- [-] Social Security Card(s)
- [-] Birth Certificate(s)
- [-] College / University ID(s)

## **Surviving, Staying Clean and Healthy In Third World Countries / Third World Living Conditions**

Boiling & purifying water with very small amounts of bleach and grape seed

\* <https://www.epa.gov/ground-water-and-drinking-water/emergency-disinfection-drinking-water>

\* [https://www.researchgate.net/publication/26853237\\_Use\\_of\\_grape\\_seed\\_and\\_its\\_natural\\_polyphenol\\_extracts\\_as\\_a\\_natural\\_organic\\_coagulant\\_for\\_removal\\_of\\_cationic\\_dyes](https://www.researchgate.net/publication/26853237_Use_of_grape_seed_and_its_natural_polyphenol_extracts_as_a_natural_organic_coagulant_for_removal_of_cationic_dyes)

Bathing / soaking in a hot water bleach bath 1 half cup of bleach per bath kills all bacteria, fungus, bugs and virus on skin

\* <https://www.healthline.com/health/bleach-bath-for-eczema>

Eating raw garlic every day for perfect blood flow / destroying blood clots / vein plaque / cholesterol as well as for killing all microbial and most viruses.

<https://en.m.wikipedia.org/wiki/Allicin>

Hand washing clothing with antibacterial & antimicrobial soap. Soaking clothing in a tub / container of water mixed with isopropyl alcohol and antimicrobial solution.

Keeping nasal cavity, tonsils and ears clear of all bacteria and hardened mucus 24/7. Quick

methods of clearing all tonsil stones. Hard grade toothbrushes for tongue brushing.

Keeping upper respiratory & lungs clear

Keeping prostate clear



Keeping endocrine system clear

Keeping kidneys and digestive organs clear

\* blend and then boil / homogenize 10 pomegranates, 20 carrots with ? Ounces of flaxseed oil, ? grams dietary fiber and 2 gallons of water. Drink cold. This makes you poop everything out. To clear kidneys drink pure Pomegranate juice mixed with pure grape juice, pure carrot juice, pure orange juice, pure blackberry juice, pure apple juice, pure white grape juice, pure red grape juice, pure raspberry juice, pure strawberry juice, pure blueberry juice, pure red and black currant juice, pure cranberry juice, pure orange juice. Drink 3/4 of a gallon of this mix per day for 4 weeks. Drink 1 gallon of water every other day during the 4 weeks. Drink every day if it can be afforded / accessed.

Skin lotion mixes for super hydration of skin

\* Mix travel size Aveda, Jurgens, Gold Bond.. and pure Vitamin E oil together. Apply full body

Aerobics and military exercises































