



Biodynamic Craniosacral: The subtle rhythms or motilities produced by the body are regarded as fundamental expressions of our health and vitality. The ordering matrix carried into the body within these rhythms acts as a blueprint for health which is present from the time of our early embryological development. This blueprint is the fundamental factor that maintains balance in our form and function throughout our lives. When these rhythms are expressed in fullness and balance, our blueprint for health is able to manifest and a sense of wholeness and wellbeing automatically follows.

Important Reminders:

1. Please wear comfortable clothing with cotton socks. Please do not wear shirts with back decals nor hoodies. Please avoid strong colognes, perfumes.
2. Please turn off cell phones when in office space.
3. Please keep appointment time as scheduled.
4. **A full session fee will be charged without 24hrs notices of any changes to appointment. (48 hrs notice for 3 or more group schedule.)**
5. Payment for service is appropriate with the time spent with Integrative Craniosacral sessions:
\$157.50 for all new client consultations & regular session w/ scan (1hr 20min.)
\$105.00 for regular session or inactive for 1 year or more (50min.)
\$63.00 for maintenance progressive sessions (20min.)
Fee will be adjusted accordingly with children requiring less time.
At this time, cash, cheque, or E-Transfer are acceptable forms of payment. An additional fee will be applied for NSF cheques.
6. For NEW or NON-Regular/Current clients, once you book online, we will call or email to confirm your appointment, mobile clinic host location address, session details, and review of contraindications.

Contraindications for Integrative Craniosacral

A contraindication is a specific situation in which a therapeutic modality should not be used because it may be harmful to the person. At this time, these are absolute contraindications for all body work and manual therapeutic services provided by Monique Bilodeau-Nestmann and Essence Vitality Wellness & Coaching Inc. due to the potential for causing significant injury:

- 1) **Radiation and Chemotherapy (within the last 2 years)**
- 2) **Blood Transfusions**
- 3) **Intracranial Pressure (ie. stroke, aneurysm) & Embolism (blockage in the arterial or venous blood flow due to a blood clot)**
- 4) **All Flu/Influenza, Gene Therapy, and all Covid Vaccines**

Covid vaccines, gene therapy, and other new generation vaccines are often lipid nanoparticle-formulated, nucleoside-modified RNA vaccines which can include bioengineered plasmids. In the case of Covid vaccines, they are designed to encode a prefusion stabilized, membrane-anchored SARS-CoV-2 full-length spike protein. A scientific peer review study from the Lund University published February 2022 showed that:

“SARS-CoV-2 RNA can be reverse-transcribed and integrated into the genome of human cells...Our results indicate a fast up-take of BNT162b2 into human liver cell line Huh7, leading to changes in LINE-1 expression and distribution. We also show that BNT 162b2 mRNA is reverse transcribed intracellularly into DNA in as fast as 6 h upon BNT162b2 exposure.”

Intracellular Reverse Transcription of Pfizer BioNTech COVID-19 mRNA Vaccine BNT162b2 In Vitro in Human Liver Cell Line

Research paper link: <https://www.mdpi.com/1467-3045/44/3/73>

Contraindications for Integrative Craniosacral *continued*

COVID-19 spike proteins are pathogenic, from both virus and vaccine mRNA. This pathogenicity is termed 'Spikeopathy'. The following is from Biomedicines from August 2023:

“The production of ‘safe and effective’ vaccines was a key public health target. Sadly, unprecedented high rates of adverse events have overshadowed the benefits. This two-part narrative review presents evidence for the widespread harms of novel product COVID-19 mRNA and adenovectorDNA vaccines and is novel in attempting to provide a thorough overview of harms arising from the new technology in vaccines that relied on human cells producing a foreign antigen that has evidence of pathogenicity... This paper reviews autoimmune, cardiovascular, neurological, potential oncological effects, and autopsy evidence for spikeopathy. With many gene-based therapeutic technologies planned, a re-evaluation is necessary and timely.”

‘Spikeopathy’: COVID-19 Spike Protein Is Pathogenic, from Both Virus and Vaccine mRNA
Research Paper Link: <https://www.mdpi.com/2227-9059/11/8/2287>

However, the SARS-CoV-2 Spike protein being encoded by Covid vaccines, differs from the natural one, as seen in the research by Carlo Brogna and his team:

“...Both consist of a recombinant mRNA to be inoculated as a vaccine, which encodes for a recombinant SARS-CoV-2 Spike protein. Although the mRNAs are different, both encode for the same recombinant Spike protein (here called PP-Spike). This differs from the natural one (wt-Spike, Figure 1B) by a double amino acid change at the position 986 and 987 (K986P and V987P, i.e., the amino acids lysine and valine are both replaced by two proline amino acids)[16,17]...”

Detection of recombinant Spike protein in the blood of individuals vaccinated against SARS-CoV-2: Possible molecular mechanisms

Research Paper Link: <https://onlinelibrary.wiley.com/doi/epdf/10.1002/prca.202300048>

Since it is unknown how spike proteins from genetically based vaccines will respond with bodywork and manual therapeutic sessions, and in consideration of further research on spike proteins:

“To control the pandemic, genetically engineered vaccines have been designed... These vaccines do not act like traditional protein-based vaccines, as they deliver the message in the form of mRNA or DNA to host cells that then produce and expose the Spike protein on the membrane (from which it can be shed in soluble form) to alert the immune system. Mass vaccination has brought to light various adverse effects associated with these genetically based vaccines...”

Immune Response and Molecular Mechanisms of Cardiovascular Adverse Effects of Spike Proteins from SARS-CoV-2 and mRNA Vaccines

Research Paper Link: <https://www.mdpi.com/2227-9059/11/2/451>

“Our results revealed the accumulation of the spike protein in the skull marrow, brain meninges, and brain parenchyma. The injection of the spike protein alone caused cell death in the brain, highlighting a direct effect on brain tissue.”

SARS-CoV-2 Spike Protein Accumulation in the Skull-Meninges-Brain Axis: Potential Implications for Long-Term Neurological Complications in post-COVID-19

Research Paper Link: <https://www.biorxiv.org/content/10.1101/2023.04.04.535604v1>

All Covid vaccines are considered an absolute contraindication to body work and manual therapy provided by Essence Vitality and Monique Bilodeau-Nestmann, pending further research, for risk of harm to the client.

In Summary of Covid Vaccines... And Natural Options for You...

- **The Covid injection is experimental “Gene Therapy.”**
- **This injection is designed to continually multiply spike proteins in the body cells and fluids.**
- **It is unknown how the spike proteins from these injections will respond with a body work and manual therapeutic session.**
- **Therefore, for risk of significant harm, regardless of presenting adverse effects from the injection or not, at this time, any Covid injection is NOT conducive to the body work and manual therapeutic sessions offered by Monique Bilodeau-Nestmann and Essence Vitality Wellness & Coaching Inc. at this time.**
- **Pending further research and individual client circumstances, individuals who received the Covid injection cannot participate with the body work and manual therapeutic sessions Monique Bilodeau-Nestmann and Essence Vitality Wellness & Coaching Inc. offers as it is considered a serious contraindication at this time.**

At Essence Vitality Wellness, we believe each person is a unique gift and has the right to preside over the governance of their body without interference, coercion, or force from anyone or any entity. We believe that vaccination status should never be used as a tool of discrimination. We will never require a client to be vaccinated in order to receive services with us, nor will we ever discriminate against a client based on vaccination status. Due to the nature of some vaccines and the bioengineering that is applied in their manufacturing, some are not conducive to body work and manual therapeutic services and are considered a serious contraindication. We remain current on the most recent scientific research regarding these listed contraindications, and therefore, these contraindications may be adjusted pending further research.

If you have any questions regarding this or if you have had the Covid injection and would like to explore alternate available natural health and wellness options with Monique Bilodeau-Nestmann and Essence Vitality Wellness & Coaching Inc., for your best health and healing at this time, please contact Monique Bilodeau-Nestmann directly online at www.essencevitality.com.

Natural Health & Healing Can Offer Something To Everyone!

Thomas Edison said, “The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease.”

Hippocrates said, “Healing is not the treatment accomplished by a physician but is due to the vis medicatrix naturae (self-healing) within a human body.”

BJ Palmer said, “The power that made the body heals the body.”

We invite you to connect with us and explore the philosophy that the body has an inherent capacity to maintain its own health and to heal itself.

We want to help you learn how to maximize the Healer within by offering you powerful information and tangible ways to naturally engage your body’s own self-healing mechanisms.

Be a part of something captivating, inspiring, empowering, and relevant for your best health and healing.

Connect with us today for a truly positive and amazing experience!