

Panic - breathe into a paper bag dab sea salt under tongue.

****NEVER USE TABLE SALT AS IT IS HEATED TO 1200* AND FORMS A TOXIC CYANIDE ABRASIVE SUBSTANCE WHICH CAN CAUSE CUTS IN THE RESPIRATORY TRACT ****

Skullcap a delightful English flowering plant which you can plant, or buy as a powder calms and balances the demeanour.

<https://www.organicfacts.net/health-benefits/herbs-and-spices/skullcap.html>

Magnesium daily helps greatly to prevent panic attacks.

Period pain and energy levels - look up food to boost energy before and during menstruation.

Eating beetroot in and / or macca and beetroot powder in smoothies helps boost blood regeneration as do telomeres such as bacopa moneiri, moringa and vitamin C boost the immune and energy system and daily pumpkin seed and flax seed in breakfast mix or food with fruit and nuts, blended boost energy and reduce parasites which can live on fungal and blood rich matter.

I am happy to share my recipe for breakfast mix or chai or can post an individual jar for a donation.

Shock - Arnica pilules taken by instructions i.e. two every 2 hours for 6 hours then less can help, as does sitting in a calming environment.

Great article on foods you can use to heal from shock:

<https://www.nuffieldhealth.com/article/recover-from-injury-faster-with-these-healing-foods>

Look up homeopathic remedies and keep a homeopathic kit and info booklet handy.

Helios and the CAT centre are among the providers of such kits and information.

<https://www.homeopathyexpress.com/collections/helios-homeopathy>

Arnica cream /ointment is handy also for body shock /shunts, slow deep breaths and a calming native tea such as chamomile, marigold, nettle or yarrow are used to stop internal bleeding, as staunch bleed.

Skin - organic oat, frankincense, rosewater, and marigold cream are a few of the skin care naturals you can research, reducing sugar and wheat and using alternatives has been found to help many conditions in research studies, including skin, autism, anxiety and digestive disorders.

Always research options yourself and consult an experienced /qualified adviser.

Much love x

Help to Heal at Home

Introduction

At this time being able to improve and feel responsible for our own health is important to many of us.

If you have a persistent cough or a headache the last thing you feel like doing is sitting 6 hours in A&E to be told to drink water go home and rest, or to drive 5 miles at night to find a chemist open hoping they have something.

This booklet is to give you a greater set of your own resources to help yourself. Obviously seek specialist help, for this booklet is to empower you in those circumstances where you can help yourself more. Such things as boosting your immune system, reducing stress for mind and body and preventing inflammation and excess acidity.

I can offer help with spiritual frequency healing or kinesiology balance and online and in person support sessions.

Email: jordan2isgood@gmail.com.

I have 30 years training and experience as a wellbeing facilitator.

With love - Sam

