

The Significance of Hygiene after the Pole Shift

Poor hygiene will be the norm, for who will have time and energy to spend on it. Yet by not making it a priority one could soon die of disease or pollution or both. The subject of hygiene after the pole shift will need to be moved into a category of high priority with a new look at exactly what actions are needed to be held in at all cost. This will vary with each person.

After the pole shift when we all are suddenly immersed into third world emergency conditions we will be without the time to spend on daily washing of hands with soap, bathing the body regularly, and being able to take in only purified food and water. This will take its toll. The feeling once one is in a primitive environment is to slack off and put off these things as not as important as the immediate survival actions. Yet they are the very details needed to survive in the long run.

The high die off predicted by the Zetas after the PS could to a large degree be caused by lack of concern and actions for keeping hygiene up and watching to take in to the body, only that which is low risk. This should become one of the main jobs of each of us after the pole shift. The following link indicates some of the diseases or conditions that result when one does not take hygiene seriously https://en.wikipedia.org/wiki/List_of_pollution-related_diseases

When one is young and the immune system strong one can get away with a lot of bad hygiene practices. This sets up false security habits that one carries into later life. As one gets older and the immune system gets weaker one now needs to supplement with increased sanitation or improved hygiene actions. Yet this is not realized by many so they succumb to the pathogens and pollutions that are always present. This is called getting old and agreed to by society.

After the pole shift or in a primitive environment where pollution and pathogens has suddenly increased, for many of us old timers it will be the straw that breaks the camels back, that we are not prepared for. For most of us, it worked in the past and now has become a habit and we now don't question that these actions now need to change for the environment has changed.

If one person in a group slacks off on hygiene and gets sick, that person has now lowered the survival potential of the rest of the group. Thus this is a group issue that will have to be discussed as a group as to how much of what kind of hygiene and sanction efforts will be needed by all.

Once a new hygiene type action is done for a while it will then become the new habit and be easy to maintain from then on. The following is some lessons learned.

Recommend using baby soap to wash the face and eye lids every day. If this soap gets in the eyes it doesn't sting. This procedure lowers the amount of eye lash mites (microscopic spider) that affect a lot of people today. This soap can be use to wash the body. It is very mild and doesn't cause a problems if not all of the soap is totally washed off the body as a result of frequent sponge baths.

We will all need to learn how to use a sponge, wash cloth or rag with a small amount of water out of bucket to take a so called sponge bath. Clean water will be very valuable and scarce and used sparingly.

Some people who grew up on a farm will be happy fitting in with sponge bath technology other who grew up in a city and feel filthy if they don't get their daily shower will have a harder time. Yet some happy medium of frequency for all living in a group will be needed.

The basics of hygiene center around keeping the body and ones immediate living environment clean while taking in non-contaminated (pathogens, pollutants, poisons) food and water. Perceived necessary hygiene actions will be different for everyone. A group consensus will be needed. The definition of hygiene is: Conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.

For more information see <https://en.wikipedia.org/wiki/Hygiene>