

Staying Healthy

Sovereignty During Disaster

The intention for this program is to inspire and anchor full responsibility for overall well-being. Specifically for consumption of highest vibrational frequency foods & nutrition for your body temple to prevent illness, provide support during hardship and increased resilience.

Post-Fire Recovery Protocol:

Enhancing Superhuman Vibration and Supporting the Body

Experiencing a fire can expose individuals to toxins, heavy metals, particulate matter, and emotional trauma. This protocol addresses cleansing the body, repairing organs (especially the lungs), and rebuilding physical and mental resilience.

1. Mindset and Conscious Healing

- **Daily Mindfulness Practice:** Begin each day with 10–20 minutes of mindfulness or meditation to reduce stress, regulate cortisol, and calm the nervous system.
 - Focus on deep, diaphragmatic breathing to oxygenate the body and begin cleansing the lungs.
- **Positive Affirmations:** Use affirmations such as:
“My body is healing. My mind is strong. I release toxins and welcome the highest vibration of health.”
- *“I am humble before the wonder and beauty of the Universe. I open to the journey of life joyfully and curiously.”*
- **Visualization:** Visualize the body regenerating with clear lungs, vibrant organs, and a resilient immune system. Bring in pure Divine White Light into the body to push out dark energies, activating and charging up every organ and every cell of your body.

2. Clean Water and Hydration

- **Detoxify with Clean Water:**
 - Drink **67% your body weight in ounces of water daily**, preferably filtered or spring water to avoid contaminants.
 - Add **electrolyte drops** or a pinch of **Himalayan pink salt** for mineral balance and or take **Sea Moss**.
 - Consume **chlorophyll water** (1 teaspoon liquid chlorophyll in 8 oz water) to support detoxification.
- **Avoid Tap Water:** If your area has been affected by fires, ensure your water is tested for contamination before consumption. Boiling may be ineffective so having bottled water on hand for drinking and brushing your teeth may be your best choice during this time.

3. Lung Cleansing and Repair

- **Steam Inhalation:**
 - Use steam with a few drops of **eucalyptus** or **peppermint essential oil** to open airways and clear toxins.
 - Add **saltwater gargling** to clear the throat of irritants.
- **Herbal Lung Support:**
 - **Mullein Tea:** Helps reduce inflammation and expel mucus.
 - **Lobelia:** A potent expectorant to cleanse the lungs.
 - **Nettle Leaf Tea:** Rich in nutrients to repair lung tissue.
- **Breathing Exercises:**
 - Practice pranayama, including *Kapalabhati* (cleansing breath) and *Nadi Shodhana* (alternate nostril breathing) to strengthen lung capacity.

4. Clean Nutrition for Detoxification

- **Organic, Whole Foods:** Focus on fresh, non-GMO foods rich in nutrients to aid recovery.
- **Foods High in Iron:** Focus on foods high in iron which is the oxygen carrier in the blood. Some included Leafy greens, green vegetables, beets.
- **Juice: Carrot, Cucumber, Celery Juice** is the most sustainable juice you can ingest providing all of the vitamins and minerals necessary to hold a sustainable cleanse that supports the well-being of all of your organs. If choosing to do a **liquid cleanse**, I recommend 3 days of juicing: **30% of your body weight in Carrot Cucumber Celery Juice ounces daily.**
- **Cruciferous Vegetables:** Include broccoli, kale, and cauliflower for their liver-detoxifying compounds (sulforaphane).
- **Detoxifying Foods:**
 - **Beets:** Support liver and blood cleansing.
 - **Cilantro:** Helps chelate heavy metals from the body.
 - **Garlic:** A natural antimicrobial that supports the immune system.
 - **Lemon Water:** Stimulates liver detoxification.
- **Superfoods:**
 - **Spirulina** and **chlorella:** Excellent for binding to and removing heavy metals and environmental toxins.
 - **Turmeric** (take with black pepper to activate): Reduces inflammation and supports organ recovery.
 - **Sea Moss:** High in minerals to repair tissues. Contains approximately 92 of the 102 minerals the human body needs to function.

5. Key Vitamins and Minerals

- **Vitamin C:**
 - Acts as a powerful antioxidant and supports the immune system.
 - Sources: Camu camu, acerola cherries, or liposomal vitamin C supplements.
- **Magnesium:**
 - Essential for detoxification and stress regulation.
 - Sources: Pumpkin seeds, almonds, or a transdermal magnesium spray.
- **Vitamin D3** (with K2):

- Enhances immune response and reduces inflammation.
- Best obtained through sunlight or high-quality supplementation.
- **Zinc:**
 - Crucial for immune repair and regeneration.
 - Sources: Oysters, pumpkin seeds, or a supplement (30-50 mg daily).
- **B Complex:**
 - Supports energy levels and combats stress.
 - Sources: Nutritional yeast or a high-quality supplement.
- **Glutathione:**
 - The body's master antioxidant; assists in detoxifying smoke-related toxins.
 - Supplement as liposomal glutathione or boost naturally with NAC (N-acetylcysteine).

6. Cleansing Organs

- **Liver Support:**
 - **Milk Thistle:** Protects and regenerates liver cells.
 - **Dandelion Root Tea:** Stimulates bile production to flush toxins.
- **Kidney Support:**
 - **Parsley Tea:** Helps cleanse the kidneys.
 - **Cranberry Juice:** Promotes urinary tract health.
- **Colon Cleansing:**
 - Eat high-fiber foods like flaxseeds and psyllium husk.
 - Consider probiotics (Lactobacillus and Bifidobacterium strains) to restore gut flora.
- **Sweating for Detoxification:**
 - Use a sauna (infrared is ideal) to promote sweating and toxin release.

7. Emotional and Energetic Healing

- **Grounding Exercises:** Spend 20–30 minutes daily barefoot on grass or soil to reconnect with Earth's frequencies.
- **Adaptogenic Herbs:**
 - **Ashwagandha:** Supports stress recovery and adrenal health.
 - **Reishi Mushroom:** Calms the mind and boosts immune resilience.
- **Journaling:** Write to process emotions and rebuild mental clarity.
- **Free Form Writing:** highly effective with anger that may come during a time of grieving. Take a piece of scratch paper setting the intention to let out all the anger on to the piece of paper...scribble, scratch, anything needed to let it all out. Do this until you feel complete and the anger is out. Consciously discard the piece of paper and its energetics into the trash, shredder or burn in fireplace.
- **Speak to your Symptoms:** Find out what their highest intention is for you? Any other information they need to share? Find out as much information from them as available before moving to the next question. Are they willing to help you in a better way? If yes how? If not send them into the Light and watch them transform or return to nothingness.

8. Rest and Recovery

- **Prioritize Sleep:** Aim for 7–9 hours nightly to allow the body to repair.
 - If you are ill you may need much more sleep than usual.

- Use a sleep-supportive environment: darkness, cool temperatures, and no electronics.
- **Gentle Movement:**
 - Yoga or tai chi to promote circulation and lymphatic drainage without overexertion.

9. Community and Connection

- Seek support from others who have experienced similar challenges. Sharing stories and solutions can accelerate emotional healing.
- Engage in collective rebuilding efforts to foster a sense of purpose and empowerment.

By following this protocol, individuals can cleanse and repair their bodies, rebuild their energy, and achieve a higher state of resilience and well-being after a devastating fire. For further support please contact info@holisticsands.com or visit www.holisticsands.com to schedule a session.

