

100 Natural Inputs for Healing and Homeostasis

The Full List:

1. Foodicine (food as medicine)
2. Meditation
3. Walking (especially in nature)
4. Acupuncture
5. Chiropractic adjustment
6. Healthy blood flow stimulation
7. Yoga
8. Pilates
9. Breathwork
10. Cold exposure (ice baths, cold showers)
11. Sauna (infrared or traditional)
12. Float tank therapy (sensory deprivation)
13. Lymphatic drainage massage
14. Dry brushing
15. Infrared therapy
16. PEMF therapy (Pulsed Electromagnetic Field)
17. Sound healing / frequency therapy
18. Crystal therapy
19. Reiki or energy healing
20. Grounding / earthing
21. Sunlight exposure (natural vitamin D + circadian reset)
22. Forest bathing (Shinrin-yoku)
23. Fasting / intermittent fasting
24. Colon hydrotherapy
25. Herbal detox protocols
26. Castor oil packs
27. Oil pulling
28. Juice cleansing
29. Structured / mineral-rich water
30. Red light therapy
31. Reflexology
32. Massage therapy (Swedish, deep tissue, Thai, etc.)
33. Myofascial release
34. Cupping therapy

100 Natural Inputs for Healing and Homeostasis

35. Gua Sha
36. Qi Gong
37. Tai Chi
38. Dance therapy
39. EFT tapping (Emotional Freedom Technique)
40. Neurofeedback
41. EMDR therapy
42. Somatic therapy
43. Functional movement training
44. Postural realignment techniques
45. Vagus nerve stimulation
46. Aromatherapy
47. Journaling (mental/emotional detox)
48. Salt baths (Epsom, magnesium, Himalayan)
49. Detox foot soaks (clay, magnesium, essential oils)
50. Detox foot pads
51. Magnetic therapy
52. Colour therapy / chromotherapy
53. Bio-resonance therapy
54. Ozone therapy
55. Hyperbaric oxygen therapy
56. Sound frequency mats (e.g. BioAcoustic mats)
57. Scalar energy healing
58. Shamanic healing practices
59. Ceremonial cacao
60. Plant medicine journeys (where safe & appropriate)
61. Kinesiology (muscle testing)
62. Trager therapy
63. Feldenkrais method
64. Alexander Technique
65. Light therapy (SAD lamps, full spectrum)
66. Smudging / space clearing
67. Scream therapy / primal release
68. Creative expression (music, art, dance, writing)
69. Community sharing / sacred circles

100 Natural Inputs for Healing and Homeostasis

70. Laughter therapy
71. Silence / stillness retreats
72. Digital detox
73. Sleep hygiene rituals
74. Non-sleep deep rest (NSDR / yoga nidra)
75. Intuitive movement
76. Self-holding / havening
77. Nature immersion
78. Barefoot walking
79. Sufi whirling / ecstatic dance
80. Orgone energy (e.g. orgonite pyramids)
81. Bioenergetics
82. Somatic shaking / trauma release
83. Cellular reprogramming (e.g. DNA repair affirmations)
84. Frequency-charged crystals or water
85. Sacred geometry meditations
86. DNA activation sessions
87. Light language / vibrational speech
88. Inner child healing
89. Guided visualisation journeys
90. Soul retrieval / past life regression
91. Ancient wisdom circles (e.g. Lemurian five-spoke learning)
92. Conscious breathing practices
93. Singing / toning / vocal healing
94. Loving physical touch / consensual affection
95. Living in sync with circadian rhythm (sunrise/sunset patterns)
96. Practicing gratitude
97. Living with purpose / intention
98. Unplugging from false beliefs
99. Affirmations (spoken aloud with emotional truth)
100. Living aligned with your values