

Our Brain Produces nearly 30 Chemicals that make us Happy Healthy & Perform Well but sometimes they're low. So, Every Day, As Soon as You Wake, Boost Those Chemicals.

Smile!!! – Your Facial Expressions Strongly Affect Your Brain Chemistry Production.

Listen to Favourite Music & Look at Things You Love on your Phone, & keep Smiling!!!

Drink a Glass of Water. Do some Deep Breathing & Walk in the Sunlight & Fresh Air.

Have 25gms of Protein & 10gms of Fibrous Fruit, Vegetables Nuts &/or Seeds.

Think about & be Grateful For 3 Parts of Your Body/Mind/Life. How can I protect & grow them?

And get very clear which 3 important things you WILL achieve that day.

The Free [Mental Fixit Scroll+](#)

The [Scroll+ E Book](#)

The [Scroll+ Audio Book](#)

Free [Mental Fixit Live Streaming](#) at [TikTok](#) [You Tube](#) [Face Book](#) [Instagram](#)

The free [Mental Fixit App](#) at [The App Store](#) or [Google Play](#)

[Non-Addictive Multi-Medicine Powders](#) in [Pocket Dispensers](#) taken in seconds anytime anywhere which, if Sucked & Mouth & Tongue Absorbed, start working in 1 to 5 minutes & simultaneously help many problems

[MentalHealthVideosA2Z.com](#) [Heart Beat Meditation Aids](#) [Phone Treasure](#)

[Tasty Pocket Dispenser Fruit Powders](#) help you cut Sugar & Make & Break Habits

A Perth Australia "Do Everything Family Doctor" for 53 years, I had my own Mental Health & Addiction Dual Diagnosis Clinic for 5 years in Perth's Addiction Epicentre, Victoria Park. I had around 500,000 Consultations, Home & Hospital Visits & helped all sorts of People with all sorts of Problems – Injuries, Infections, Diseases, Old Age, helped 800 Babies into the World, did 100's of Tonsillectomies Appendicectomies Vasectomies & helped with 1,000's of Broken Hearts, Minds, & Families.

There were NO Perfect Mums Dads Families Streets Communities or Schools, so EVERY Child Experienced Mild Moderate or Severe Suffering, then Developed Mild Moderate or Severe Mental Health Problems.

I found to Get a Happy Healthy Good Life the 3 Most Helpful Things Were To, as Early as Possible

1) Understand, Fix, Grow Your Mental Health 2) Build Enough Good Relationships 3) Break all Addictions.

The Developed World's Greatest Disaster is How Badly these 3 Most Important Things are Managed.

So, HOW COULD WE BEST FIX THESE 3 MOST IMPORTANT but OFTEN POORLY MANAGED THINGS?

THE SAME AS WE DO with MOST THINGS TODAY – WITH GOOD TOOLS.

We now have very Good Self-Help Tools for Almost Everything Except MENTAL HEALTH & ADDICTIONS.

1) Mental Health Consultations can be Great but are too Slow, Labour Intensive, Costly & cause long waiting Lists, & while you're waiting for help you Suffer, develop more Problems & Complications & get Worse. And with long waiting lists, almost no one gets enough help soon enough, & many people get little or no help.

2) Medicines can be very helpful but many aren't helpful enough because to sell more for higher prices many Medicines are more PROFIT FOCUSED than HEALTH FOCUSED – they're Addictive or not very Effective &/or too slow. Medicines must be Nonaddictive, very Effective, & Mouth & Tongue absorbed so they start working in 1 to 5 minutes, not the 30 to 60 minutes that swallowed gut absorbed medicines take, which is too slow. And they should cost 1/2 what present Medicines cost.

So, in 25 years I built a Complete Pack of Non-Addictive very Effective Fast Acting, Self-Help, Mental Health Tools & Medicines, most on Phones or in Pocket Dispensers, free or low cost, ready for use in seconds, anytime anywhere, as soon as needed.

What the WORLD MOST NEEDS TODAY IS A GLOBAL MENTAL HEALTH REVOLUTION

Donations sent to [Neil Gregory Beck account 218843182 BSB 774001](#) will ALL be spent on spreading this Information Worldwide, to help drive a Global Mental Health Revolution.

Email us at HealthEStuff@gmail.com if you want your Donation to highlight particular items.

