

GEOPATHIC STRESS

Helpful Tool: The Gratitude Egg

MICRO PARASITES – Liquid Oregano – 5 Doses

- 1) First dose, wait 12 hours
- 2) Second dose, wait 12 hours
- 3) Third dose, wait 24 hours
- 4) Fourth dose, wait 24 hours (5th Dose)
- 5) 1 Drop of strong Liquid Oregano per 20 lbs. of body weight.
Double the strength, if applying on the bottom of your feet after washing the oils off of them

Q10 SUPPORT

Ubiquinol if really low, then Q10 supplement

PH SUPPORT

- Aluminum free baking soda, to shock your PH level back
- Drink Lemon Water, first thing in the morning
- Stretch your muscles
- Deep breathing
- Embrace a healthy diet
- Eat slowly

LYMPHATIC SYSTEM SUPPORT

- Stretch your muscles
- Restricted, deep breathing
- Engage in Mini-Trampoline exercise
- Take the stairs
- Induce sweating

AURA SUPPORT

In a clockwise direction, using the middle finger, of the right hand, encircle the abdomen as many times as is comfortable or deemed necessary, while also reciting the mantra "I want my energy in close and strong."

PRAYER SUPPORT

- Pray over food/drink expressing your gratitude for the sustenance
- Express gratitude, and ask to have food/drink to be blessed
- Add Love by expressing I Love You, 3 times, in gratitude
- Vitamin D, as well as Magnesium, is also beneficial
- Sleep well, get good rest at night to assist in the removal of Geopathic Stress