

This is a list of bad habits that I have clinically observed since being in practice. This is a list of what NOT to do. As dumb as some of these may seem, each one has a specific purpose for being on this list. Many of the things on here have been included because it was the one specific thing that was causing the patient's health complaint.

Bad Habit	Why it's a bad habit	2026
A/C below 70 in the summer. Car/House/Office	Messes with the san jaio	
Air fresheners	Neurotoxic	
Alcohol	Toxin	
Alcohol hand sanitizers	Neurotoxic	
Alkaline water	Disrupts pH; big UTI generator	
Armpit hair too long	Deodorant doesn't fully wash out -> stagnates lymphatic and sebaceous system. Causes topical toxicity. Ideally keep armpit hair less than 1/2 inch.	
Bad bedtime routine -See recommendations >	-Go to bed before 11:15 (Asleep by 11:30) -Phone needs to be <u>unplugged</u> , on airplane mode, and at least 8 feet from body -If phone not on airplane mode, then needs to be <u>unplugged</u> and 15 feet from body -Screen brightness of phone and tv need to be lowered significantly after dark/in dark room.	
Bad shoes	Messes with structure. Massive symptom generator	
Bad bath and body product	Messes with hormones, organs, etc. Massive symptom generator	
Bad lightbulbs	Messes with eyes, mess with acupuncture system, perpetuates yeast overgrowth. Dr. Shelby uses GE relax soft white 60 watt	
Bad water	Messes with everything. Drink spring water	
Bad water in CPAP	Causes inhaled allergy/toxicity. Try using spring water	
Bags or backpacks too heavy	Messes with spine and diaphragm	
Bare feet on cold surfaces	Messes with san jaio and kidneys	
Bedroom or office has smart meter or A/C unit on outside wall	Proximity to constant radiation	
Belly button piercing	Metal antenna in/around Conception Vessel 8- an extremely important acupuncture point that is forbidden to needle in acupuncture	
Belt too tight	Squeezes the dai mai, messes with diaphragm, messes with pelvis	
Bluetooth	Radiation; big brain fog generator	
Braiding or weaving too tight	Pulls on the scalp; fixates cranial bones; big headache generator	
Caffeine	Irritates ileocecal valve; stagnates liver	
Candles (of any kind)	Neurotoxic	
Canola oil/most cooking oils	Toxin. Messes with blood sugar. Causes weight retention/gain	
Cap left open on bath and body product (example: shampoo)	Denatures the bath and body product. If left out overnight, throw product away and get a new one	
Car fresheners	Neurotoxic	
Chewing gum (of any kind)	Irritates TMJ ; disrupts digestive system ; messes with blood sugar	
Cleaning CPAP with a petroleum agent/soap	Causes inhaled allergy/toxicity	
Cold foods and drinks	Irritates the spleen	

Colognes/perfumes	Neurotoxic
Compressive clothing (bras, spanx, etc.)	Irritates diaphragm and a lot of other things that varies based on the person; causes back pain
Constant proximity to chemicals	Messes with acupuncture system
Contact lenses	Hormone disruptor; irritates liver; BPA in lenses Dr. Shelby uses Clariti 1-day
Crop tops. Especially during summer	Causes cold in kidneys and lower jiao. Big UTI generator
Dairy	Messes with ileocecal valve, causes damp heat
Daycare using bad cleaning sprays or diffusing scents	Neurotoxin, inhaled allergy, inhaled toxicity
Deadlifts	ZERO functional reason to be doing them.
Diffusers	Essential oils are NOT health products. Please stop doing this
Dipping your head under the faucet to drink	Causes cervical fixations, shears the joint capsule ligaments. Pay attention to this especially when you're brushing your teeth.
Drinking during meals	Water is a natural buffer. Don't buffer your stomach while you eat. Other fluids also not good. Minimal amounts if needed
Drinking too little water	Dehydration
Dying your hair	Neurotoxic
Eating while reading, scrolling phone, studying, or watching tv	Irritates the spleen
Eating too much in one sitting	Stagnates liver, can cause blood sugar toxicity. Accumulation
Electric cars	Radiation. I don't care if it is alternating current.
Electronics in both pockets on each side	Causes left/right body imbalance, messes w/ acupuncture system. Example: carry phone and keys in same pocket, not one on both sides
EMF bracelets, necklaces, and stickers	Don't work; messes with diaphragm; adds more signals to the soup
Family members wearing cologne while holding your baby	Especially when they hold them up to their chest which is where they usually spray it. Inhaled allergy, inhaled neurotoxin
Fishtanks in small rooms, near beds, or near desks	Causes inhaled mold allergy
Fit bits	Battery messes with acupuncture system
Good testing bath and body products are older than 4 months	Even good products expire. Takes about 4 months after opening before they cook.
Grazing (snacking)	Causes insulin resistance
Hair tied up too tight	Causes headaches, brain fog, neck stiffness, cranial faults, sacral fixations
Himalayan salt lamps	Mess with diaphragm; causes brain fog. Usually fake unless from Pakistan
Humidifier diffusing anything except distilled water	Diffuses toxins, inhaled allergen, inhaled toxicity, messes with lung and large intestines
Heat above 75 in the winter. Car/House/Office	Messes with san jiao
Holding baby like a football while wearing bad deodorant	Baby inhales toxin because their nose is right under armpit, usually presents as rash or frequent colds
Jewelry with fake crystals	Messes with the acupuncture system
Keeping cellphone in front chest pocket	Radiation/EMF in close proximity to the heart.
Keeping your cellphone on you all day	Radiation; messes with diaphragm

Lacing shoes too tight	Messes with pelvis, messes with arches in feet, causes disc inflammation
Lack of adequate protein in diet	Messes with hormones and various other things. Important habit to correct for menopausal women.
Leaving bottled water in hot car or garage during warm seasons	Leaches plastic into the water
Metal glasses frames	Can cause brain fog, headaches
Metal Jewelry	Mess with the acupuncture meridian that runs through/past
Microwaving food	Radiates food, radiates house, radiates you.
Morning wakeup alarm tone is insulting/startling	Apple use "playtime," Android use "Feels good"
Multiple applications of deodorant before showering	Causes topical toxicity. Messes with lymphatics systems. Must shower between applications of deodorant.
Nanny or babysitter using scented bath and body products	Child in proximity -> inhaled allergy, inhaled toxicity, messes with lungs, messes with large intestine
Nasal Sprays	Messes with bronchi and diaphragm
Negative self-talk	Messes with multitude of things depending on the person
Nipple piercings	Messes with acupuncture system, causes back pain. Stomach 17 is forbidden to needle
Over eating	Accumulation. Messes with blood sugar
Over stretching	Messes with ligaments, causes spinal fixations
Pillows are old/moldy	Need to be replaced every couple of years probably. Just eyeball it. If your pillow looks gross, replace it.
Polyester underwear	Messes with hormones. Underwear must be cotton or linen.
Porn (of any kind)	Messes with neurotransmitters
Potpourri	Neurotoxic
Proximity to phone while charging	Charging amplifies the EMF. Messes with acupuncture system
Reaching and leaning to the side from the seated position	Pulls at the diaphragm and creates adhesions at the iliac crest/gallbladder 27
Reaching into the back seat to grab your purse or discipline child	Stresses the shoulder. Pulls at the diaphragm and creates adhesions at the iliac crest/gallbladder 27
Relying on protein shakes to meet a majority of protein goal	Meat should be the majority of your protein. Protein shakes are processed
Resting phone on abdomen while scrolling on the couch for hours	EMF/radiation. Messes with organs, messes with acupuncture system
Screens too bright	Messes with eyes and circadian rhythm
Self-dosing synthetic supplements	Messes with liver, spleen, blood. Causes toxicity
Shaving nose hair	Messes with the immune system, mess with air pressure
Shower water too hot	Messes with san jaio, causes rashes, especially on face
Sitting on leg(s)	Messes with ankles, knees, hips, and pelvis
Sitting in awkward positions	Messes with pelvis and diaphragm. Sit upright.
Sitting on wallet	Messes with pelvis, causes disc inflammation
Slamming/kicking foot into shoe	Causes talus or calcaneal fixation, winds up causing pelvic fixation
Sleeping near plugged in phone	Radiation. See bad bedtime habits
Sleeping next to phone	Radiation. See bad bedtime habits
Sleeping with covers over head	Recycles CO2. Is like breathing through a bag

Sleeping with TV on	Disrupts sleep cycle
Smart watches	Radiation; Brain fog, migraines, shoulder instability, vertigo. Chokes the acupuncture meridians that run past it
Smart rings	Radiation; chokes the tsing points
Smoking (of any kind)	Inhaled toxin; messes with large intestine; messes with skin, thyroid, and heart; inability to process emotions properly
Social media	Messes with neurotransmitters. Negatively affects self-worth
Standing while putting shoes on	Usually winds up causing pelvic fixation and/or messing w/ diaphragm. Due to off balance if you slam back down onto leg, causes pelvic fixation
Storing water near an outlet	Corrupts the water, messes with acupuncture system
Swimming in chlorine/bromine pools or hot tubs	Bathing in a neurotoxin
Tattoos	Messes with lungs and large intestine
Talking on the phone with the phone held up to the ear	EMF/radiation, messes with atlas, messes with vagus nerve, messes with acupuncture system. Use speaker and hold away as much as you can.
Toilet stools to prop your feet up	Messes with pelvis
Too much sex/orgasms/ejaculations	Messes with neurotransmitters, depletes kidney qi. To some degree, grounding can neutralize this. 2x/week for 10 min each
Using phone while charging	Charging amplifies the EMF. Messes with acupuncture system
Vaping	Inhaled toxin; messes with large intestine; messes with skin, thyroid, and heart; inability to process emotions properly
Wiggling/hokie pokie/shimmying foot into shoe	Shears ankle ligaments, causes ankle fixation which will mess w/ pelvis
Washing anus with soap in the shower	Accidental soap suppository. Messes with gut bacteria
Water softeners	Messes with lungs and large intestine. Use a shower filter
Wifi router on stand next to bed	Radiation/EMF. Try to keep it a good distance from you, especially while sleeping
Wireless Headphones/Earbuds	Fixates the atlas, headaches, brain fog, radiation