



REFRACTIVE HEALING DAILY MAINTENANCE TIPS

These daily maintenance tips are a natural method of energy balancing, and they are not meant as a substitute for medical, or psychological, diagnosis and treatment. They are not meant to diagnose conditions, make any medical claims, prescribe treatment, perform medical procedures, replace medical care or interfere with the treatment plan of a licensed medical professional. Please seek appropriate advice from a licensed healthcare professional before making any health care decisions.

RESPIRATION

- A person's breathing pattern can have a direct influence on emotional processing, blood pressure, and hormonal balance.
- Many people with anxiety or depression unknowingly hold their breaths which perpetuates negative emotions.
- Deep slow breaths in through your nose and out through your nose or mouth is an optimal way to breathe.
- Try to make it a priority to breathe in this manner consistently throughout the day.

SLEEP

- Ensuring that your bedroom is as dark as possible during sleep hours is important to optimize the regenerative effects of a good night's rest.
- If there is a Wifi router in your bedroom, unplug it prior to going to sleep.
- Do your best to avoid bright light or a heavy meal too close to bedtime.
- Meditating for 10 minutes an hour prior to bedtime can help create a runway of winding down in order to avoid tossing and turning in bed trying to get to sleep.

HYDRATION

- Dehydration can have a profound impact on energy levels, mood, and digestion.
- Drinking 16 ounces of purified water upon waking is key to rehydrating the body after a long night's rest.
- Sipping on an additional 64 ounces of purified water throughout the day is key for optimal hydration.

DIGESTION

- Sometimes if you feel emotionally stuck or imbalanced it can be related to poor digestion.
- Emptying the bowels fully can help give clarity of thought and processing.
- There are various methods one can use to empty the GI tract such as fresh pressed celery juice, magnesium oxide, or buffered vitamin C powder.

DIET

- There are many reports of success using various diets to optimize one's system.
- The only specific suggestion we make is to avoid eating 3 hours before bedtime.

SUNLIGHT

- Try to expose your eyes to indirect sunlight without wearing sunglasses for a few minutes per day.
- A routine of watching the sunrise or sunset can be therapeutic by itself.

STIMULATING CREATIVITY

- Moments of insight creates excitement and joy within oneself.
- One of the best times to stimulate creative insights is in the evening.
- Sit in a comfortable chair on your bed with a blank notebook and a pen.
- Lower the lighting where it's just enough to be able to see what you write but not so bright that it keeps you alert.
- You want to induce a state of deep relaxation where your mind passively focuses on your interest while taking slow deep breaths in through your nose.
- Jot down any interesting insights that come about but do not research them until the next day.
- 20 to 30 minute sessions several times a week will help you learn how to generate these insightful ideas.

MOVEMENT

- Walking for a minimum of 20 minutes a day while taking steady deep breaths in through our nose can do wonders to release stress and bring upon creative ideas.
- Walk without any distraction by electronic devices.

*"Healing has to be **consistent** with life itself. If it isn't, then it's **not** healing. The components have to be from **life**."*
- Dr. Sebi