

Dr. Justin Trosclair, DC



Doctor to Doctor Podcast Interviews
about their speciality, success, trials,
marketing and home life balance.

and

Dr. Justin Trosclair
Presents

6 Ingredients to Stop the Itch

From China to You



- **WARNING:** It is not recommended for use with pregnant women or children. Essential Oils and extracts should not be put directly on the skin without diluting the oil, as it can cause severe sun damage or skin damage or irritation. Test a little bit of the solution you made on a small patch of skin to make sure you do not have a reaction to one of the ingredients. Do not drink any of the ingredients on the list.
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Recipe Direct From China

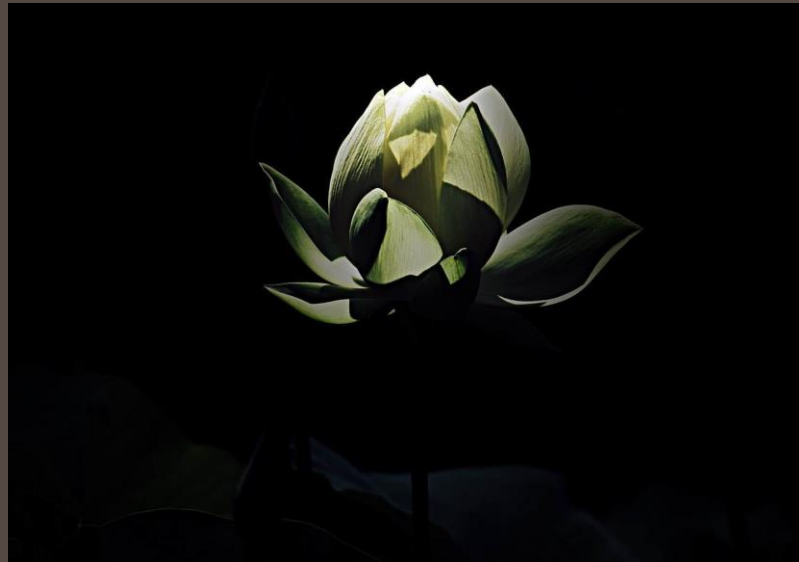
Now You Can Try

CARRIER OIL:

Since you downloaded this Anti-itch guide I have to presume you are into healthy alternatives to over the counter and prescription medicines. I will also make an assumption that you are familiar with essential oils. All the ingredients below can be found as essential oils and as you know you can't put pure extracts on your skin because it can cause damage.

Therefore you must dilute it in a carrier oil. I can think of six carrier oils that are popular and each have their own properties that people like. Through trial and error you may have found some are irritating to your skin, some are too oily and stain your clothes and finally you found the one or blend of several that really fits your thoughts, health needs and convenience. With that said, it doesn't matter if you use jojoba, coconut, almond etc, just use whatever you already use as a carrier oil.

Below are six ingredients to add to your carrier oil with a brief reason to use it. If you want a 10th grade research paper on each ingredient including references, just do a quick search online and you will find more than you ever thought possible.



Mixture Amount:

You probably have a standard bottle that you use for your other oil concoctions. If you remember how many essential oil drops you used, then you should realize that with 6 ingredients you can only put a few drops of each recommendation into your standard bottle. If you were to put a full amount of each ingredient, the result would be a mixture too strong and increase your risk for skin damage. Please, only put a few drops of each ingredient into your carrier oil.

Looking For Needle Alternatives?

My Site Offers Gentle Electric Acupuncture Pens

(like a TENS unit for muscles, but with a precise tip for the points.)



Aloe

Can help reduce inflammation, has anti-bacterial, anti-viral, and anti-fungal properties, helps speed wound recovery, reduces skin irritation and relieves the discomfort from insect bites.



Tea Tree Oil

Wonderful oil to help fight off infections, stop bugs like lice, has an antiseptic property for cuts, burns, insect bites and stings, and some fungal nail issues.

“DIY” Acupuncture At Home – No Needles

Download 5 Complete Protocols FREE

Anxiety, Back Pain, Headaches, Insomnia, Knee Pain



Honeysuckle

Not only does it smell wonderful but it has anti-bacterial properties, helps with rashes and has anti-inflammatory and anti-oxidant properties.



Peppermint Essence

Used for relieving skin itching from skin conditions like eczema and acne, softens and cools skin, constricts capillaries and keeps skin moist.

Small Steps To Better Health.

Let me guide you on starting an exercise routine, eating better, budgeting health, and so much more.

[4 Free Chapters Here](#)



Chrysanthemum

Can help clear up redness and skin irritation, helps manage psoriasis and eczema and has an anti-bacterial qualities.



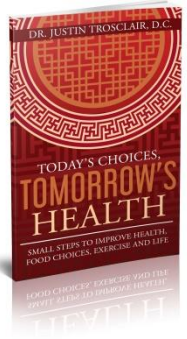
Sophora Root (flavescens)

This root can help itchy skin from eczema, psoriasis and insect bites.

Do You Need Accountability and a Coach?

Let me guide you on starting an exercise routine,
eating better, budgeting, health choices, and so much more.

Hire Me for Help Now, Let's Meet Those Goals and
Stop Putting Them Off



All the books mentioned by guests on the Podcast Episodes are
in the show-notes pages.

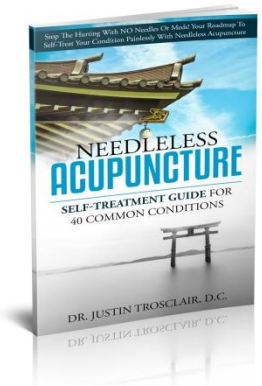
Purchase from that Link, to Support the Show.

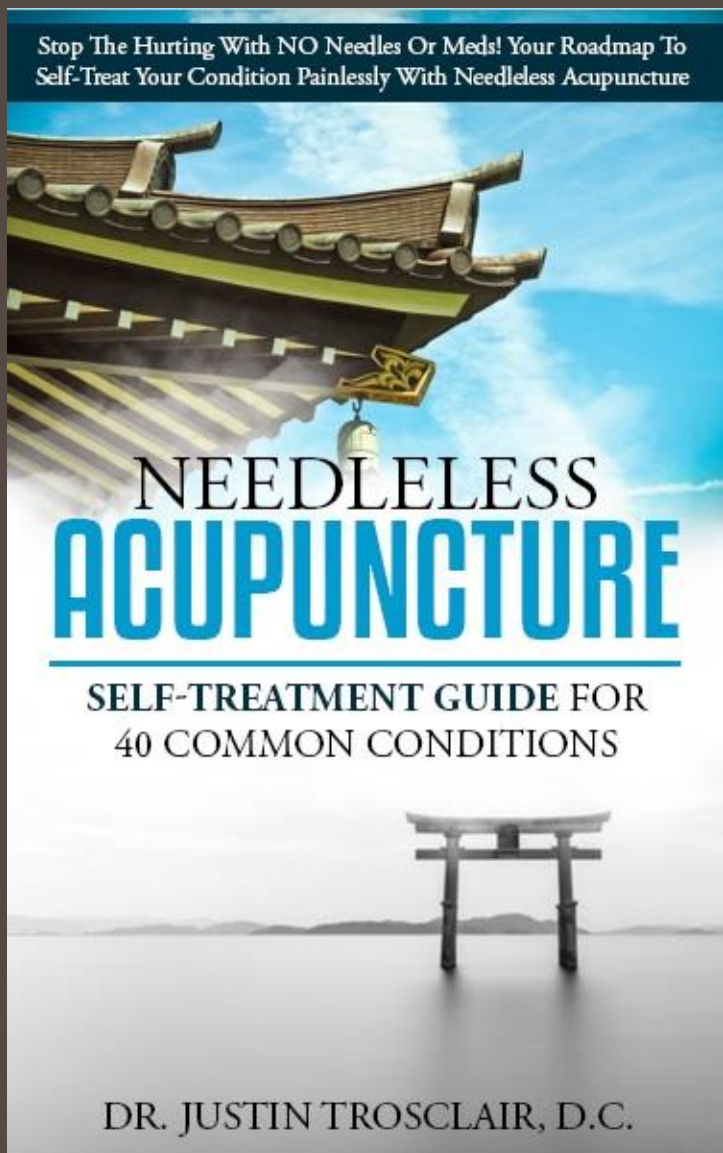
*Here are my [TOP Picks](#) of Resources

Write a Review of the Podcast on Your Favorite Listening APP.

[5 Star Reviews](#) - Only 2 Clicks

Bundle Packs of the No Needle
Acupuncture Book and E-pen are available
[Acupuncture Book Bundle Pack](#)





- Are you afraid of Needles?
- Do you have an Acupuncturist nearby?
- Can you afford a round of 10-20 visits?

My latest book is your answer to all 3 of the above questions.

40 Common Conditions all treated by Acupuncture Points and protocols I learned while working in China at a private hospital for 4 years plus blending Western Teachings.

You will have a **word description** and a **Picture of Each Point** so you can find them yourself. You will discover how you can perform acupuncture WITHOUT Needles in a variety of ways in your own home.

Stop the hurting with NO needles or Meds! Your roadmap to Self-Treat your condition Painlessly with

NEEDLELESS ACUPUNCTURE

visit www.adoctorsperspective.net/bundlepacks
for more details.

- **What are you supposed to do when there isn't an acupuncturist in your town?**
- **How are you supposed to afford over \$1,000 worth of care when you live on a limited budget?**
 - **If you have a fear of needles and find them painful, are you just destined never to experience the 2,000 year old acupuncture benefits?**
 - **If you want to try acupuncture, are you really going to spend four years and \$90,000+ to learn all the nuances from university training?**

**There Is No Reason To Keep Needlessly Suffering.
See Just
How Powerful The
Needleless Acupuncture Book is.
Imagine What It Could Do For You On
These 40 Common Conditions.**

***Don't stop your meds and not all conditions will resolve.**

Anemia	Facial Beautification	Sciatica
Ankle Pain	Gastric (Stomach) Pain	Sinus problems
Anxiety	General Fatigue	Sleep Difficulties
Arthritis of the Upper	Headache	Skin Disorder (Acne, Eczema,
Extremity	Hearing Problems	Neurodermatitis)
Arteriosclerosis (hardening of	Hypertension	Shoulders and Upper Back
the Arteries)	Impotence	Pains
Acute Low Back Pain	Influenza (flu)	Stiff Neck
Chronic Low Back Pain	Insomnia	Toothache
Clonus	Intercostal Rib Neuralgia	Trigeminal Neuralgia
Cough	Irregular Menstruation	Upper Limb Achy and Numb
Diabetes	Knee Pain	Urinary Bladder Issues
Diarrhea	Paralysis of the Lower Limb	Vertigo
Eye Strain	Recovery of Fatigue	Weight Reduction
Face Palsy	Rheumatoid Arthritis	

This book is for you **EVEN IF:**

You *already tried chiropractic treatment and massage* but you didn't get the results you expected.

You might be taking medication but are worried about the side effects and long-term consequences.

You prefer a natural approach to dealing with your health concerns.

There's **not an acupuncturist within an hour's drive** .

You are too busy during the day to spend two hours getting treatment at the local clinic.

Your health is your priority and you want to try and take care of this on your own.

You tried acupuncture in the past but the bills got to high before you could experience relief.

You need a health tune-up at least every month and it's time to do it with self-care.

You bought books in the past just to find out there was NO protocols to actually try what was written.

If you're ready to discover how to unleash the full power of your body (and do it from the comfort of your own home) in 30 minutes a day then the protocols I've gathered from Western and Eastern books, charts, and real-world observation will lead you and show you the right acupuncture points.

This is your guide to **Stop The Hurting With NO Needles or Meds!** Your new *Needleless Acupuncture Book* will be Your Roadmap to Self-Treat Your Condition Painlessly, Effectively, and Conveniently.

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EAR POINTS FOR 32 CONDITIONS

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Click or Simply copy and paste this link into your browser.

GRAB YOURS NOW!

Dr. Justin's Other Projects: **AUTHOR**

Today's Choices, Tomorrow's Health: Small steps to improve health, food choices and exercise.

Imagine Having the Blueprints You Need to Make Better Food Choices Now and Instantly Start Dropping Pounds... All While Increasing Your Exercise with Ease, No Guilt and Getting Rid of Your Low Back and Neck Pain.

We all want to be healthy. We all want to avoid nasty diseases which slow us down or even prematurely end our lives, but most of us tend to look for the quick fix. Fad diets, crash exercise courses and all manner of crazy weight loss programs mean that people may feel better in the short term, but are unable to maintain it.

Now, with **Today's Choices, Tomorrow's Health**, there is a book which revolutionizes the way you should be approaching your wellbeing.

Divided into four sections, the book examines the four things which are the keys to good health:

Our overall health

Making sure you exercise

Eating the right foods

Create and stick to a budget

What's Inside? Can you reach your own Weight Loss, Cardio and Weight Lifting goals as well as Financial Success?

Weight Loss/ Food Choices

- Simple Steps to Improve Food Choices
- Will Power is no longer the Driving Force to better choices
- Optimal Calorie Counter Calculator so no more guessing how much to eat
- Carbs, Fats, Protein what is the proper ratio?
- Fact of Fiction: Fake Sweetener Alternatives
- 2 Changes in how I eat that Nearly Guarantees Eating less with Limited Self Control
- Trick yourself to feeling full faster with plate choices
- Lessons learned in China for portion control
- Cut Carbs without my family hating me
- How excess Sugar is causing my pain
- Sugar vs Fat: which hurts are health more

Exercise Blueprints

- 3 easy Step by Step Blueprints to actually Exercise
- Coach Potato or Weekend Warrior: the steps are Semi-Personalized for each individual
- Free Natural Legal testosterone Boost to Maximize my Gym time
- Ab routine I won't quit in 2 days
- 12 exercises with pictures for spine and core strength
- 9 Nerve stretches to stop numbness in your arms or legs
- Bonus exercises for strong shoulders
- 10 minute cardio that's better than doing 30 minutes
- 3 minute stretching concept that won't make me Roll My Eyes in Boredom

Overall Health Reboot

- Pain: does it have any redeeming benefits?
- Have you been brainwashed to distrust alternative medicine?
- Can you body heal itself?
- 3 Intermittent Fasting Guides- you heard about it, now do it
- Why is the nervous system so important anyway
- Speed up recovery from work injuries or post workouts.
- Headache Relief
- Sleep Improvement Hacks

Getting your Finances in Order

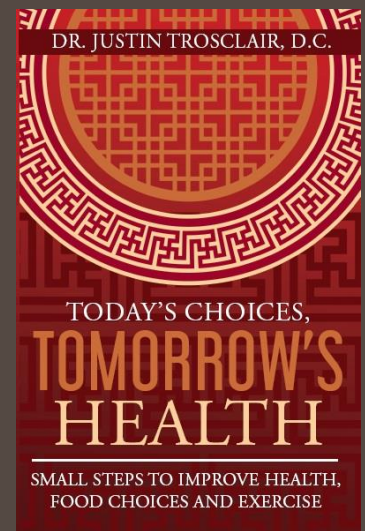
- Simple tips to create a budget
- Blueprint detailing how and why to make a budget
- How to become frugal
- Basics for retirement
- Pay your debt down, learn how here

My own 3 Blueprints on how I lost 25 pounds.

How I mastered my food choices, increased my cardio from less than 5 minutes to the magical 30 minutes, and effective weight lifting strategies that allowed me to **loss 25 pounds** and keep it off.

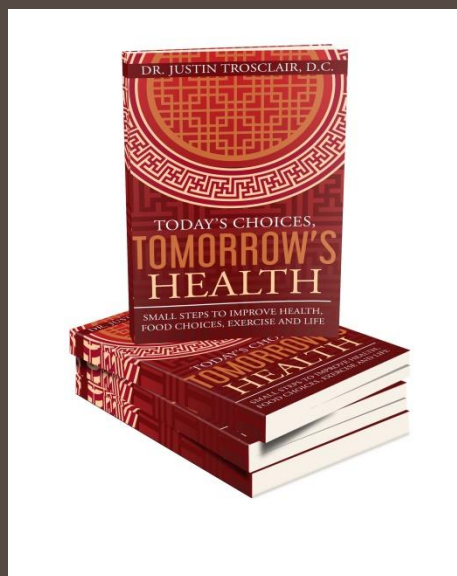
Buy the book and learn my step by step process. Becoming healthier is a process and one which is best done slowly, to ensure a lasting effect. With **Today for Tomorrow** you have the perfect book to make a start on those life-changing habits.

<http://www.doctorsperspective.net/mybook>



Below are a Few of the Highlights

Lessons from China	page 52
Blueprints for Cardio	page 80
Food Labels	page 75
Numb Arms/ Legs Stretch for Relief	page 143
Personal Calorie Calculator	page 88
Intermittent Fasting	page 113
Where Am I Overspending	page 187
Retirement Basics	page 220
Nervous System Reboot	page 41
12 Core Strength Exercises	page 135
Interval Training	page 122
Sugar Secrets and Inflammation	page 61
Making a Budget	page 158
Blueprints for Weight Lifting	page 83



I lead you through some basics about health and chiropractic in the first part of the book. I touch briefly about how the nervous system controls all aspects of the body and how chiropractic can affect different areas of your health. Some of the controversial past of medical doctors versus chiropractors and how the nerves can affect organs are touched upon. I don't cite a bunch of research because there are plenty of other books that you can read if you are into a more thorough review. Actually, it was hard for me to not go into a bunch of chapters citing article after article of what chiropractic can treat successfully (even limiting it to low back pain, neck pain and disc bulges) because my passion is reading those types of papers. I have great relationships with other doctors and we treat patients as a team. A few of the early chapters address some of the frequently asked questions by patients, some of my most viewed blog posts and potentially a health concept that is foreign to many.

You then can explore topics about food choices, sugar flaws, intermittent fasting, weight loss and lessons learned in China. I follow that section with my own personal journey with weight loss and learning how to lift weights. I sprinkle tons of tidbits, secrets and hacks throughout the book to help accelerate your health goals as well as encourage you to not give up and find ways to make this process easier.

Learn all about ways to go from a couch potato to doing a 5k, interval training, the best times to exercise, stretches that won't bore you to tears, and plenty of research based exercises to strengthen your core so back pain doesn't stop you for reaching your goals. Learn specific nerve stretches to stop numbness in your arms and legs as well.

I go into detail about calculating how many calories you personally should be eating per day to maximize your metabolism as well as weight loss. We go through the math in a painless fashion and you will even learn how to modify your diet via macronutrients so you can start living healthier now with overall better food choices.

Lastly, one of my passions is talking about budgeting and finances. I offer some advice on how to budget and cut overspending. Why might a doctor write this part of a book? The reason is simple, most people are carrying thousands of dollars in credit card debt and financial health is just not taught in school these days. If I can help you stop stressing about money then that stress will be less on your physical health too. Let's take care of all aspects of our life.

Nothing of importance is accomplished in a day. Take small steps today to see large benefits in the future. Today's Choices, Tomorrow's Health – Small steps to improve health, food choices, exercise and life.

Buy the Book!

<http://www.adoctorsperspective.net/mybook>

Buy The Book



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