


# The Blast Method

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Vicky Midwood



A large orange circle is positioned on the left side of the slide, partially cut off by the edge.

# What is the B.L.A.S.T. Method?

A simple series of steps that facilitate the elimination of addictions and anxiety by empowering individuals to create a whole new identity and improve self-worth.

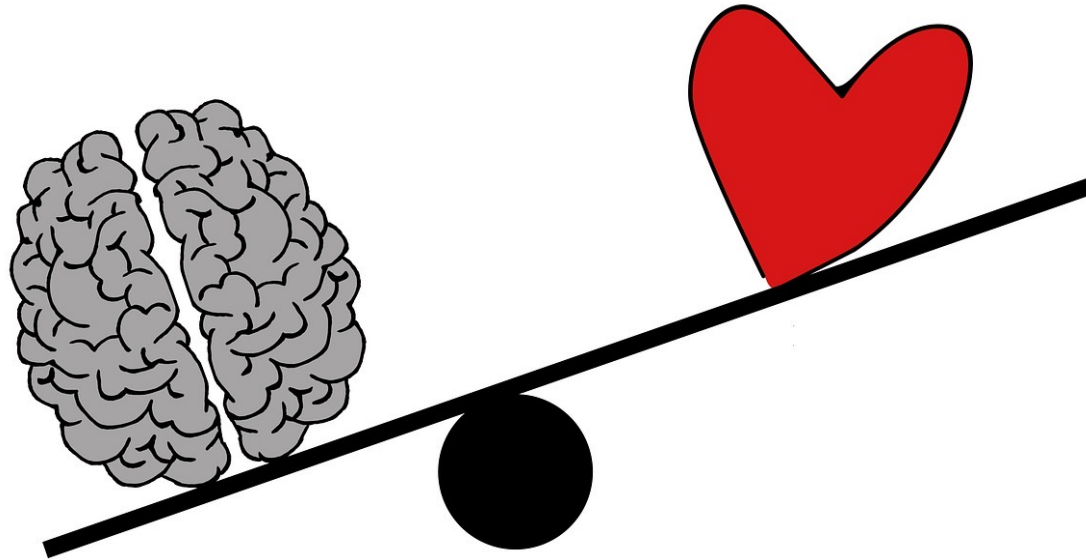


# B.L.A.S.T.



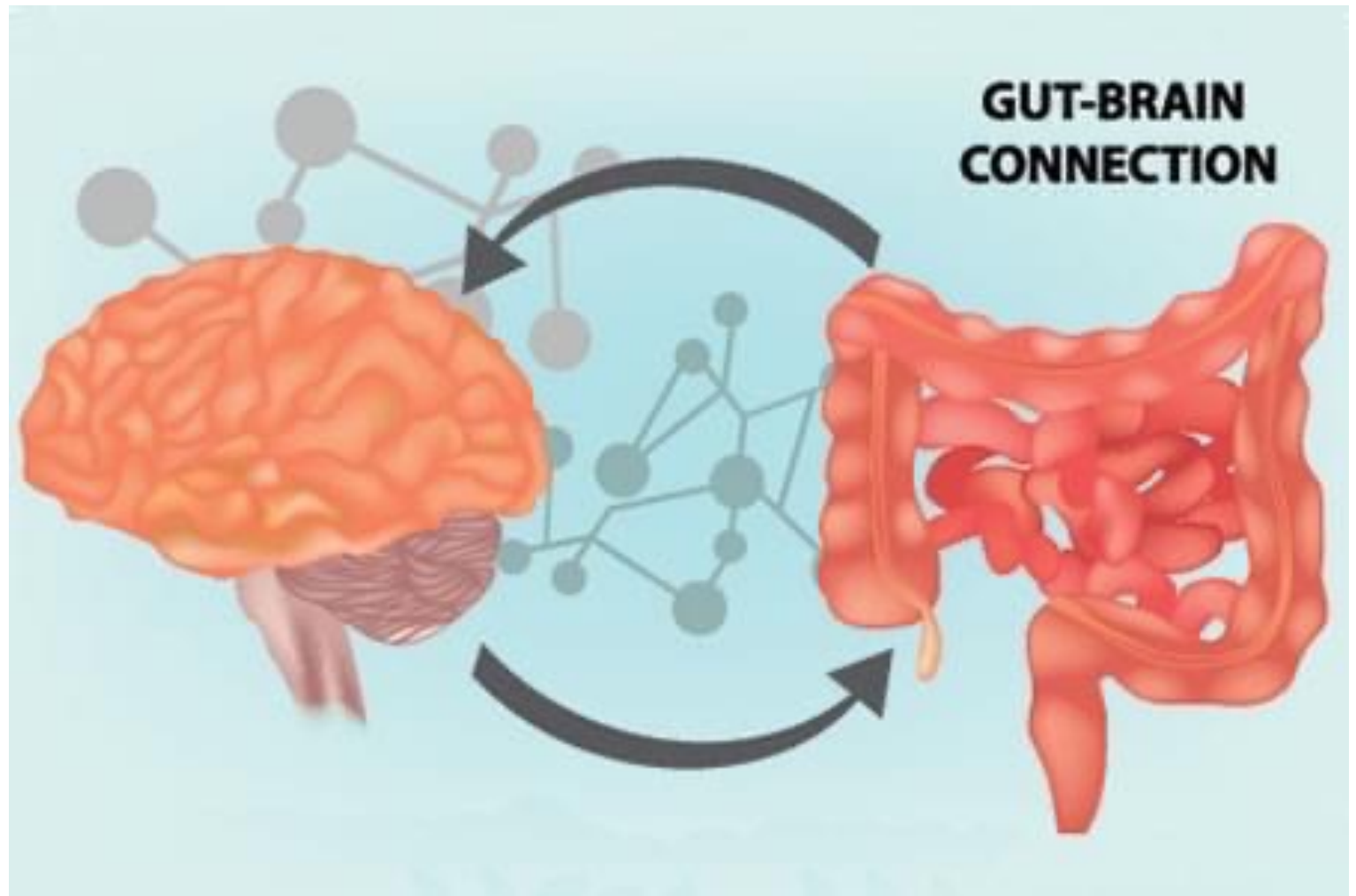
# HEART BRAIN COHERENCE

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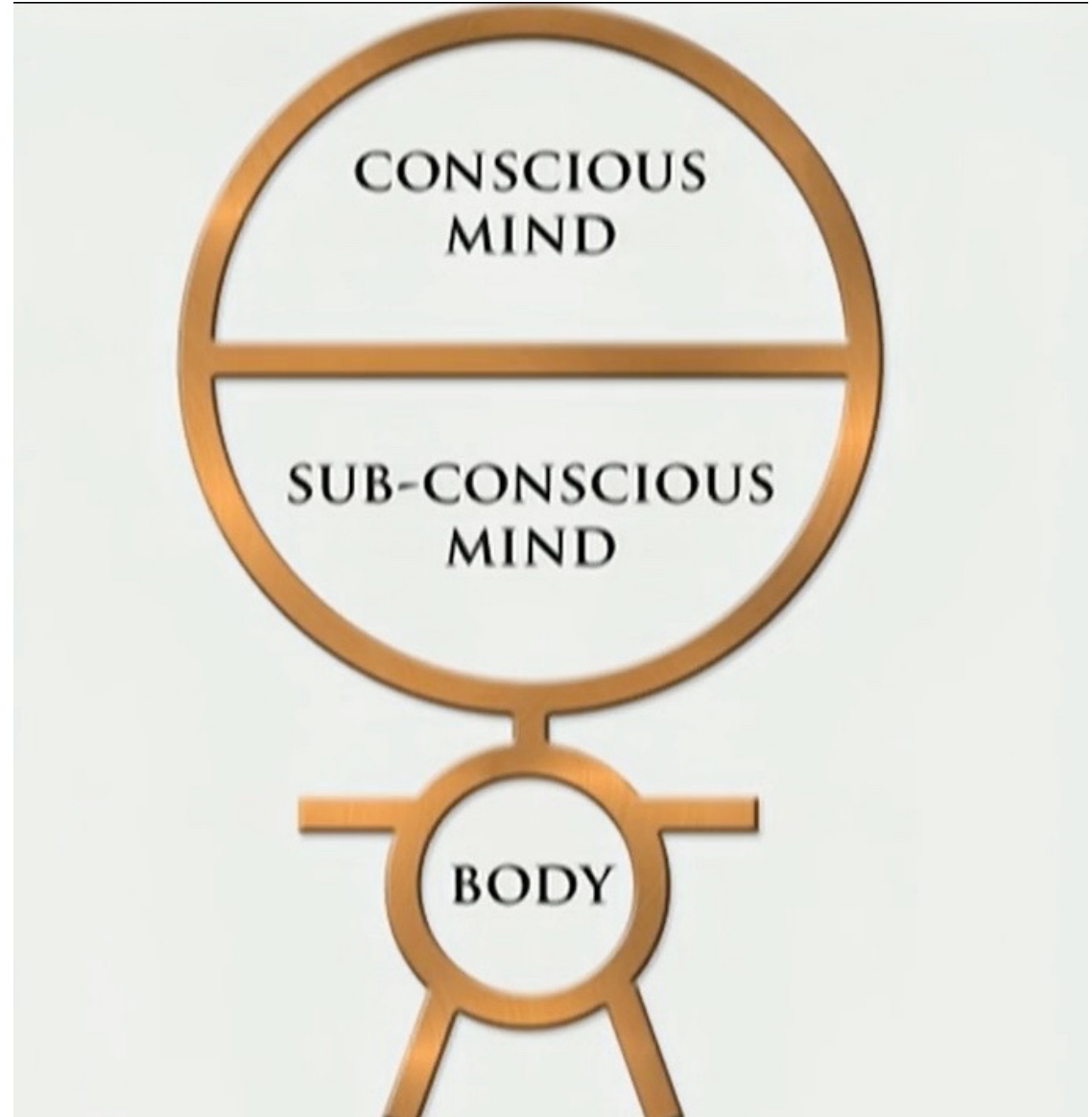
# The Gut- Brain Connection

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# BRAIN & MIND

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# BEHAVIOUR

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# ATTITUDE & ALLOWING

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# SELF- CARE

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SELF-WORTH

PHYSICAL

MENTAL

EMOTIONAL

SPIRITUAL

---

NOURISH

*not*



PUNISH

# TRAUMA RELEASE

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# Take Daily Actions to Connect Back to You

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VICKY MIDWOOD

The Addiction Eliminator  
Educator & Healer

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