



**ACADEMY**  
WITH TYLER TOLMAN

# REFERENCE GUIDE

THE FUTURE OF HEALING HAS ARRIVED

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# DIGESTIVE SYSTEM

## MOUTH

### SYMPTOMS – CONDITIONS

SYMPTOMS	TOOTHACHE	BAD BREATH	DRY MOUTH
	SENSITIVE, SORE, BLEEDING OR RECEDING GUMS	JAW PAIN	DISCOLOURATION
	PAIN	ULCERS	GROWTHS

CONDITIONS	THRUSH	MACROGLOSSIA	HAIRY TONGUE
	GEOGRAPHIC TONGUE	CANKER SORES	HERPES STOMATITIS
	ORAL CANCER	ORAL LEUKOPLAKIA	LICHEN PLANUS

CONTRIBUTING PHYSICAL FACTORS	TEETH WHITENING/CHEMICALS (RECEDING GUMS)	BAD ORAL HYGIENE	ARTIFICIAL COLOURS & SWEETENERS
	MINERAL OR NUTRITIONAL DEFICIENCY (CAVITIES)	DENTAL ISSUES	EATING UNHEALTHY, PROCESSED FOODS
	PROCESSED SUGAR	GENETICALLY MODIFIED FOOD (GMO)	EXCESS OF COFFEE, TEA, ALCOHOL


## MOUTH | REMEDIES

## FOOD

- ☐ ALMONDS
- ☐ APPLES
- ☐ APPLE CIDER VINEGAR
- ☐ CELERY
- ☐ CINNAMON
- ☐ CRANBERRIES
- ☐ NUTS & SEEDS
- ☐ ORANGES
- ☐ RAISINS

## TEAS & HERBS

- ☐ MINT & CARAWAY SEEDS (FRESH BREATH)
- ☐ GREEN TEA (PROTECT THE TEETH)
- ☐ GINGER
- ☐ CHAMOMILE
- ☐ ALOE VERA

## ACTIVITY / TOOL

- ☐ TONGUE SCRAPING
- ☐ COCONUT OIL PULLING  
W/ CLOVE OIL / BICARB  
SODA ADDED FOR SERIOUS  
DETOX
- ☐ COLLOIDAL SILVER
- ☐ DENTAL FLOSS OR CELERY
- ☐ EXERCISES AT BACK OF  
BOOK MOUTH TEETH GUMS  
SINUSES
- ☐ WHEN YOU DESIRE TO  
SAY BAD THINGS ABOUT  
OTHERS, STOP, DO SOME  
BREATHING AND SAY  
NOTHING OR THINK ONE  
POSITIVE THING ABOUT  
THEM AND EITHER KEEP  
IT TO YOURSELF OR  
VERBALISE IT

## CLEANSE

- ☐ OIL PULLING
- ☐ SALT FLUSH / RINSING
- ☐ FRANKINCENSE, POPPY, ONION, CUMIN (SWOLLEN GUMS)

## OIL

- ☐ MYRRH (MASSAGE ON SORE GUMS)
- ☐ CLOVE (TOOTHACHE)
- ☐ LAVENDER
- ☐ PEPPERMINT

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## MOUTH | MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

CRITICIZING, JUDGING AND GOSSIPING ABOUT OTHERS.  
SAYING HURTFUL THINGS TO OTHERS.  
HAVING A BAD ATTITUDE.  
LACK OF UNDERSTANDING, WORRYING TOO MUCH.  
NOT LOVING OR NURTURING YOURSELF ENOUGH.

### EMOTIONAL REMEDY

- Focus on your mouth. What sensations are you experiencing? Become aware of your tongue, your teeth, your lips. What is the taste inside your mouth? Is it fresh, stale or metallic?
- Are you able to chew and digest what life presents you, or are you resisting and saying no to life?
- Place your hands on your mouth. Take slow deep breaths, in and out.
- Ask your mouth - what beliefs am I holding onto that are not serving me? From whom did I pick up those beliefs? Let the answer come to you. Am I ready to let those beliefs go?
- Become aware of any criticisms which come out of your mouth, towards other people and yourself. Make a decision to become kinder with yourself and others and to stop criticizing yourself and others.
- Sit with that decision and explore what it feels like both around your mouth and in your heart.
- Say: "Divine Healing Intelligence, I ask you to release all the close-mindedness, limitation, bad attitude, judgment, and criticism that comes out of my mouth, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Close your eyes, and imagine breathing in the clearest white light through your mouth. Hold your breath for a moment and imagine this white energy swishing through your mouth as if it were mouthwash. Allow it to move throughout your mouth, dissipating and releasing all the density, tightness, and stress, and then spit it all out. Repeat the process three to four times.



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I nourish myself with love.  
I choose positive speech.  
I speak truth with passion."***

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# DIGESTIVE SYSTEM

## ESOPHAGUS

### SYMPTOMS – CONDITIONS

SYMPTOMS	PAINFUL SWALLOWING	INABILITY TO SWALLOW	HICCUPS
	HEARTBURN	PAIN OF HIATUS – HERNIA POSSIBLE	

CONDITIONS	HEARTBURN	BARRETT'S ESOPHAGUS	ESOPHAGEAL CANCER
	GASTROESOPHAGEAL REFLUX DISEASE (GERD)	ESOPHAGEAL ULCER	MALLORY-WEISS TEAR
	ESOPHIGITIS	ESOPHAGEAL FRICTURE	ESOPHAGEAL VARICES
	ESOPHAGEAL RING	PLUMMER-VINSON SYNDROME	

CONTRIBUTING PHYSICAL FACTORS	SMOKING	CARBONATED DRINKS	LAYING DOWN AFTER MEALS
	REFLUX	FATTY OR FRIED FOODS / PROCESSED FOODS & SUGARS	ARTIFICIAL ADDITIVES/ PRESERVATIVES
	EXCESS PUKING/ VOMITING	OVERWEIGHT	


# ESOPHAGUS | REMEDIES

## FOOD

- ☐ LICORICE
- ☐ BLACK RASPBERRIES
- ☐ GREEN AND YELLOW COLOURED VEGETABLES
- ☐ SAUREKRUAT

## TEAS & HERBS

- ☐ MARSHMALLOW ROOT
- ☐ TURMERIC
- ☐ CHAMOMILE
- ☐ GINGER
- ☐ MINT
- ☐ CAYENNE (GARGLE FOR SORE THROAT)

## ACTIVITY / TOOL

- ☐ GARGLE SALT WATER 3 TIMES A DAY
- ☐ EXPRESS YOUR FEELINGS TO WHO OR WHAT YOU ARE ANGRY, UPSET OR HURT BY
- ☐ VISUALIZE YOUR ESOPHAGUS LOOKING CLEAR AND HEALTHY
- ☐ TONING A-E-I-O-U
- ☐ SING IN THE SHOWER

## CLEANSE

- ☐ BAKING SODA, APPLE CIDER VINEGAR AND WATER
- ☐ GARLIC MASHED IN APPLE CIDER VINEGAR & WATER (SORE THROAT)

## OIL

- ☐ GINGER
- ☐ FRANKINCENSE
- ☐ PEPPERMINT
- ☐ LEMON
- ☐ EUCALYPTUS
- ☐ WILD ORANGE

# ESOPHAGUS | MENTAL AND EMOTIONAL FACTORS

## CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

SWALLOWING GRIEF, ANGER, AND HURT.  
DIFFICULTY ASKING FOR WHAT YOU NEED OR DESIRE.  
BELIEVING THAT WHAT YOU HAVE TO SAY IS NOT IMPORTANT.  
THINKING THAT YOU ARE SECOND BEST.

## EMOTIONAL REMEDY

- Focus inwardly on your esophagus. If it could show you what is happening within, would it look healthy or unhealthy? If you could see colours would they be light or dark?
- Gently place your hands on your esophagus and breathe into it. What feelings are you pushing down or repressing?
- Take the time to acknowledge those feelings. Who do you need to express those feelings to? Imagine the person or several people in front of you that you need to share with. Tell them how you feel? Imagine that they answer you from their Higher self. (If this is too hard, write a letter. Then burn it.) It's important that you say everything you need to without holding back. This may not be appropriate if a person was in front of you. You may need to do this several times before you release the charge.
- If you can't say or write down how you feel, then I suggest you paint your feelings with colour or move your body to music that you resonate with.
- Say: "Divine Healing Intelligence, I ask you to melt the deep-seated sadness, grief, anger, hurt, feelings of inferiority, and stuckness out of my esophagus, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Visualize an orange ray of light moving through your entire esophagus and dissolving all density, degeneration, and limitation.
- Allow the orange ray to spin like a wheel of orange light, regenerating your esophagus.



## AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I value myself and express fully,  
lovingly and courageously."***

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# DIGESTIVE SYSTEM

## STOMACH

### SYMPTOMS – CONDITIONS

SYMPTOMS	BURPING ROTTEN EGG GAS IMMEDIATELY AFTER EATING	PAIN BETWEEN/PRIOR TO MEALS	DIGESTION/INCOMPLETE (SEEING WHOLE FOODS IN THE TOILET)
	NAUSEA, HUNGER PANGS	HEARTBURN	DROWSINESS AFTER A MEAL
	EXCESSIVE MUCUS PRODUCTION WHICH AFFECTS ENTIRE BODY MUCUS SYSTEM	UPPER ABDOMINAL PAIN	SLOW DIGESTION/PUTREFACTION
	GAS	BAD BREATH	PAIN AFTER MEALS (IMMEDIATE)

CONDITIONS	GASTROESOPHAGEAL REFLUX	PEPTIC ULCER DISEASE	GASTRIC VARICES
	GASTROESOPHAGEAL REFLUX DISEASE (GERD)	GASTRITIS	STOMACH BLEEDING
	DYSPEPSIA	STOMACH CANCER	GASTROPARESIS
	GASTRIC ULCER (STOMACH ULCER)	ZOLLINGER-ELLISON SYNDROME (ZES)	

CONTRIBUTING PHYSICAL FACTORS	EATING TOO MUCH PROCESSED FOODS / MEATS/ FAT	HEAVY TOXIC METAL POISONING	EATING TOO MUCH & TOO FAST
	PARASITES	DEHYDRATION	COLD FLUIDS PRIOR OR WITH MEALS
	STRESS	POOR CHEWING HABITS	

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## STOMACH | REMEDIES

### FOOD

- ☐ MELONS
- ☐ BANANA
- ☐ HONEY
- ☐ TURMERIC (PROTECTS THE STOMACH)
- ☐ GINGER
- ☐ PAPAYA
- ☐ MINT
- ☐ SAUREKRAUT
- ☐ ACV
- ☐ SODA WATER & LIME
- ☐ ALOE VERA

### TEAS & HERBS

- ☐ PEPPERMINT TEA
- ☐ FENUGREEK
- ☐ MINT
- ☐ CHAMOMILE
- ☐ FENNEL
- ☐ GINGER
- ☐ PARSLEY
- ☐ SAFFRON
- ☐ BLACK PEPPER (INCREASES HYDROCHLORIC ACID – FOR BETTER PROTEIN DIGESTION)
- ☐ WORMWOOD (INCREASE STOMACH ACID)

### ACTIVITY / TOOL

- ☐ BREATHING EXERCISES TO GET MORE OXYGEN INTO THE BODY TO RELEASE THE STUCK/FULL FEELING (ESPECIALLY AFTER MEALS)
- ☐ CHEW, CHEW, CHEW
- ☐ SWALLOWING MORE SALIVA
- ☐ ACT IN SERVICE TO SOMEONE, PERFORM A SELFLESS GESTURE
- ☐ SPEAK OR WRITE YOUR TRUTH

### CLEANSE

- ☐ COLON CLEANSE
- ☐ JUICE FAST
- ☐ MUSTARD SEEDS (INDUCE VOMITING)
- ☐ MINT (STOP VOMITING)
- ☐ SALT FLUSH
- ☐ CHARCOAL

### OIL

- ☐ FENNEL
- ☐ CHAMOMILE
- ☐ PEPPERMINT

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## STOMACH | MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

DIFFICULTY DIGESTING LIFE EXPERIENCES AND ASSIMILATING NEW INFORMATION.  
HOLDING ONTO UNPROCESSED ANCESTRAL EMOTIONAL TRAUMAS.  
LACK OF HEALTHY BOUNDARIES.  
FEAR OF THE FUTURE; FEELING REJECTION AND ABANDONMENT.  
CONSTANT WORRY.  
BEHAVING IN AN ARROGANT AND CONTROLLING WAYS.  
EITHER FEELING INFERIOR OR SUPERIOR TO OTHERS.  
FEELING ATTACKED AND MISUNDERSTOOD BY OTHERS.

### EMOTIONAL REMEDY

- Take slow breaths in and out. Gently place your hands on your stomach and become aware of how it feels. Become aware of any beliefs that you are holding in your stomach which are hurting you. Take your time to acknowledge them. Ask who had the same beliefs in your family or environment? Are you willing to let them go, even if it means betraying the people who are still holding on to those patterns? Are you willing to take responsibility for changing and being different?
- These questions could feel confrontational - but they offer you a possibility to let go. If those questions awaken any feelings, give yourself permission to feel them fully. It may take time to process all the experiences stored in your stomach so be patient.
- If you haven't already, please become aware of any memories that are stored in your stomach. Those memories may be of difficult experiences you went through at different points in your life, or you may even discover that you are storing traumas that your ancestors went through. As much as possible take the time to observe those experience and acknowledge any feelings, beliefs or behaviors that are hurting you.
- Then go back to the memory of the experience and make a small adjustment. This could include sharing something with a person who rejected you, or it may be as simple as changing a colour or the atmosphere in the picture. The most important thing is to make it believable.
- If nothing comes to you in terms of what experiences are stored in you stomach, keep asking this question and breathing through any numbness. You may not be ready yet to acknowledge what really happened. Keep coming back to this daily. At some point the memory will come.
- Say: "Divine Healing Intelligence, I ask you to release all fear, nervousness, worry, guilt, rejection, and attack from my stomach, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Slowly massage the index finger of your right hand from base to tip and visualize the release of all the negativity that is stored there and throwing it into an imaginary purple fire. Do this for a few minutes.
- Repeat several times: "I let go of all control, worry, and guilt. I welcome joy, peace, and well-being."
- Visualize beautiful yellow sunlight pouring into your stomach, pacifying, clearing, and relaxing it.



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I release the feeling of being punched in the stomach. I digest life with ease. Life agrees with me. I assimilate the new every moment of every day. All is well."***

# DIGESTIVE SYSTEM

## INTESTINES

### SYMPTOMS – CONDITIONS

SYMPTOMS	INDIGESTION FROM RAPID DIGESTION	LOSS OF WEIGHT; CAN'T GAIN	INDIGESTION AND PUTREFACTION FROM INCOMPLETE DIGESTION
	OVERWEIGHT; DIFFICULTY LOSING WEIGHT	LACK OF PERISTALTIC MOVEMENT CREATES CONSTIPATION	NUTRITIONAL DEFICIENCY
	SPASTIC CONDITIONS/ OBSTRUCTION	ABDOMINAL PAIN	POOR ASSIMILATION

CONDITIONS	STOMACH FLU (ENTERITIS)	COLON BLEEDING (HEMORRHAGE)	COLON POLYPS
	SMALL INTESTINE CANCER	INFLAMMATORY BOWEL DISEASE	COLON CANCER
	CELIAC DISEASE	CROHN'S DISEASE	RECTAL CANCER
	CARCINOID TUMOR	ULCERATIVE COLITIS	CONSTIPATION
	INTESTINAL OBSTRUCTION	DIARRHEA	IRRITABLE BOWEL SYNDROME (IBS)
	COLITIS	SALMONELLOSIS	RECTAL PROLAPSE
	DIVERTICULOSIS	SHIGELLOSIS	INTUSSUSCEPTION
	DIVERTICULITIS	TRAVELER'S DIARRHEA	

CONTRIBUTING PHYSICAL FACTORS	EXCESS PROCESSED FOODS & MEATS	DEHYDRATION	NOT CHEWING ENOUGH
	NOT ENOUGH WALKING, EXERCISE OR FRESH FOOD	STRESS	EATING TOO MUCH
	LACK OF FIBER		

_____	_____
_____	_____
_____	_____

# INTESTINES | REMEDIES

## FOOD

- ☐ APPLES
- ☐ CELERY
- ☐ ARTICHOKES
- ☐ BANANA
- ☐ POLENTA
- ☐ BROCCOLI
- ☐ FERMENTED FOODS – TEMPEH, MISO, SAUERKRAUT
- ☐ DRIED FRUIT (PRUNES, FIGS, RAISINS ETC)
- ☐ GARLIC
- ☐ ALOE VERA

## TEAS & HERBS

- ☐ MINT
- ☐ CUMIN
- ☐ CARDAMOM
- ☐ CLOVE
- ☐ SENNA (LAXATIVE)

## ACTIVITY / TOOL

- ☐ INTERMITTENT FASTING
- ☐ HYDRATION SCHEDULE
- ☐ EXERCISE / LONG WALKS
- ☐ PAUSING BEFORE YOU REACT AND THINKING ABOUT A MINDFUL RESPONSE
- ☐ RAW DIET (30 DAYS MINIMUM)
- ☐ STOP WHEN YOU FEEL 70% FULL
- ☐ DO NOT RESIST THE URGE TO DEFECATE

## CLEANSE

- ☐ COLON CLEANSE
- ☐ HIGH FIBER RAW DIET
- ☐ JUICE FAST
- ☐ SALT FLUSH

## OIL

- ☐ PEPPERMINT
- ☐ CARAWAY
- ☐ MARJORAM
- ☐ NUTMEG
- ☐ ORANGE (INDIGESTION)
- ☐ JUNIPER
- ☐ GINGER
- ☐ CINNAMON
- ☐ CAMOMILE
- ☐ MINT
- ☐ CASTOR OIL

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## INTESTINES | MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

DIFFICULTY IN LETTING GO OF OLD, OUTDATED BELIEFS.  
JUDGING OTHERS AS WRONG AND YOURSELF AS RIGHT.  
AN 'I HAVE TO DO THIS MY WAY OR NOT AT ALL' ATTITUDE.  
DESIRE TO CONTROL OTHERS;  
THINKING IF ONLY THEY WOULD CHANGE, MY LIFE WOULD BE BETTER.  
CONSTANTLY TELLING OTHERS WHAT TO DO AND HOW TO LIVE THEIR LIVES.  
PERFECTIONISM.  
REFUSAL TO LISTEN TO OTHER PEOPLES' SUGGESTIONS.  
FEELING STUCK, FRUSTRATED AND FEARFUL OF CHANGE.  
FEAR OF THE UNKNOWN.  
HOLDING ONTO THE PAST.

### EMOTIONAL REMEDY

- Say: "Divine Healing Intelligence, I ask you to release all hurt, irritation, frustration, confusion, and stagnation from my intestines, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- For problems with constipation or diarrhea, slowly massage your index fingers on both hands, from the base to the tip, using the index finger and thumb of the opposite hand. Do this for a few minutes on each hand. Take slow, deep breaths as you massage.
- Ask yourself the following questions to help clarify what you are holding on to:

*Am I holding on to a relationship that has run its course?*

*Am I holding on to a job that I need to leave?*

*Am I holding on to pain from the past?*

*Am I holding on to anger from the past?*

- Continue to ask yourself similar questions. When you recognize that you are clinging to a destructive pattern, habit, person, or situation, clench your fists and allow yourself to fully feel what it is like to hold on. Ask yourself, 'Can anything else come into my life when I hold on to negativity?'
- Then let go and shake your arms and if possible your body, with the intention of releasing anything that no longer serves you.
- Close your eyes and picture a yellow ray of light moving through your intestines, cleansing them of any waste and toxicity.
- Say: "Divine Healing Intelligence, I ask you to release all judgement, criticism, righteous attitude, perfectionism, fear of change and feeling of stuckness from my bowels, as well as all points of view, positive and negative charge, and all patterns that contribute to this condition. Repeat the word "CLEAR" until you feel a shift occur.
- Open your fists and allow your palms to relax. When you feel ready to let go, just blow the density and tension out of your hands. Feel what it is like to release stuckness and stagnation out of your life. Ask yourself, 'What amazing opportunities are available to me now?'
- Say: "Divine Healing Intelligence, please install my ability to change my life for the better. Help me to welcome healing, uplifting and divine experiences into my life. Thank you."



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I easily assimilate and absorb all that I need  
to know and release the past with joy."***

# DIGESTIVE SYSTEM

## LIVER

### SYMPTOMS – CONDITIONS

SYMPTOMS	SKIN PIGMENT PROBLEMS - PALE OR YELLOW SKIN	COLON HEPATITIS	HUNGER PAINS
	JAUNDICE	INFECTION	SPIDER BLOOD VESSELS ON FACE
	OVER WEIGHT	BRUISE EASILY	LOSS OF SEX DRIVE
	HOT SWEATS AND CHILLS	LOWERED IMMUNE SYSTEM	CONSTIPATION
	DIARRHEA	POOR WOUND HEALING	ANAEMIA
	HEADACHE AND DIZZINESS	HARD TO DIGEST FATS	THICK COATED TONGUE
	ACIDOSIS OF THE BLOOD/HIGH UREA CONTENT	LIGHT COLOURED FECES	COLD
	HIGH CHOLESTEROL/FATTY DEPOSITS	FATIGUE	ACNE
	HIGH TEMPERATURE AT NIGHT/ LOW TEMPERATURE IN THE MORNING	DIZZINESS	
CONDITIONS	HEPATITIS	LIVER FAILURE	HEMOCHROMATOSIS
	CIRRHOSIS	ASCITES	PRIMARY SCLEROSING CHOLANGITIS
	LIVER CANCER	GALLSTONES	PRIMARY BILIARY CIRRHOSIS
CONTRIBUTING PHYSICAL FACTORS	PROCESSED OR NON-HEALTH RELATED FOODS	PHARMACEUTICAL DRUGS	MERCURY/AMALGAM FILLINGS
	ALCOHOL	PESTICIDES, CHEMICAL EXPOSURE	TOBACCO
	PESTICIDES, GMO'S, PRESERVATIVES, ARTIFICIAL COLOR & SWEETENER	LOW FIBER DIET	

## LIVER | REMEDIES

### FOOD

- ☐ LEMON (CLEANSES & TONES LIVER)
- ☐ TURMERIC (TREATS JAUNDICE)
- ☐ GARLIC
- ☐ GRAPEFRUIT (REDUCES FATTY LIVER)
- ☐ BEETS
- ☐ CARROT
- ☐ LEAFY GREENS
- ☐ AVOCADOS
- ☐ APPLE (EAT WITH SEEDS)
- ☐ ACAI BERRY

### CLEANSE

- ☐ LIVER GALLBLADDER FLUSH
- ☐ LEMON CURE
- ☐ EXTENDED FASTING ON CABALA JUICE

### TEAS & HERBS

- ☐ DANDELION ROOT OR WHOLE PLANT
- ☐ CHICORY ROOT
- ☐ MILK THISTLE
- ☐ STINGING NETTLES
- ☐ FENNEL SEED
- ☐ FENUGREEK

### OIL

- ☐ GERANIUM
- ☐ CHAMOMILE
- ☐ ROSEMARY
- ☐ JUNIPER
- ☐ FENNEL
- ☐ CYPRUS
- ☐ LEMON
- ☐ THYME

### ACTIVITY / TOOL

- ☐ WHEN YOU FEEL ANGRY, SCREAM INTO A PILLOW UNTIL YOU HAVE NOTHING LEFT
- ☐ HIGH INTENSITY SPORT E.G. BOXING
- ☐ SPEAKING WITH A FRIEND OR THERAPIST AND VOICING YOUR ISSUES
- ☐ BEING AWARE OF NOT SUPPRESSING THINGS AND EMOTIONS

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## LIVER | MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

FRUSTRATION, AGGRESSION, RAGE, GUILT, FEAR.  
DESIRE TO INFLICT SELF-PUNISHMENT.  
SABOTAGING YOUR OWN PROGRESS.  
CHRONIC COMPLAINING, JUSTIFYING, FAULT FINDING TO DECEIVE YOURSELF.  
CONSTANT INTERNAL STRUGGLE AND CONFLICT.  
DIFFICULTY MAKING DECISIONS.  
BELIEVING YOU'RE A VICTIM - HAVING A "POOR ME" ATTITUDE.  
TROUBLE SLEEPING, RELAXING, AND TRUSTING.  
DIFFICULTY FORGIVING AND LETTING GO.  
OFTEN BLAMING OTHERS.  
CONSTANTLY FEELING BAD.

### EMOTIONAL REMEDY

- Rub your hands together, then place them slightly apart. Imagine that you have a ball of blue energy in your hands. Place your hands on your liver while visualizing or sensing this ball of energy very slowly circling inside it and purifying it, removing damaged tissue, infection, toxins, anger, fear, frustration, and any other negative feelings.
- Say: "Divine Healing Intelligence, I ask you to release all irrational frustration, aggression, rage, fear, indecision, guilt, and blame from my liver, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Place your hands on your liver and rub this area in a circular motion clockwise seven to ten times. Then tap the liver area for at least 40 sec.
- Find the deepest hollow of the cheeks, where the jawbone connects to the cheekbones. Place your index and middle fingers there, and massage vigorously for thirty seconds. Then rest for twenty seconds. Repeat four to seven times.
- Breathe slowly and deeply whilst focusing on sending yellow rays of peace into your liver. Do this for at least 2-5 minutes or until you feel warmth and calmness moving through your whole body.
- Reflect on anyone that you need to forgive. Write them a letter of forgiveness and either send it, if appropriate or if not burn it, with the intention of letting go.
- Complete by imagining your liver completely regenerated and healthy.
- Over the next month focus on finding equanimity in all situations. Whenever you become aggressive or frustrated, slow down, breath and calm yourself by imagining a blue light moving through your nervous system and liver.



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I choose to live from the open space in my heart.  
I look for love and find it everywhere.  
I am quick to forgive.  
I forgive myself.  
I release anger, frustration and rage."***

# DIGESTIVE SYSTEM

## GALL BLADDER

## SYMPTOMS – CONDITIONS

SYMPTOMS	PAIN IN ABDOMEN	INABILITY TO KEEP STILL	LOSS OF APPETITE
	NAUSEA	INDIGESTION OF FATS FROM LACK OF BILE	JAUNDICE CONDITION (SKIN LOOKING YELLOW OR GREEN)
	HEARTBURN, TENDERNESS IN UPPER RIGHT ABDOMEN	UPPER ABDOMINAL PAIN	

CONDITIONS	GALLSTONES (CHOLELITHIASIS)	GALLSTONE PANCREATITIS	GALLBLADDER CANCER
	CHOLECYSTITIS		

CONTRIBUTING PHYSICAL FACTORS	CARBONATED SUGARY DRINKS (SODA POP/ SOFT DRINKS)	ARTIFICIAL SWEETENERS	EXCESS DAIRY
	CALCIUM SUPPLEMENTS OR FORTIFIED PRODUCTS	EXCESS ANIMAL FATS & CONCENTRATED FATS	ENERGY DRINKS

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## GALL BLADDER | REMEDIES

### FOOD

- ☐ GRAPEFRUIT
- ☐ APPLES (ACV)
- ☐ LEMONS
- ☐ TURMERIC (INCREASES BILE PRODUCTION)
- ☐ EGGPLANT
- ☐ LIME
- ☐ OLIVES
- ☐ ALOE VERA (STIMULATES BILE SECRETION)

### TEAS & HERBS

- ☐ MILK THISTLE (SILYBUM MARIANUM)
- ☐ GLOBE ARTICHOKE (CYNARA SCOLYMUS)

### OIL

- ☐ BARBERRY
- ☐ ROSEMARY
- ☐ FRANKINCENSE
- ☐ OLIVE OIL

### ACTIVITY / TOOL

- ☐ HAVE A BIG CRY/ EMOTIONAL RELEASE
- ☐ DO SOME DEEP HEALING WORK TO CLEAR PAST WOUNDS
- ☐ READ *RADICAL FORGIVENESS* BY COLIN TIPPIN
- ☐ MASSAGE ARMS WITH OILS

### CLEANSE

- ☐ LIVER GALLBLADDER FLUSH
- ☐ JUICE FAST & COLON CLEANSE

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## GALL BLADDER | MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

HOLDING ON TO TRAUMA AND PAIN FROM THE PAST THAT CREATES STRUGGLES,  
HARDSHIPS, AND LACK.  
FEELING IRRITATED, DEPRESSED, INDECISIVE, CONFUSED, ANGRY, WOUNDED.  
THINKING OF YOURSELF AS A FAILURE, THUS SABOTAGING OPPORTUNITY FOR SUCCESS.  
RESENTMENT, GRIEF ABOUT MEN, OUR MASCULINE SELF, OR ACHIEVEMENT IN THE WORLD.  
FEELING SECOND BEST, NEGLECTED, UNIMPORTANT, A VICTIM.

### EMOTIONAL REMEDY

- Close your eyes. Place your hands on your gallbladder. If you could imagine a colour of the gallbladder, would it look healthy or unhealthy?
- The gallbladder is like a little bag that processes toxicity and density from the body. In your mind's eye, check if this bag is full or empty.
- If it is full, concentrate on emptying the bag. Imagine throwing all the toxicity or stones into a purple fire. If you have gallstones, visualize dissolving them using red and orange rays of light. The red dissolves; the orange cleans up any residue.
- Say: "Divine Healing Intelligence, I ask you to release all resentment, grief, self-sabotage, confusion, neglect, anger, and hurt from my gallbladder, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- In your mind's eye, surround the gallbladder with green light. Allow the green light to move through the gallbladder and regenerate it. Place your hands on your gallbladder and focus on breathing slowly and deeply, allowing it to relax as much as possible. Then, still holding your hands on your gallbladder, gently rub this area in a circular fashion. Repeat: "Heal, clear, and regenerate now," for about three minutes.
- If you have issues with your gallbladder I suggest to do this process twice a day for at least a month or until you feel better.
- For the next few weeks, drink a lot of pure water and eat nutritious food to allow your gallbladder to detoxify and regenerate.



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"There is joyous release of the past.  
Life is sweet, and so am I.  
I choose forgiveness & choose to move on.  
I vote your victory & success."***

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# DIGESTIVE SYSTEM

## PANCREAS

### SYMPTOMS – CONDITIONS

<b>ACUTE SYMPTOMS</b>	BLOOD SUGAR PROBLEMS	INDIGESTION	ALKALOSIS OF THE BLOOD
<b>CHRONIC SYMPTOMS</b>	INCOMPLETE DIGESTION AND PUTREFACTION IN SMALL INTESTINES FROM POOR ABSORPTION AS A RESULT OF TOO MUCH ACID IN INTESTINES		
	BLOOD SUGAR PROBLEMS, FATIGUE	ACIDOSIS IN BLOOD FROM LACK OF BICARBONATE	DUODENAL ULCER FROM ACID CONDITION
	ALLERGIES		

<b>CONDITIONS</b>	DIABETES, TYPE 1	PANCREATIC CANCER	ISLET CELL TUMOR
	DIABETES, TYPE 2	PANCREATITIS	ENLARGED PANCREAS
	CYSTIC FIBROSIS	PANCREATIC PSEUDOCYST	

<b>CONTRIBUTING PHYSICAL FACTORS</b>	EXCESS CONCENTRATED FATS	ANIMAL FATS	TOO MUCH COOKED FOOD
	LACK OF ENZYMES FROM FRESH FRUIT AND VEGETABLES	ARTIFICIAL COLORS AND SWEETENERS	ACIDIC DIET
	FRIED FOODS	PROCESSED SUGARS	


## PANCREAS | REMEDIES

## FOOD

- ☐ SWEET POTATO
- ☐ LEMONS
- ☐ CALENDULA
- ☐ OREGANO
- ☐ DANDELION
- ☐ LICORICE
- ☐ FRUIT BASED DIET
- ☐ NATURALLY SWEET DIET

## TEAS & HERBS

- ☐ TURMERIC ROOT
- ☐ MILK THISTLE
- ☐ HOLY BASIL
- ☐ GINGER
- ☐ DANDELION
- ☐ FENUGREEK

## ACTIVITY / TOOL

- ☐ DO SUN SALUTATION YOGA EVERY MORNING WHILST WATCHING THE SUN RISE
- ☐ GET 30 MINS OF SUN EVERY DAY
- ☐ DANCE AROUND TO FUN MUSIC TO MAKE YOU LAUGH

## CLEANSE

- ☐ RAW FOOD DIET
- ☐ INTERMITTENT FASTING
- ☐ JUICES (ENZYMES)

## OIL

- ☐ CYPRESS
- ☐ ROSEMARY
- ☐ CORIANDER AKA CILANTRO
- ☐ BASIL
- ☐ LEMON
- ☐ FRANKINCENSE
- ☐ OREGANO
- ☐ PEPPERMINT

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## PANCREAS | MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

OFTEN LOOKING FOR QUICK FIXES AND THEN EXPERIENCING DISAPPOINTMENT.  
LOW SELF-ESTEEM, FEELINGS OF BITTERNESS, CONFUSION AND UNFAIRNESS.  
EXPERIENCING OVER-CONCERN, HOPELESSNESS, HELPLESSNESS, LACK OF CONTROL.  
FEELING SMOTHERED, OVER-MOTHERED, OR UNDER-NURTURED.  
EASILY AFFECTED BY OTHERS.  
SUGAR ADDICTION.  
EXTREMELY STUBBORN AND IMMOVABLE.  
INABILITY TO SAVOR THE SWEETNESS OF LIFE.  
GULLIBLE AND EASILY SWAYED.

### EMOTIONAL REMEDY

- Place the middle fingers of both hands flat against each other and fold the other fingers together. Hold this gesture in front of your solar plexus for three to four minutes while taking deep, slow breaths.
- Say: "Divine Healing Intelligence, help me to release any bitterness, confusion, addiction to coffee (write down anything you are addicted to, including certain behaviors) and stubbornness from my pancreas, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Close your eyes and focus on your pancreas. When you visualize your pancreas in your mind's eye, does it look clear and healthy or dark and heavy?
- If it's dark and heavy, imagine holding a vacuum cleaner and sucking out all the dark, heavy spots from your pancreas until it clears of all impurity.
- Rub your hands together for a minute. Place them slightly apart and visualize a yellow ray of light between your palms. Place your hands on your pancreas, and sense the yellow sunlight light moving deep inside, healing, regenerating, and revitalizing it. Repeat "Heal, clear, and regenerate now" several times for two minutes.
- Make a commitment to begin to review your words and actions on a daily basis. Whenever you find yourself being negative, critical or stubborn, take a deep breath in and ask yourself, is there a better, healthier way to act in this situation. The more you do this, the more you will find yourself acting from a higher place and experiencing more peace and empowerment in your life.



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"My life is sweet.  
I choose to find the sweetness and beauty in all situations."***

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# DIGESTIVE SYSTEM

## KIDNEY

### SYMPTOMS – CONDITIONS

SYMPTOMS	SKIN PROBLEMS, HIVES, RASHES	ACID BLOOD/TISSUE CONDITION BUILD-UP	SKIN PROBLEMS; NAUSEA; HEADACHE
	BLOOD SUGAR PROBLEMS, FATIGUE	ACIDOSIS IN BLOOD FROM LACK OF BICARBONATE	DUODENAL ULCER FROM ACID CONDITION
	OBSTRUCTION OF URETHRA/ LACK OF URINATION	EDEMA	RETENTION OF WATER
	LOSS OF WEIGHT FROM FLUID LOSS	PAINFUL JOINTS (SWELLING ANKLES)	KIDNEY STONES POSSIBLE
	CLOUDY URINE, PAIN UNDER RIBS/MIDDLE BACK	GOUT	
	CYSTITIS OR INFECTION OF URINARY BLADDER AND MUCOSA OF THE URETHRA FROM KIDNEY		
	URINE CONTAINS EXCESSIVE PROTEIN OR OTHER ELECTROLYTES (MINERALS/CLOUDY)		

CONDITIONS	PYELONEPHRITIS (INFECTION OF KIDNEY PELVIS)	NEPHROTIC SYNDROME	CHRONIC RENAL FAILURE
	GLOMERULONEPHRITIS	POLYCYSTIC KIDNEY DISEASE	END-STAGE RENAL DISEASE (ESRD)
	KIDNEY STONES (NEPHROLITHIASIS)	ACUTE RENAL FAILURE (KIDNEY FAILURE)	PAPILLARY NECROSIS
	DIABETIC NEPHROPATHY	HYPERTENSIVE NEPHROPATHY	KIDNEY CANCER
	INTERSTITIAL NEPHRITIS	MINIMAL CHANGE DISEASE	NEPHROGENIC DIABETES INSIPIDUS
	RENAL CYST		

CONTRIBUTING PHYSICAL FACTORS	HIGH BLOOD PRESSURE	STRESS	EXCESS PROTEIN
	EXCESS ALCOHOL	POOR DIET	ACID FORMING
	LACK OF EXERCISE		

# KIDNEY | REMEDIES

## FOOD

- ☐ CUCUMBER
- ☐ KIDNEY BEANS
- ☐ WATERMELON
- ☐ COCONUT WATER
- ☐ CARROT, LEMON & HONEY (DRINK)
- ☐ BANANAS (4-5 DAY
- ☐ PAPAYA
- ☐ CABBAGE
- ☐ CAULIFLOWER
- ☐ RED PEPPERS
- ☐ CELERY
- ☐ ASPARAGUS
- ☐ EGGPLANT
- ☐ BERRIES
- ☐ PEACHES
- ☐ GRAPES
- ☐ APPLES
- ☐ CRANBERRIES

## CLEANSE

- ☐ BOIL PARSLEY & DRINK 1-2 CUPS DAILY
- ☐ PARSLEY JUICE / HONEY SHOT 3+ A DAY
- ☐ FASTING ON VEGGIE BROTH, PARSLEY TEA & JUICES

## TEA & HERB

- ☐ DANDELION ROOT
- ☐ PARSLEY TEA
- ☐ UVA URSI
- ☐ GREEN TEA
- ☐ JAVA TEA
- ☐ HORSETAIL
- ☐ CELERY SEED
- ☐ VEGGIE BROTH

## OIL

- ☐ LEMON / LEMONGRASS
- ☐ HELICHRYSUM
- ☐ JUNIPER
- ☐ CHAMOMILE
- ☐ GRAPEFRUIT
- ☐ LIME
- ☐ THYME
- ☐ GERANIUM

## ACTIVITY / TOOL

- ☐ WARMING & PUMMEL EXERCISE
- ☐ HOT & COLD SITE BATHS

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## KIDNEY | MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

FEELING CRITICIZED AND LIKE A DISAPPOINTMENT.  
FEELING LIKE A FAILURE.  
REACTING IN A CHILD LIKE MANNER.  
FEELING ASHAMED.  
HOLDING ONTO UNDISSOLVED ANGER.  
ANGER AND RESENTMENT.  
GUILT AND REGRET.  
ANCIENT SADNESS.  
HOLDING ON TO DESTRUCTIVE BELIEFS AND MEMORIES FROM THE PAST.  
SUFFERING WITH A LIMITED, SHORT-TERM MEMORY BECAUSE ALL ATTENTION IS STUCK IN THE PAST.  
PARALYZING FEAR.  
FOCUSING ON THE NEGATIVE ASPECTS OF LIFE.  
UNABLE TO TRUST.  
DIFFICULTY DEALING WITH CHALLENGING SITUATIONS.  
CRUMBLING UNDER PRESSURE.  
EXPECTING THE WORST  
ABANDONMENT AND REJECTION

### EMOTIONAL REMEDY

- Rub your hands together for about 30 sec then hold them slightly apart. Visualize a balls of very light orange energy in between your hands. Allow the energy to grow stronger.
- Say: "Divine Healing Intelligence, please activate my healing abilities and allow green healing light to flow from my hands into my kidneys."
- Place your hands on your back, where your kidneys are. Breathe in the soft orange energy. Sense as it moves into your kidney and begins to cleanse any density out of your kidneys.
- Say: "Divine Healing Intelligence, please help me to release all guilt, numbness, resentment, negativity, distrust, and regret from my kidneys, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Now repeat the procedure with the colour healing described above, but now do it with the green light. Imagine this see through emerald colour moving into your kidneys and revitalizing them.
- Now breathe this healing colour into your heart and then send it back to your kidneys and adrenal glands as you breathe out. Repeat Heal and Re Energise now for at least 60 seconds.
- Using your index and middle fingers, tap gently and slowly underneath your eyes, starting on the outside and moving toward your nose, then out again. Do this for thirty seconds, while taking deep, slow breaths in and out. Not only will it help you to cleanse your kidneys, but it will also help to get rid bags and puffiness.
- On a daily basis focus on letting go of the past and focusing on anything positive in your life.



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"Divine right action is always taking place in my life.  
Only good comes from each experience.  
It is safe to grow up.  
I dissolve all past problems with ease."***

# DIGESTIVE SYSTEM

## BLADDER

### SYMPTOMS – CONDITIONS

SYMPTOMS	PAIN OR BURNING WHEN URINATING	FREQUENT SENSATION OF HAVING TO URINATE	CLOUDY OR BLOODY URINE
	CRAMPING OR PRESSURE IN THE LOWER ABDOMEN OR LOWER BACK	FOUL-SMELLING URINE (EXCEPT EATING ASPARAGUS)	

CONDITIONS	CYSTITIS	URINARY INCONTINENCE	URINARY RETENTION
	URINARY STONES	OVERACTIVE BLADDER	CYSTOCELE
	BLADDER CANCER	HEMATURIA	BED-WETTING
	DYSURIA (PAINFUL URINATION)		

CONTRIBUTING PHYSICAL FACTORS	WEAK MUSCLES	LACK OF SODIUM	ACIDIC DIET
	LACK OF EXERCISE	INJURY	DIABETES
	DEHYDRATION		


## BLADDER | REMEDIES

### FOOD

- ☐ CEREAL / GRAINS
- ☐ BARLEY
- ☐ BROWN RICE
- ☐ OATMEAL
- ☐ BEANS
- ☐ PEAS
- ☐ APPLES
- ☐ CABBAGE
- ☐ CARROTS
- ☐ NUTS
- ☐ SAUERKRAUT
- ☐ YOGURT
- ☐ ASPARAGUS
- ☐ LEEKS / ONIONS
- ☐ GOJI / CRANBERRIES TOGETHER

### CLEANSE

- ☐ CRANBERRY JUICE / LIME JUICE
- ☐ FASTING ON JUICES

### OIL

- ☐ OREGANO
- ☐ THYME
- ☐ LEMON / LEMONGRASS
- ☐ CLOVE
- ☐ MYRRH

### TEA & HERB

- ☐ PEPPERMINT
- ☐ GINGER
- ☐ JUNIPER BERRY

### ACTIVITY / TOOL

- ☐ MAINTAIN HEALTHY GUT ECOLOGY / FERMENTS

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## BLADDER | MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

FEELING ANXIOUS.  
HOLDING ON TO OLD IDEAS.  
BEING "PISSED OFF"  
FEAR OF LETTING GO.  
FEELING TIMID, WISHY-WASHY, ANNOYED, IRRITABLE, SAD, GUILTY.  
LACK OF BOUNDARIES.  
NEEDING YOUR OWN SPACE.

### EMOTIONAL REMEDY

- Inhale deeply several times. Place your hands on your bladder and tune into what you are feeling. Are you angry, pissed off, or irritated with someone or something in your life? How are you allowing this irritation to impact your life?
- Take the time to deeply reflect on this. What changes do you need to make? What boundaries do you need to put into place.
- Say: "Divine Healing Intelligence, I ask you to dissolve all feelings of anger, indecisiveness, weakness, irritability, powerlessness, and worry from my bladder, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Rub your hands together. Place the palms of your hands slightly apart, focus on the tingling sensation. Imagine that you hold in your hands a light blue ball of healing energy. Focus your intention on healing your bladder.
- Place your hands on your bladder, allowing the ball to penetrate deeply into your bladder. Allow the ball of energy to attract to it any infection or irritation in the bladder. Then imagine as all the toxicity in the bladder now dissolves inside this light blue ball. The ball then become white, and gives strength and purity to the bladder.
- To make the process even more powerful, gently hum the vowel sound "OOO" (as in the word "you") and direct the sound toward the bladder. Allow the sound to infuse your bladder with healing and balancing energy. Hum for a minute or two.
- Make a decision to have some time out where you can rest and reflect on what is not working in your life, in particular in your relationships with others. Are you giving too much or not enough, are you too self absorbed or too pushy, are you too harsh or too sensitive. What adjustments do you need to make? How much time do you give to your own evolution and inner development as opposed to worrying and trying to fix other people's lives? Take steps towards change.



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I comfortably and easily release the old and welcome  
the new in my life.  
I am safe.  
I let go.  
I let flow."***



# ENDOCRINE/REPRODUCTIVE SYSTEM

## PINEAL GLAND

### SYMPTOMS – CONDITIONS

SYMPTOMS	OVER-STIMULUS OF SEX ORGANS	HYPOCHONDRIA	IRREGULAR PERIODS
	LONG MENSTRUAL CYCLE	ADRENAL PROBLEMS	IRREGULAR MENSTRUAL CYCLES
	MENTAL PROBLEMS	EXCESSIVE WORRY AND FEAR	

CONDITIONS	ACROMEGALY	CUSHING'S SYNDROME	FSH & LH TUMORS
	ADRENAL INSUFFICIENCY (ADDISON'S DISEASE)	EMPTY SELLA SYNDROME	GH DEFICIENCY
	CRANIOPHARYNGIOMA	FAMILIAL ISOLATED PITUITARY ADENOMA	

CONTRIBUTING PHYSICAL FACTORS	BEING IN DARK PLACES TOO LONG OR OFTEN	NOT GETTING ENOUGH SUNSHINE	STRESS
	CHEMICAL EXPOSURE (ESPECIALLY PHARMACEUTICAL DRUGS & TOXIC WATER)	INSOMNIA	

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## PINEAL GLAND | REMEDIES

## FOOD

- ☐ PINE NUTS
- ☐ CACAO
- ☐ CELERY (STIMULATES ALL GLANDS)
- ☐ SEAWEED
- ☐ KELP
- ☐ CRANBERRIES
- ☐ GREEN BEANS
- ☐ DARKY LEAFY GREENS
- ☐ BANANAS
- ☐ ACV
- ☐ BEETS OR BEET JUICE
- ☐ GARLIC
- ☐ AVOCADO
- ☐ PRUNES
- ☐ RAISINS
- ☐ DATES
- ☐ ALMONDS AND HAZELNUTS

## CLEANSE

- ☐ 3 DAY FAST (MINOR RESET)
- ☐ 10 DAY FAST (COMPLETE RESET)
- ☐ ACV DAILY
- ☐ WHEATGRASS

## TEA & HERB

- ☐ LEMON BALM
- ☐ GINKGO BILOBA
- ☐ HYPERICUM
- ☐ BASIL
- ☐ LAVENDER
- ☐ PASSIONFLOWER
- ☐ HYPERICUM
- ☐ BASIL
- ☐ LAVENDER

## OIL

- ☐ FRANKINCENSE
- ☐ MYRRH
- ☐ OREGANO
- ☐ GINGER
- ☐ PEPPERMINT
- ☐ PINE
- ☐ GOLD

## ACTIVITY / TOOL

- ❑ SLEEP IN COMPLETE DARKNESS AND NOT TOO LATE (10PM-3AM IDEAL)
- ❑ GET OUT IN THE SUN BY DAY
- ❑ MEDITATE
- ❑ SUN GAZING
- ❑ TIBETAN RITES

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# PINEAL GLAND | MENTAL AND EMOTIONAL FACTORS

## CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

FEELING OUT OF SYNC, DULL, CONFUSED, UNAWARE, DISCONNECTED, ISOLATED.  
GOING ALONG WITH OTHERS AND WHAT THEY WANT RATHER THAN LISTENING  
TO YOUR INTUITION.

IGNORANCE, LACK OF AWARENESS, SKEPTICISM, SELF-DOUBT, UNCERTAINTY,  
INFLEXIBILITY, SELFISHNESS.

## EMOTIONAL REMEDY

- Close your eyes and focus on your pineal gland. Imagine that it is like a very small light globe in the middle of your brain. Visualize or sense this light globe being switched on, and allow it to light up your whole brain.
- Then focus on the luminescent rays moving through your whole body allowing everything within you to come back into equilibrium.
- Go outside if possible and connect with nature. Walk barefoot and breathe all the smells around you. Listen to the birds. Take in the aliveness of the trees and the flowers into your inner being. Allow the healing power of nature to slow your down and revitalise you.
- Take some time to reflect on what Divinity means to you and what role you allow it to play in your life.
- Do you need to increase the time you give to connecting with your spiritual nature and give yourself more opportunity to meditate and learn how to use your intuition?
- Say: "Divine Healing Intelligence, please help me release all feelings of dullness, disconnection, isolation, ignorance, skepticism, and stubbornness from my pineal gland, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Focus on your pineal gland and repeat: "I am the I am. I am now open to learning more about higher realities and allowing clarity, intuitive insights and love to enter my life."



## AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I am clear and I choose to move forward with what I want."***

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# ENDOCRINE/REPRODUCTIVE SYSTEM

## PITUITARY GLAND

### SYMPTOMS – CONDITIONS

SYMPTOMS	LARGE, THICK BONES	EXCESSIVE GROWTH	FREQUENT URINATION
	EXCESSIVE THIRST	RAPID WEIGHT LOSS	EXCESSIVE GLANDULAR STIMULATION
	EXCESSIVE WEIGHT IN HIPS AND THIGHS	INABILITY TO LOSE WEIGHT	LACK OF GROWTH
	SLOW METABOLISM & GLANDULAR SECRETIONS	SIMMOND'S DISEASE IS POSSIBLE, ATROPHY OF BODY, LACK OF GROWTH HORMONE	

CONDITIONS	HYPOPITUITARY	ADRENAL INSUFFICIENCY (ADDISON'S DISEASE)	EMPTY SELLA SYNDROME
	TUMORS	CRANIOPHARYNGIOMA	FAMILIAL ISOLATED PITUITARY ADENOMA
	ACROMEGALY	CUSHING'S SYNDROME	FSH & LH TUMORS
	GH DEFICIENCY		

CONTRIBUTING PHYSICAL FACTORS	POOR DIET FLUORIDE / METALS	STRESS	ACCIDENT/INJURY
	NOT ENOUGH SUNLIGHT	LACK OF EXERCISE	

## PITUITARY GLAND | REMEDIES

### FOOD

- ☐ SESAME
- ☐ WHEAT
- ☐ LEAFY GREENS
- ☐ NUTS
- ☐ LEGUMES
- ☐ CARROTS
- ☐ SWEET POTATOES
- ☐ BELL PEPPERS
- ☐ CANTALOUPE

### CLEANSE

- ☐ 3 DAY WATER FAST (MINOR RESET)
- ☐ 10 DAY FAST (COMPLETE RESET)
- ☐ 30 DAYS TIBETAN RITES

### OIL

- ☐ FRANKINCENSE
- ☐ SANDALWOOD
- ☐ VETIVER
- ☐ GERANIUM
- ☐ YLANG YLANG
- ☐ MYRRH

### TEA & HERB

- ☐ MACA
- ☐ MILK THISTLE
- ☐ SAGE BRUSH
- ☐ ASHWAGANDHA
- ☐ ELEUTHERO
- ☐ HOLY BASIL
- ☐ GINSENG
- ☐ RHODIOLA ROSEA
- ☐ SCHISANDRA

### ACTIVITY / TOOL

- ☐ PRACTICE RELAXING YOUR FOREHEAD TO DISSOLVE ANY TENSION
- ☐ GENTLY RUB AND TAP YOUR MIDDLE FINGER ON YOUR FOREHEAD IN BETWEEN YOUR EYEBROWS.
- ☐ GET 15-30MINS OF SUN DAILY
- ☐ MEDITATE
- ☐ TIBETAN RITES
- ☐ SUN GAZING


# PITUITARY GLAND | MENTAL AND EMOTIONAL FACTORS

## CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

EXPERIENCING SLUGGISH MEMORY, FEAR, INSTABILITY.  
CONSTANTLY CHANGING YOUR MIND.  
FEELING DEPLETED, SUPPRESSED, DISHEARTENED, HORMONAL, UNEMOTIONAL, CONFUSED.  
FEELING THREATENED.  
NOT ENOUGH LOVE, AFFECTION.  
DIFFICULTY MAKING DECISIONS.

## EMOTIONAL REMEDY

- Focus on your pituitary gland. Place your middle and index fingers of the left hand on your forehead, between your eyebrows, in the spot of the "third eye."
- Put your attention on the pituitary gland. If you had to sense what was going on inside it, would it feel heavy and blocked or clear and radiant.
- If it feels heavy and dense, relax your forehead and imagine that a light purple flame of light now moves through this gland and dissolve all tension, fear and darkness from it.
- Next, gently rub and tap your middle finger on your forehead in between your eyebrows.
- Say: "Divine Healing Intelligence, please help me release all tiredness, emotional instability, fear, and confusion from my pituitary gland, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Take deep breaths in and focus on your pituitary gland; as you breathe out, let go of any stress or pressure. Repeat this process three to five times.
- Think of 5 positive things in your life. Now imagine those things in full colour. Breathe in this positivity and let it move through your whole body.
- Enjoy this feeling for as long as you can. Allow this positive feeling to energize your pituitary gland.
- Ask yourself, 'Who am I? What is my role here? What gift and abilities do I have which can help other?' Take a few minutes to contemplate these question.
- The answers can come to you instantly or take weeks, months or longer to reveal themselves. Keep asking and being open to receive new insights.
- Using your left hand, massage your right thumb from base to tip as you focus on activating your pituitary gland. Surround the gland with violet light, and visualize or sense the healing energy regenerate your pituitary gland.



## AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"My mind and body are in perfect balance. I control my thoughts."***

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# ENDOCRINE/REPRODUCTIVE SYSTEM

## THYROID/PARATHYROID

### SYMPTOMS – CONDITIONS

SYMPTOMS	GOITER	PROTRUDING EYEBALLS	EXCESSIVE SWEATING
	RAPID PULSE, WARM SKIN, WEIGHT LOSS OF RAPID METABOLISM	SMALL, TIGHT BREASTS	EXCESSIVE ENERGY, CAN'T SIT STILL
	IRRITABILITY, TREMORS OF THE FINGERS	HIGH BLOOD PRESSURE	WATER RETENTION
	ABLE TO EAT EXCESSIVELY WITH NO WEIGHT GAIN	LUMP IN THROAT	LOSS OF HAIR
	LETHARGY	DEPRESSION	DROOPING EYELIDS
	HEART PALPITATION	OBESITY	DRY SKIN AND HAIR
	NEED FOR LOTS OF SLEEP	EXCESSIVE SORE THROAT	LARGE, FLABBY BREASTS
	LACK OF CALCIUM CONTROL	LOW BODY TEMPERATURE, ALWAYS COLD	SLOW HEARTBEAT
	WATER RETENTION		

CONDITIONS	GRAVES' DISEASE	TOXIC ADENOMAS	SUBACUTE THYROIDITIS
	HASHIMOTO'S THYROIDITIS	HYPOTHYROIDISM (UNDERPRODUCTION OF THYROID HORMONES)	HYPERTHYROIDISM (OVERPRODUCTION OF THYROID HORMONES)
	PITUITARY GLAND MALFUNCTIONS OR CANCEROUS GROWTHS IN THYROID GLAND	GOITER	THYROID NODULES

CONTRIBUTING PHYSICAL FACTORS	STRESS	POOR DIET	MERCURY/METALS
	TOXIC CHEMICAL EXPOSURE	ADRENALINE JUNKIE (WITH STIMULANTS)	RADIATION

# THYROID/PARATHYROID | REMEDIES

## FOOD

- ☐ PINEAPPLE
- ☐ MUSHROOMS
- ☐ KELP (SEAWEED)
- ☐ PAPAYA
- ☐ BEANS
- ☐ ALMONDS
- ☐ DARK LEAFY VEGETABLES
- ☐ GINGER
- ☐ CRUCIFEROUS VEGETABLES
- ☐ BRAZIL NUTS
- ☐ SEA VEGETABLES
- ☐ CHLOROPHYLL (GREENS)
- ☐ MACA

## TEA & HERB

- ☐ BUGLEWEED (HYPER)
- ☐ BLADDERWRACK (HYPO)
- ☐ ASHWAGANDHA
- ☐ CHAMOMILE
- ☐ GINSENG (CLEARS RADIATION)
- ☐ GINGER
- ☐ S. GINSENG (HYPO)
- ☐ ECHANACIA
- ☐ BLACK WALNUT
- ☐ FLAX
- ☐ LICORICE

## OIL CONTINUED...

- ☐ CEDARWOOD
- ☐ ROSE GERANIUM
- ☐ GINGER
- ☐ MYRTLE
- ☐ SPRUCE

## ACTIVITY / TOOL

- ☐ PRACTICE EXPRESSING YOUR TRUTH
- ☐ LET GO OF OTHER PEOPLE'S' WORRIES, BURDENS AND STRESSES
- ☐ SING, DANCE, PAINT - GET CREATIVE
- ☐ MEDITATE
- ☐ TIBETAN RITES
- ☐ MASSAGE THE THYROID

## CLEANSE

- ☐ 3 DAY WATER FAST (MINOR RESET)
- ☐ 10 DAY FAST (COMPLETE RESET)

## OIL

- ☐ SPEARMINT
- ☐ LEMONGRASS
- ☐ PEPPERMINT
- ☐ CLOVE
- ☐ FRANKINCENSE
- ☐ MYRRH

## THYROID/PARATHYROID | MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

CONSTANTLY PLAYING A GAME OF GUILT AND PUNISHMENT.  
FEELING EMOTIONALLY UNSTABLE, UP AND DOWN, AND CONFUSED.  
LACK OF DRIVE; FEELING SLUGGISH, NUMB, DISCONNECTED, FROM YOUR LIFE'S PURPOSE.  
HOLDING BACK, AND CONSTANTLY TRYING TO PLEASE OTHERS BY CARRYING THEIR BURDENS AND WORRIES.  
WASTING A LOT OF TIME DOING THING IN AN INEFFICIENT MANNER, WHICH DRAINS YOUR ENERGY.  
NEVER ENOUGH TIME TO GET EVERYTHING DONE.  
SABOTAGING YOURSELF.  
MUDDLED THINKING.

### EMOTIONAL REMEDY

- Focus on your thyroid and parathyroid. Feel into it. If you could describe the sensation what would it be - ie blocked, numb, heavy?
- What are you holding back and not expressing? Whose worries or burdens are you carrying in your thyroid? What do you want to do that you are not doing? Take the time to be extremely honest with yourself.
- Become aware of any blockages; you may visualize these as ropes or chains around your thyroid.
- Imagine that there is a huge fire in front of you. Take all the chains and ropes off your thyroid and throw them into the fire. Make sure you also dissolve all your burdens, worries, and stresses about other people.
- Say: "Divine Healing Intelligence, I ask you to release all feelings of numbness, lack of drive, tiredness, instability, and confusion from my thyroid, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Visualize beautiful indigo light as a soft scarf surrounding your thyroid and repairing it. Allow the indigo to awaken your energy, vitality, and thirst for life.
- Place your index fingers on your thyroid glands, which are situated on either side of the windpipe, near your collarbone. Massage your thyroid glands in a circular motion, moving up and down the throat. Do this for one to two minutes.
- As you are doing it, repeat I give myself love, care, nurturing and the time I need. I trust that things happen at the right time, in the right way.



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I move beyond old limitations and now allow myself to express  
freely and creatively.  
I do what I love and I love what I do."***

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# ENDOCRINE/REPRODUCTIVE SYSTEM

## THYMUS GLAND

### SYMPTOMS – CONDITIONS

SYMPTOMS	OVER-ACTIVITY OF LYMPH TISSUES/PHLEGM	LOWERED RESISTANCE TO SICKNESS	ALLERGIES
	STUNTED GROWTH; LACK OF SEXUAL DEVELOPMENT	SMALL, TINY, WEAK, BODY	

CONDITIONS	DIGEORGE SYNDROME	HIV/AIDS	AUTOIMMUNE DISEASE
	(SCID) SEVERE COMBINED IMMUNODEFICIENCY SYNDROMES	MYASTHENIA GRAVIS	THYMOMAS
	CERVICAL THYMIC CYST	LYMPHOMAS	TUMORS
	(TAMA) THYMOMA-ASSOCIATED MULTIORGAN AUTOIMMUNITY		
	(APECED) AUTOIMMUNE POLYENDOCRINOPATHY-CANDIDIASIS-ECTODERMAL DYSTROPHY		
	A GVHD-LIKE DISEASE CALLED THYMOMA-ASSOCIATED MULTIORGAN AUTOIMMUNITY (TAMA) CAN OCCUR IN PATIENTS WITH THYMOMA		

CONTRIBUTING PHYSICAL FACTORS	OVERWHELMED IMMUNE SYSTEM FROM EXCESS TOXICITY IN DIET, DRINKS & ENVIRONMENT.
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## THYMUS GLAND | REMEDIES

## FOOD

- ☐ THYME
- ☐ BROCCOLI
- ☐ CAULIFLOWER
- ☐ KIWI
- ☐ STRAWBERRIES
- ☐ TOMATOES
- ☐ CITRUS
- ☐ SWEET POTATOES
- ☐ MUSHROOMS (CORDYCEPS, REISHI)
- ☐ FERMENTED FOODS
- ☐ SEAWEED
- ☐ BERRIES

## CLEANSE

- ☐ 3 DAY WATER FAST (MINOR RESET)
- ☐ 10 DAY FAST (COMPLETE RESET)

## OIL

- ☐ THYME
- ☐ TEA TREE
- ☐ EUCALYPTUS

## TEA & HERB

- ☐ THYME
- ☐ ECHINACEA
- ☐ ROSEHIPS
- ☐ OLIVE LEAF
- ☐ GINGER
- ☐ TURMERIC

## ACTIVITY / TOOL

- ☐ EXERCISE REGULARLY FOR BLOOD CIRCULATION
- ☐ REDUCE STRESS
- ☐ MEDITATE
- ☐ TIBETAN RITES
- ☐ BANG OF CHEST LIKE GORILLA AND SAY HAHAHHA WITH A SMILE

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THYMUS GLAND | MENTAL AND EMOTIONAL FACTORS

CONTRIBUTING  
MENTAL AND  
EMOTIONAL  
FACTORS

BUYING INTO LIES AND FALSE IDEAS.  
DIFFICULTY TAKING RESPONSIBILITY FOR YOUR ACTIONS.  
FEELING UNHAPPY, LOW, VULNERABLE, TIRED.  
LACKING INTEGRITY.  
PLAYING THE VICTIM.  
EMOTIONALLY UP AND DOWN.  
ACCUMULATION OF NERVOUS STRESS, TENSION, AND WORRY.

EMOTIONAL REMEDY

- Close your eyes and tune into your thymus gland. Become aware of any density or heaviness stored there. Using the orange flame of light, visualize dissolving all density and tension from your thymus.
- Say: “Divine Healing Intelligence, I ask you to release all feelings of nervousness, unhappiness, instability, lies, worries, and stress from my thymus gland, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition.” Repeat the word “CLEAR” until you feel a shift occur.

What is it in your life that requires change?  
Who are you blaming for things not working?  
When will you stop procrastinating and move forward?
- It’s time you stop feeling like a victim and take responsibility. Take a positive action within the next 48 hours which requires courage. This could be small or big. The important thing is to make a change.
- To improve your thymus gland, concentrate on it and smile. The more you smile and the happier you are, the better your thymus will work. Now, think of something that makes you laugh or feel really happy, and smile again. To help stimulate your thymus further, place two fingers on top of the thymus and tap fifteen to twenty times while still smiling.
- Now imagine warm yellow light surrounding the thymus and warming your heart and lungs. Take your time to feel the nurturing qualities of this colour.



AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

“My loving thoughts keep my immune system strong.  
I am safe inside and out.  
I hear myself with love.”

# ENDOCRINE/REPRODUCTIVE SYSTEM

## ADRENAL GLANDS

### SYMPTOMS – CONDITIONS

SYMPTOMS	SYMPATHETIC NERVE STIMULATION	NERVOUS, IRRITABLE	HYPERACTIVE
	HIGH BLOOD SUGAR AND RAPID METABOLISM	HYPERTENSION	EDEMA
	ALLERGIES, EXCESSIVE REACTION TO ANTIGENS	DROOPING ABDOMEN	BRUISES EASILY
	MUSCULAR WEAKNESS, MENTAL LETHARGY	FATIGUE	BALDNESS
	WEIGHT LOSS OR GAIN	DIZZINESS	EMOTIONAL IRREGULARITY
	LOW BLOOD PRESSURE/ DEHYDRATION	HYPOGLYCEMIA	DEPRESSION
	DIFFICULTY GETTING STARTED IN THE MORNING		

CONDITIONS	CUSHING'S SYNDROME	ADDISON'S DISEASE	CONGENITAL ADRENAL HYPERPLASIA
	ADRENAL INSUFFICIENCY	ADRENAL FATIGUE	ADRENAL INCIDENTALOMA
	PRIMARY ALDOSTERONISM		

CONTRIBUTING PHYSICAL FACTORS	EXCESS FAT, PROTEIN, PROCESSED SUGAR	EXCESS STIMULANTS AND CAFFEINE	LACK OF REST OR SLEEP
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## ADRENAL GLANDS | REMEDIES

## FOOD

- ☐ MUSHROOMS (CHAGA, REISHI, CORDYCEPS)
- ☐ OLIVES
- ☐ AVOCADO
- ☐ CAULIFLOWER
- ☐ BROCCOLI
- ☐ BRUSSELS SPROUTS
- ☐ WALNUTS
- ☐ ALMONDS
- ☐ PUMPKIN, CHIA AND FLAX SEEDS

## CLEANSE

- ☐ 3 DAY WATER FAST (MINOR RESET)
- ☐ 10 DAY FAST (COMPLETE RESET)

## TEA & HERB

- ☐ VALERIAN
- ☐ LICORICE
- ☐ RHODIOLA
- ☐ HOLY BASIL
- ☐ SIBERIAN GINSENG (SUPPORT ADRENAL FUNCTION)

## OIL

- ☐ LAVENDER (RELAX)
- ☐ BASIL
- ☐ PEPPERMINT (ENERGY)
- ☐ CINNAMON BARK
- ☐ NUTMEG
- ☐ LEMON
- ☐ ROSEMARY

## ACTIVITY / TOOL

- ☐ BREATHING EXERCISES
- ☐ ADRENAL EXERCISES
- ☐ TIBETAN RITES

[illegible]

CONTRIBUTING  
MENTAL AND  
EMOTIONAL  
FACTORS

LACK OF ENERGY OR FATIGUE.  
FEELING EMOTIONALLY UNBALANCED AND UNSTABLE--ONE MOMENT HAPPY AND CONTENT;  
AND THE NEXT, SAD AND HOPELESS.  
FREQUENT BOUTS OF PARANOIA, PANIC ATTACKS, FEAR, ANXIETY, OFTEN RELATED TO A  
FEELING THAT YOU HAVE TAKEN THE WRONG DIRECTION IN YOUR LIFE.  
FEELING STUCK IN THE FIGHT-OR-FLIGHT RESPONSE.  
IN SOME CASES, FEELINGS OF DEPRESSION, EMPTINESS, WORTHLESSNESS, EXHAUSTION.  
DIFFICULTY MAKING DECISIONS.

EMOTIONAL REMEDY

- Take a slow deep breath in through your nose and slowly exhale through your mouth. Do this for a couple of minutes.
- Say: "Divine Healing Intelligence, I ask you to release all fear, anxiety, hopelessness, exhaustion, fatigue, stress, and stuckness out of my adrenal glands, as well as all points of view, the positive and negative charges, and all limiting patterns that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Now take a deep breath in Imagine filling your adrenal glands being with vibrant green energy. As you breathe out, focus on letting go of any density, fear, and stress. This may look like grayness and density coming out of your glands. Do this 8 to 10 times.
- Take a few minutes to meditate on what emotional balance feels like.
- Rub your hands together for 30-60 seconds, place them slightly apart and imagine that you are holding a transparent orange ball of energy. Touch your adrenal glands and allow the light orange colour to penetrate the glands. Feel it dissolving any density that remains, releasing any stories and memories of past experiences where you felt worthless or that you made a wrong decision. Make sure you do this slowly and in detail. Then let this light penetrate deeper and transform exhaustion and feeling of weariness into energy and enthusiasm.



AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I love and approve myself.  
It is safe for me to care for myself.  
Life is an adventure."***

# ENDOCRINE/REPRODUCTIVE SYSTEM

## UTERUS

### SYMPTOMS – CONDITIONS

SYMPTOMS	HEAVY MENSTRUAL BLEEDING	MENSTRUAL PERIODS LASTING MORE THAN A WEEK	BLEEDING IN BETWEEN PERIODS
	PELVIC PRESSURE OR PAIN	FREQUENT URINATION	DIFFICULTY EMPTYING THE BLADDER
	CONSTIPATION	BACKACHE OR LEG PAINS	VAGINAL DISCHARGE
	LOW BACK PAIN	DIFFICULTY BECOMING PREGNANT	AN ENLARGED ABDOMEN

CONDITIONS	POLYPS	ENDOMETRIOSIS	FIBROIDS
	CANCER	UTERINE PROLAPSE	PELVIC INFLAMMATORY DISEASE

CONTRIBUTING PHYSICAL FACTORS	BAD HYGIENE	POOR GUT BALANCE	ANTIBIOTICS
	MEDICATION	GMO, PESTICIDES, PROCESSED FOODS	TAMPONS WITH CHEMICALS

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## UTERUS | REMEDIES

## FOOD

- ☐ AVOCADOS
- ☐ PAPAYA
- ☐ 1 SEED FRUITS
- ☐ BEANS
- ☐ LENTILS
- ☐ NUTS AND DRY FRUITS
- ☐ SESAME SEEDS
- ☐ BERRIES
- ☐ GREEN LEAFY VEGETABLES
- ☐ GINGER
- ☐ MACA ROOT

## CLEANSE

- ☐ CABALA JUICE FAST
- ☐ DOUCHE (APPLE CIDER VINEGAR WITH WARM WATER)

## TEA & HERB

- ☐ BLACK COHOSH
- ☐ LIQUORICE
- ☐ ASHWAGANDHA
- ☐ MACA
- ☐ ASTRAGALUS (PROLAPSED UTERUS)

## OIL

- ☐ FRANKINCENSE
- ☐ LEMON
- ☐ CEDARWOOD
- ☐ GERANIUM
- ☐ JASMINE
- ☐ MYRRH
- ☐ EVENING PRIMROSE OIL  
– EPO
- ☐ CASTOR OIL

## ACTIVITY / TOOL

- EMBRACE YOUR FEMININITY AND SENSUALITY BY GOING SLOW, FLOWING, PAMPERING, DANCING. HAVE YOU TIME.
- TIBETAN RITES

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## UTERUS | MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

DISCOUNTING THE FEMININE ASPECT OF SELF, HOLDING ON TO OLD HURTS  
AND REJECTION, MOTHER ISSUES.  
FEELING DEPLETED, UNGROUNDED, UN-SUPPORTED, NEGLECTED, AND UNBALANCED.  
OVER-CONCERNED WITH OTHER PEOPLE'S PROBLEMS.  
LACK OF APPRECIATION AND NURTURING FOR SELF.  
CONSTANT NEED FOR APPROVAL.

### EMOTIONAL REMEDY

- What actions can you take to begin appreciating yourself? What decisions do you need to make for your life to become happier and more balanced?
- Close your eyes and tune into your uterus. If you could see it, would it look healthy and clear? If it is dense and unhealthy, imagine vacuuming all the density, dis-ease, and disorder out.
- Say: "Divine Healing Intelligence, please help me dissolve old hurts, rejection, feelings of inequality and disapproval from my uterus, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Imagine placing a healthy orange ball of light into your uterus. Observe it spin and clear any remaining density, regenerating and healing your uterus.
- If you would like to have children, place your hands on your uterus and ask that your uterus create the best possible environment for a child. Send the energy of softness and love to your uterus. Visualize a baby growing inside you, feeling happy and joyous.
- If you are unable to have children, place your hands on your abdomen. Focus on breathing into that area. Tell your reproductive system that you forgive it for not supporting your dream. Then visualize a soft yellow light surrounding your uterus and allowing it to heal.
- Say: "Divine Healing Intelligence, please help me become a more dynamic, energetic, and balanced person. Help me to love and honor myself and my femininity. Thank you."
- Say: "Divine Healing Intelligence, please heal and regenerate my uterus and all related organs to their maximum health, vitality, and well-being."



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I choose to reignite my creativity. I am creative.  
I am at home in my body. I create with love."***

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# ENDOCRINE/REPRODUCTIVE SYSTEM

## PROSTATE

### SYMPTOMS – CONDITIONS

SYMPTOMS	PAIN URINATING OR EJACULATING	FEVER AND CHILLS	PELVIC PAIN
	NEEDING TO URINATE MORE OFTEN	CLOUDY URINE	DIFFICULTY GETTING A URINE STREAM GOING
	FEELING AS IF YOU ARE UNABLE TO GET ALL THE URINE OUT		

CONDITIONS	BENIGN PROSTATIC HYPERPLASIA (BPH)	CANCER	PROSTATITIS
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CONTRIBUTING PHYSICAL FACTORS	LACK OF EXERCISE	POOR DIET	STRESS
	OBESITY	HIGH BLOOD PRESSURE	

## PROSTATE | REMEDIES

### FOOD

- ☐ BRAZIL NUTS
- ☐ BROCCOLI
- ☐ WHEAT GERM
- ☐ FLAX
- ☐ CAYENNE PEPPER
- ☐ MUSHROOMS
- ☐ POMEGRANATES
- ☐ PUMPKIN SEEDS
- ☐ TOMATOES
- ☐ TURMERIC
- ☐ SESAME SEEDS
- ☐ CAPSICUM
- ☐ BERRIES
- ☐ WATERMELON

### CLEANSE

- ☐ 4 DAY COLON CLEANSE
- ☐ 21 DAY CABALA JUICE

### OIL

- ☐ FRANKINCENSE
- ☐ BLUE CYPRESS
- ☐ HELICHRYSUM
- ☐ JUNIPER
- ☐ YARROW
- ☐ LAVENDER
- ☐ THYME

### TEA & HERB

- ☐ GREEN TEA
- ☐ HIBISCUS
- ☐ STINGING NETTLE

### ACTIVITY / TOOL

- ☐ LET GO OF ANGER
- ☐ BOXING
- ☐ HIRE A COACH OR MENTOR TO MOVE FORWARD IN YOUR LIFE
- ☐ WRITE A TO DO LIST
- ☐ TIBETAN RITES

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# PROSTATE | MENTAL AND EMOTIONAL FACTORS

## CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

FEELING INFERIOR, STUCK, ASHAMED, SUPPRESSED, HELPLESS, GUARDED.  
LACKING CONFIDENCE, TRUST, AND SECURITY.  
REJECTING YOUR MASCULINITY.  
NOT SURE HOW TO EXPRESS YOUR FEELINGS.  
CARRYING DEEP-SEATED DISAPPOINTMENT, RESENTMENT, AND GUILT.

## EMOTIONAL REMEDY

- How do you feel about yourself? Do you allow yourself to express your feelings, or do you suppress them? Do you feel you have been successful and achieved your life's goals, or do you carry feelings of failure? Close your eyes and focus on your prostate. Imagine enveloping it with a green light. Ask what feelings, emotions, and experiences are stuck in your prostate gland. Imagine those feelings and experiences as weeds that you pull out of your prostate, then place the weeds into a fire and watch them burn.
- Say: "Divine Healing Intelligence, please help me to release all stuckness; suppression; feelings of helplessness, inferiority, resentment, and shame; as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Now, focus on feelings of confidence. If there were a color that could help you to feel confident, what would it be? Imagine pouring this color into your prostate. What thoughts or words make you feel confident? Say them out loud. Focus on an event or experience where you felt self-empowered and confident.
- Now, make that feeling stronger. Imagine pouring this feeling into your prostate gland as if it were liquid.
- Say: "Divine Healing Intelligence, please increase my confidence and self-belief. Give me the courage to take positive action to create a life of happiness, fulfillment, and empowerment. Thank you."
- Say: "Divine Healing Intelligence, please heal and regenerate my prostate gland and all related glands to their maximum health, vitality, and well-being."



## AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I love and appreciate myself. I forgive myself.  
I accept my own power. I am forever young in spirit."***

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# ENDOCRINE/REPRODUCTIVE SYSTEM

## OVARIES

### SYMPTOMS – CONDITIONS

SYMPTOMS	BETWEEN PERIOD PAIN	EXCESSIVE MENSTRUAL BLEEDING	FREQUENT MENSTRUATION
	EXCESSIVE VAGINAL DISCHARGE (NON BLOOD)	EMOTIONAL INSTABILITY	CYSTS
	LACK OF SEX MOTIVATION	PAIN AND FEVER	NAUSEA/INDIGESTION AT MENSTRUATION
	EXCESSIVE WEIGHT AROUND HIPS AND BUTTOCKS	DEPRESSION	ALLERGIES, EXCESSIVE REACTION TO ANTIGENS
	LOW BLOOD PRESSURE/ DEHYDRATION	WEIGHT LOSS OR GAIN	HYPOGLYCEMIA
	MUSCULAR WEAKNESS, MENTAL LETHARGY	EMOTIONAL IRREGULARITY (MOODINESS)	

CONDITIONS	CYSTS	TUMORS	PELVIC INFLAMMATORY DISEASE
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CONTRIBUTING PHYSICAL FACTORS	BAD HYGIENE	POOR GUT BALANCE	ANTIBIOTICS
	MEDICATION	GMO, PESTICIDES, PROCESSED FOODS	TAMPONS WITH CHEMICALS

## OVARY | REMEDIES

## FOOD

- ☐ FIGS
- ☐ YAMS/SWEET POTATOES  
(TREATS MENOPAUSAL SYMPTOMS AND OVARIAN PAIN)
- ☐ MACA
- ☐ PUMPKIN SEEDS
- ☐ SESAME SEEDS
- ☐ OLIVES
- ☐ AVOCADO
- ☐ PLUM
- ☐ PEACHES
- ☐ DATES
- ☐ EGGPLANT
- ☐ PEAR
- ☐ APPLE CIDER VINEGAR
- ☐ PAPAYA

## CLEANSE

- ☐ CABALA JUICE FAST
- ☐ DOUCHE (APPLE CIDER VINEGAR WITH WARM WATER)

## TEA & HERB

- ☐ RED RASPBERRY LEAF
- ☐ ST. JOHN'S WORT
- ☐ BLACK COHOSH (REDUCES MENOPAUSAL SYMPTOMS)
- ☐ MACA
- ☐ REDCLOVER

## OIL

- ☐ CYPRESS
- ☐ FRANKINCENSE
- ☐ LAVENDER
- ☐ ROSEMARY
- ☐ MELROSE
- ☐ ROSE
- ☐ JASMINE
- ☐ GERANIUM

## ACTIVITY / TOOL

- EMBRACE YOUR FEMININITY AND SENSUALITY BY GOING SLOW, FLOWING, PAMPERING, DANCING. HAVE YOU TIME.
- TIBETAN RITES

[illegible]

## OVARIES | MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

INVALIDATING YOURSELF. HOLDING ON TO OLD HURTS, ESPECIALLY FROM MASCULINE.  
LOW SELF-ESTEEM, FEELINGS OF NEGLECT AND VICTIMHOOD.  
REJECTION OF YOUR FEMININITY OR FEMININE NATURE.  
CARRYING A BELIEF THAT TO BE FEMININE IS TO BE WEAK.  
PROPENSITY TO WORRY ABOUT EVERYONE AND EVERYTHING.  
NOT ALLOWING YOURSELF TO ENJOY YOUR SENSUALITY AND WOMANHOOD.  
IN SOME CASES, ISSUES WITH FERTILITY.  
LOST EXPRESSION OF CREATIVITY. NOT TRUSTING YOUR INTUITION.

### EMOTIONAL REMEDY

- How do you feel about being female? Do you feel that you embrace your femininity and sensuality, or do you try to be a superwoman, doing everything for others and ignoring your own needs?
- Do you make time in your day for flow and spontaneity or do you follow a strict plan of what to do?
- When buying or doing something for yourself, do you think, Oh no, I could not possibly afford this for myself, but if my partner, child, friend, dog, cat, or car needed it, then I would definitely buy it without a second thought?
- Become aware of your throat? Is it tight? Take a deep breath with the intention to create more ease. Are your shoulders tense? If so loosen them. Soften your belly and your reproductive system.
- What value do you give to your creative, intuitive, sensitive, compassionate, nurturing self as opposed to the part of you that needs to get things done and make everyone happy?
- In order to heal your reproductive organs you must rediscover how to cherish and give energy to your feminine sensibilities.
- Write a list of everything you love to do, just because? If you have difficulty writing things down, remember yourself as a little girl, what did she love to do.
- Say: "Divine Healing Intelligence, help me stop rejecting, invalidating, neglecting myself, and taking myself for granted. Allow me to release all the ways I feel unworthy, weak, disempowered, and lost from my ovaries and uterus, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Allow yourself to enjoy your femininity, your sensuality, your body. What clothes make you feel feminine and beautiful? Buy and wear them. What words, images, feelings, or actions make you feel empowered? Think them, feel them, say them, do them. Allow yourself to enjoy being female. Realize that embracing your femininity is beautiful, courageous, and strong.
- Place your hands on your lower abdomen over your ovaries. Focus on sending your ovaries your deepest, most intense love and appreciation. Thank them for all the wonderful work they do. If you have children or desire to have them, thank your ovaries for their gift of life. If you are still menstruating, thank them for connecting you to the moon's rhythm, the feminine cycle. Then move your hands slightly and focus on your uterus and if you would like to have a baby ask that your uterus create the best possible environment for a child.
- If you desire to have children but cannot, forgive your ovaries and uterus for being unable to fulfill your wishes. Ask the Divine Intelligence of the universe to support you in bringing children into your life in a different way so that you can still experience the joy of their company.
- Surround your ovaries and uterus with a healing yellow sunlight. Allow this light to dissipate any density and to penetrate deep into your ovaries and uterus restoring their health and vitality. For as long as possible hold the picture of them being healthy.



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I am at peace with my own feelings. I am safe where I am. I create my own security. I love and approve of myself. I am balanced in my creative flow. I forgive and love the man/masculine in my life."***

# ENDOCRINE/REPRODUCTIVE SYSTEM

## TESTICLES

### SYMPTOMS – CONDITIONS

SYMPTOMS	DEEP VOICE AND EXCESSIVE BODY HAIR/HIGH VOICE AND NO BODY HAIR	EXCESSIVE SEX DRIVE	PAIN IN GROIN OR TESTICLE AREA
	LARGE, EXCESSIVELY MUSCULAR BODY	LOW WEIGHT, WEAK MUSCULATURE	SWELLING
	LACK OF SEXUAL MOTIVATION	INFERTILITY	

CONDITIONS	CANCER	VARICOCELE	HYDROCELES
	TESTICULAR TORSION	E.D.	

CONTRIBUTING PHYSICAL FACTORS	HEAVY LIFTING WITH FULL BLADDER	HORMONE DISRUPTORS	STEROIDS
	EXCESS HORMONES FROM ANIMAL FOOD	CONDOMS	DRUGS/TOXINS
	PESTICIDES, GMO, ARTIFICIAL COLOR/SWEETENER		

## TESTICLES | REMEDIES

### FOOD

- ☐ FIGS
- ☐ CELERY (INCREASES SEXUAL DESIRE)
- ☐ MACA
- ☐ BANANAS
- ☐ WALNUTS
- ☐ PUMPKIN SEEDS
- ☐ OATS
- ☐ SWEET POTATO
- ☐ BRAZIL NUTS
- ☐ TURMERIC
- ☐ SHIITAKE AND CRIMINI MUSHROOMS
- ☐ AVOCADO
- ☐ LENTILS
- ☐ PEAS

### CLEANSE

- ☐ 4 DAY COLON CLEANSE
- ☐ 21 DAY CABALA JUICE

### TEA & HERB

- ☐ RED GINSENG
- ☐ GINGER
- ☐ TURMERIC
- ☐ ROOTS

### OIL

- ☐ ROSEMARY
- ☐ SAW PALMETTO
- ☐ GERANIUM
- ☐ FENNEL
- ☐ MYRTLE
- ☐ GOLDEN ROD

### ACTIVITY / TOOL

- ☐ LET GO OF ANGER
- ☐ BOXING
- ☐ HIRE A COACH OR MENTOR TO MOVE FORWARD IN YOUR LIFE
- ☐ WRITE A TO DO LIST
- ☐ TIBETAN RITES

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# TESTICLES | MENTAL AND EMOTIONAL FACTORS

## CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

FEELING THREATENED, EXPOSED, AND INSECURE.  
UNABLE TO HANDLE SITUATIONS LIFE THROWS AT YOU.  
UNCOMFORTABLE WITH YOUR SEXUALITY.  
HOLDING ON TO GUILT, ANGER, SHAME.  
DIFFICULTY FORGIVING AND MOVING ON.

## EMOTIONAL REMEDY

- With whom are you angry? What would it take for you to let go of the anger? Who or what are you blaming? You can only heal and move forward when you realize that you have created your most difficult experiences in order to grow.
- Take some slow deep breaths and calm yourself. Imagine your anger in the shape of an uncontrollable lion, who rages and hurts everyone. See yourself outside yourself and become aware of how your anger affects people around you.
- Ask the lion what it is most angry about? Were you abused in your younger years? Did people treat you unfairly? Were you neglected and overlooked? Allow yourself to go to the core of the issue. Then ask what is the big lesson that I am to learn from those experiences that I'm denying. The answer may come instantly or you may not be ready to hear it yet. It may be that you have needed to develop your humility, compassion and kindness. Whatever the realization, it will be deep.
- Once you have it you can begin the process of forgiveness to yourself and others and start becoming a lot more conscious of everything you think, say and do.
- Imagine yourself being the master of the lion, communicating with him and calming him.
- Say: "Divine Healing Intelligence, I ask you to release all feelings of negativity, insecurity, guilt, anger, threat, and shame which are stored in my testicles, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Stand, keeping your spine straight. Rub your hands together, then hold them slightly apart. Visualize green light coming out of your palms. Place your hands palms down, with your fingers close together and your middle fingers just touching your testicles. Take slow, deep breaths as you concentrate on energizing and regenerating your testicles with the green light. Do this for three to five minutes.
- Take some time to reflect on what it means to be a man. What kind of a man was your father? What can you take on from him and what do you need to let go of. Who is a man that can be an example to you that you can admire?
- Explore what it means to be a healthy, respectful man who embraces and uses his sexuality for good.



## AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"It is safe to be a man.  
I forgive and love the feminine in my life.  
I can provide for myself and others."***

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# RESPIRATORY SYSTEM

## SYMPTOMS – CONDITIONS

SYMPTOMS	PAINFUL BREATHING	COUGHING/SPITTING	SHORTNESS OF BREATH
	EXCESSIVE CATARRH PRODUCTION	DIFFICULT BREATHING (DYSPNEA)	FAINTNESS/DIZZINESS
	ASTHMA, EXCESSIVE MUCUS PRODUCTION	SMOKE CAN CAUSE ACUTE CONDITION	THROAT CATARRH
	SMOKER'S DAMAGE (USUALLY TO LOWER LUNG)	PNEUMONIA	POOR POSTURE

CONDITIONS	CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)	PNEUMONIA	HISTOPLASMOSIS
	EMPHYSEMA	ASTHMA	HYPERSENSITIVITY PNEUMONITIS (ALLERGIC ALVEOLITIS)
	CHRONIC BRONCHITIS	ACUTE BRONCHITIS	INFLUENZA (FLU)
	OBESITY HYPOVENTILATION SYNDROME	PULMONARY FIBROSIS	MESOTHELIOMA
	LYMPHANGIOLEIOMYOMATOSIS (LAM)	SARCOIDOSIS	PERTUSSIS (WHOOPIING COUGH)
	CYSTIC FIBROSIS	PLEURISY	PULMONARY HYPERTENSION
	INTERSTITIAL LUNG DISEASE	BRONCHIECTASIS	PULMONARY EMBOLISM
	LUNG CANCER	TUBERCULOSIS	SEVERE ACUTE RESPIRATORY SYNDROME (SARS)
	ACUTE RESPIRATORY DISTRESS SYNDROME (ARDS)	PNEUMOTHORAX	COCCIDIOIDOMYCOSIS

CONTRIBUTING PHYSICAL FACTORS	POOR BREATHING HABITS	SMOKING	INSULATION
	CHEMICAL CLEANING PRODUCTS	BLOCKED CHANNELS OF ELIMINATION	POLLUTION
	EXPOSURE TO CHEMICALLY TOXIC ENVIRONMENTS - PAINT, FACTORY WORK	CARPETS	

## RESPIRATORY SYSTEM | REMEDIES

### FOOD

- ☐ BROCCOLI
- ☐ GARLIC (USED TO TREAT TUBERCULOSIS)
- ☐ ALOE VERA
- ☐ PEPPERMINT
- ☐ POTATOES (RED)
- ☐ APPLES (YELLOW/GREEN)
- ☐ ARTICHOKE
- ☐ CARAWAY SEEDS
- ☐ HONEY (RAW)
- ☐ ONIONS
- ☐ RADISHES
- ☐ ROSEMARY / THYME
- ☐ TURMERIC

### CLEANSE

- ☐ 7 ROUNDS OF 7
- ☐ PEPPERMINT OIL 3 X DAY & FRANKINCENSE OIL AT NIGHT
- ☐ EAT RAW GARLIC WITH SAUERKRAUT

### OIL

- ☐ EUCALYPTUS (CLEARING)
- ☐ BASIL (RESTORES)
- ☐ CLARY SAGE (STRENGTHENS)
- ☐ BIRCH
- ☐ PEPPERMINT (OPENS)
- ☐ LEMON

### TEA & HERB

- ☐ FENUGREEK
- ☐ ROSEMARY / THYME
- ☐ LICORICE
- ☐ SESAME & HONEY (ASTHMA)
- ☐ BLACK PEPPER (BREAK UP MUCUS & PHLEGM)
- ☐ JUNIPER (CHEST PAIN)
- ☐ CHAMOMILE (HAY FEVER & ASTHMA RELIEF)
- ☐ MARSHMALLOW
- ☐ MULLEIN
- ☐ SAGE

### ACTIVITY / TOOL

- ☐ COMPLETE BREATHING
- ☐ PRANAYAMA
- ☐ SPEND TIME IN NATURE
- ☐ EXERCISE
- ☐ 7 ROUNDS OF 7
- ☐ SALT ROOM / OCEAN

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# RESPIRATORY SYSTEM | MENTAL AND EMOTIONAL FACTORS

## CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

NOT FEELING WORTHY.  
PROPENSITY TO PUT OTHER PEOPLE’S NEEDS AND DESIRES FIRST, AND TO OVER DO THINGS  
UNTIL YOU RUN OUT OF BREATH.  
DEPRESSION, SAD, YEARNING, WEEPY, ANGUISHED, TIRED, SUPPRESSED.  
CONSTANT NEED FOR ENCOURAGEMENT AND SUPPORT.  
DIFFICULTY EXPRESSING OR STANDING UP FOR YOURSELF.  
FEELING SMOTHERED OR OVERPROTECTED.  
INABILITY TO SAY NO.  
FEELINGS OF LONELINESS, UNWORTHINESS, HATE, RESENTMENT, BITTERNESS, GRIEF,  
JUDGMENT, AND ANGER.

## EMOTIONAL REMEDY

- Rub your hands together, then place them slightly apart. Visualize a light orange ball of light in between your palms. Focus your intention on bringing healing to your throat and lungs.
- Place one hand on your throat the other on your lungs, and breathe in the orange light. Allow it to warm your throat and lungs, and cleanse and dissipate the toxicity.
- Say: “Divine Healing Intelligence, I ask you to release all feelings of sadness, anguish, suppression, dependence, and tiredness from my lungs. Help me let go of my tendency to put myself last and to do too much for others; my inability to say no; as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition.” Repeat the word “CLEAR” until you feel a shift occur.
- Place your middle and index fingers on the outer edge of your lips. Press inward as strongly as you can handle and rotate in a circular motion, first clockwise for thirty seconds and then counterclockwise for another thirty seconds. Then relax for twenty seconds. Repeat this process 5–7 times.
- Tilt your head back slightly as you take a slow, deep breath in, and then tilt slightly forward as you breathe out. As you breathe in, visualize healing green light moving into your respiratory system. As you breathe out, visualize any density or toxicity releasing as the colour reddish brown. Do this for two or three minutes.



## AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***“I take in life in perfect balance.  
I am worthy.  
I express myself with joy.”***

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# INTEGUMENTARY SYSTEM

## SYMPTOMS – CONDITIONS

SYMPTOMS	RAISED BUMPS THAT ARE RED OR WHITE	PEELING SKIN	DRY, CRACKED SKIN
	A RASH, WHICH MIGHT BE PAINFUL OR ITCHY	ULCERS	DISCOLORED PATCHES OF SKIN
	SCALY OR ROUGH SKIN	OPEN SORES OR LESIONS	MOLES

CONDITIONS	RASH	ROSACEA	HIVES
	DERMATITIS	WARTS	TINEA VERSICOLOR
	ECZEMA	MELANOMA	VIRAL EXANTHEM
	PSORIASIS	BASAL CELL CARCINOMA	SHINGLES (HERPES ZOSTER)
	DANDRUFF	SEBORRHEIC KERATOSIS	SCABIES
	ACNE	ACTINIC KERATOSIS	RINGWORM
	CELLULITIS	SQUAMOUS CELL CARCINOMA	HERPES
	SKIN ABSCESS (BOIL OR FURUNCLE)		

CONTRIBUTING PHYSICAL FACTORS	FOOD / PERSONAL CARE PRODUCT TOXICITY	POOR ELIMINATION	HEAT / COLD
	STRESS	DEHYDRATION	DRY / HUMID
	POOR HYGIENE	DEFICIENCY	TOO LITTLE OR TOO MUCH SUN

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# INTEGUMENTARY SYSTEM | REMEDIES

## FOOD

- ☐ AVOCADO
- ☐ ALOE VERA (RASH, BURN, CHRONIC CONDITIONS)
- ☐ ALFALFA SPROUTS (HTS GREENS)
- ☐ KELP
- ☐ HONEY (WOUNDS)
- ☐ CUCUMBER (FACE)
- ☐ WATERMELON
- ☐ FERMENTED FOODS
- ☐ ALMONDS
- ☐ CHIA SEEDS
- ☐ TOMATOES
- ☐ PAPAYA
- ☐ BERRIES
- ☐ SWEET POTATOES
- ☐ CITRUS
- ☐ PEPPERS
- ☐ SPINACH
- ☐ OLIVE, COCONUT, & SAFFLOWER OILS
- ☐ STRAWBERRIES
- ☐ SESAME SEEDS
- ☐ CARROTS
- ☐ DARK CHOCOLATE
- ☐ WHOLE GRAINS (SPROUTED, GERMINATED OR COOKED)
- ☐ APPLES
- ☐ SUNFLOWER SEEDS

## CLEANSE

- ☐ GUASHA (2 PARTS) & ALOE VERA, SKIN BRUSHING, OILS DAILY

## TEA & HERB

- ☐ OAT STRAW
- ☐ ALFALFA
- ☐ BAY LEAF
- ☐ BURDOCK
- ☐ CHICKWEED
- ☐ ELDERFLOWER
- ☐ SARSAPARILLA
- ☐ YARROW
- ☐ TURMERIC POWDER (OPEN WOUNDS)
- ☐ BLACK PEPPER (FOR VITILIGO)
- ☐ GOTU KOLA (WOUND HEALING)
- ☐ CAYENNE (WOUNDS/STOP BLEEDING)

## OIL

- ☐ HELICHRYSUM
- ☐ TEA TREE
- ☐ PEPPERMINT (COOLING)
- ☐ ORANGE
- ☐ ROSEHIP
- ☐ ROSE
- ☐ LAVENDER (HEALING)
- ☐ GERANIUM (HYDRATES)
- ☐ FRANKINCENSE & MYRRH
- ☐ CASTER OIL (ACNE, WRINKLES, STRETCH MARKS – HAIR GROWTH)
- ☐ SAFFLOWER

## ACTIVITY / TOOL

- ☐ THINK ABOUT WHO OR WHAT IS GETTING UNDER YOUR SKIN?
- ☐ WHAT ARE YOU NOT EXPRESSING THAT YOU NEED TO SAY?
- ☐ STAND IN FRONT OF A MIRROR, CLOSE YOUR EYES, AND IMAGINE YOU ARE STANDING NEXT TO SOMEONE WHO LOVES YOU.
- ☐ IF YOU COULD BORROW THEIR EYES, HOW WOULD YOU SEE YOURSELF? (POSITIVE)
- ☐ WHEN YOU FEEL POSITIVE, OPEN YOUR EYES AND LOOK AT YOURSELF FROM THE PERSPECTIVE OF LOVE.
- ☐ HOW DO YOU SEE YOURSELF DIFFERENTLY?
- ☐ WHAT DOES A PERSON WHO LOVES YOU SEE?
- ☐ AFFIRM THAT YOU ARE LOVABLE.

## INTEGUMENTARY SYSTEM | MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

DISAPPROVAL, CRITICISM, INVALIDATION, OR EVEN HATRED OF SELF.  
TIMID, WITHDRAWN, INSECURE, FEELING SECOND BEST, DEVALUED,  
UNCOMFORTABLE IN YOUR OWN SKIN.  
FEELING IRRITATED, ANGRY, FRUSTRATED - LIKE SOMEONE OR SOMETHING  
IS GETTING UNDER YOUR SKIN.  
FEELING LIKE YOU DON'T BELONG AND PUTTING UP BARRIERS TO GUARD YOURSELF.  
FAILURE TO PROTECT OR BE PROTECTED.  
VIOLATED, HUMILIATED, ANGRY, STRESSED, GUILTY, ISOLATED, UNSUPPORTED, AND GUARDED.

### EMOTIONAL REMEDY

- Who or what is getting under your skin? What are you not expressing that you need to say, acknowledge or let go of?
- How much time do you spend criticizing yourself and others?
- Start becoming aware of how this self criticism hurts you. Make a list of all the areas that you need to improve in your life to feel better about yourself. Then make a list of all the things you love about yourself. Add to the second list regularly.
- Spend some time reflecting on what it means to have healthy boundaries for you.
- In fact if you live with other people ask each person to make a list of what it means, discuss it together and start implementing them.
- For example - do you need to spend more time going for walks and meditating and less time on social media? How much time can you listen to people complaining before you say something?
- By creating healthy boundaries you will feel stronger and allow yourself to shine more.
- If you have had problems with your hair, nails and skin in your childhood you may need to do some exploration around your inner child.
- Say: "Divine Healing Intelligence, please release all irritation, anger, frustration, humiliation, criticism, invalidation, and insecurity I carry in my skin, nails and hair, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Say: "Divine Healing Intelligence, please allow me to feel comfortable, happy, and secure within myself. Allow me to learn to love, appreciate, and value myself and thank you."
- Focus on creating feelings of self nurturing and self love.
- To improve your skin's texture, touch the tip of your ring finger with the tip of your thumb. Straighten the other fingers. Hold this position for two to three minutes while taking slow, deep breaths and imagining white light moving through your skin, hair and nails. Do it two to three times a day.
- Even if you don't see instant results, keep doing this exercise to allow yourself to become comfortable with who you are. You will see changes in both your skin, hair, nails and your self-confidence.



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I am supported by life.  
I am safe and calm.  
I release feeling irritated, angry and frustrated."***

# LYMPHATIC SYSTEM

## SYMPTOMS – CONDITIONS

SYMPTOMS	NECK AND ARMPIT GLAND ENLARGEMENT	EDEMA/WATER RETENTION	SWOLLEN GLANDS
	GLAND INFLAMMATION	LOWERED IMMUNITY	TONSILITIS
	EXCESSIVE CATARRH	DIFFICULTY GAINING WEIGHT	COUGH
	LUMPS IN BREASTS	ALLERGIES	

CONDITIONS	GLANDULAR FEVER	TONSILLITIS	OEDEMA
	HODGKIN'S DISEASE	LYMPHEDEMA	

CONTRIBUTING PHYSICAL FACTORS	POOR DIET (EXCESS FAT)	LACK OF EXERCISE	DEHYDRATION
	STRESS	SHALLOW BREATHING	LACK OF SLEEP

[illegible]

## LYMPHATIC SYSTEM | REMEDIES

## FOOD

- ☐ CITRUS (LEMONS, LIMES, ORANGE, TANGERINES, GRAPEFRUITS)
- ☐ BERRIES
- ☐ CELERY
- ☐ WATERCRESS
- ☐ APPLES
- ☐ GARLIC
- ☐ GREEN ONION OR SCALLION
- ☐ HONEYDEW MELONS
- ☐ HORSE RADISH
- ☐ LEEKS
- ☐ PEACH
- ☐ PRICKLY PEAR CACTUS
- ☐ RADISHES

## CLEANSE

- ☐ 3 DAYS GRAPEFRUIT ONLY  
(JUICE & FRUIT)

## TEA & HERB

- ☐ ASTRAGALUS
- ☐ RED ROOT
- ☐ GINGER
- ☐ DANDELION
- ☐ ECHINACEA
- ☐ CLEAVERS

## OIL

- ☐ GRAPEFRUIT
- ☐ LEMON
- ☐ BAY LAUREL
- ☐ JUNIPER BERRY
- ☐ CYPRESS
- ☐ LEMONGRASS
- ☐ HELICHRYSUM (DRAINAGE)
- ☐ CASTOR OIL

## ACTIVITY / TOOL

- ☐ LYMPHATIC MASSAGE
- ☐ EXERCISES
- ☐ SAUNA / SWEAT
- ☐ GUASHA / SKIN BRUSHING
- ☐ HOT / COLD THERAPY

[illegible][illegible]

# LYMPHATIC SYSTEM | MENTAL AND EMOTIONAL FACTORS

## CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

I CAN'T, IT'S TOO HARD ATTITUDE, I HAVE TO.  
FEELING VULNERABLE, SCARED, UNSUPPORTED, UNLOVED, AND REJECTED.  
FEELING HELPLESS, DISCONNECTED, FEARFUL, FROZEN, ANGRY, FRUSTRATED.  
OVERLY SENSITIVE AND EASILY SWAYED.  
NOT WANTING TO FACE YOUR OWN ISSUES AND PARTICIPATE IN LIFE FULLY.  
CONTINUALLY WORRYING AND STRESSING ABOUT OTHERS.  
CARRYING KARMA FROM THE PAST.

## EMOTIONAL REMEDY

- Place your thumbs over your ring fingers and make a fist with both hands. Close your eyes. Focus on the feelings of anger, frustration, helplessness, and fear that are stuck in your lymphatic system. Breathe deeply as you allow yourself to fully connect with these feelings. Do this for thirty to sixty seconds. Tighten your whole body for ten to twenty seconds, then completely relax and open your palms. Repeat this process several times until you feel more relaxed.
- Say: "Divine Healing Intelligence, I ask you to release all helplessness, fear, frustration, control, rejection and dissatisfaction from my lymphatic system, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Imagine very light violet light moving through your lymphatic system removing any toxicity and strengthening your immune system. Wherever the flow of energy stops. Ask yourself - what am I holding on to which is destroying my body? Allow an image, a feeling a belief or a memory to arise. Explore it fully. Then repeat: I am willing to let this go. Try to find a lesson in this that you can embrace, which can move you forward in a positive manner. Send white light to purify the area which has been stuck.



## AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I am courageous.  
I choose to own my leadership qualities.  
I appreciate myself.  
I love myself.  
I choose to, I can and I will."***

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# LYMPHATIC SYSTEM BREASTS

## MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

#### [OVERALL]

A LACK OF NURTURING.  
BELIEVING THAT YOU DON'T DESERVE TO RECEIVE FROM OTHERS OR TO BE SUPPORTED.

#### [RIGHT BREAST]

NEVER STILL, ALWAYS BUSY DOING THINGS.  
PROPENSITY TO BECOME A WORKAHOLIC.  
DIFFICULTY SAYING NO. THINKING THAT IF YOU DON'T DO SOMETHING, THE WORLD MIGHT END.  
TRYING TO PLEASE EVERYONE AND THEN FEELING TORN IN DIFFERENT DIRECTIONS.  
OFTEN FEELING LIKE A VICTIM.  
HOLDING ON TO CHILDHOOD HURTS FROM YOUR FAMILY.  
FEELING OVERWHELMED AND OVER-POWERED BY OTHERS.  
TRYING TO BE TOO CONTROLLING IN ORDER NOT TO FALL APART.  
EASILY TRAPPED IN AN ABUSIVE RELATIONSHIP.  
OFTEN CARRYING ANGER TOWARD MEN AND THE PAIN THEY HAVE CAUSED.  
SADNESS ABOUT A FAILED RELATIONSHIP.

#### [LEFT BREAST]

DIFFICULTY CONNECTING TO YOUR OWN FEMININITY AND RECEIVING LOVE, AFFECTION, AND KINDNESS.  
FEELING LIKE YOU DON'T NEED HELP FROM OTHERS BECAUSE YOU CAN TAKE CARE OF EVERYTHING YOURSELF.  
OVERBURDENING YOURSELF WITH RESPONSIBILITIES AND THEN PUSHING YOURSELF BEYOND YOUR LIMITS, FEELING ANXIOUS AND EXHAUSTED.  
NOT HAVING ANY CLEAR BOUNDARIES.  
HOLDING ON TO REJECTION, SHAME, DISAPPOINTMENT, INSECURITY, AND FEAR.  
ALWAYS WORRYING ABOUT EVERYONE AND EVERYTHING.  
DEEP NEED TO BE LIKED AND TO PLEASE OTHERS.  
DEEP FEAR OF LOSS.  
REGRET ABOUT THE CHOICES YOU HAVE MADE.  
LIVING IN THE PAST AND WISHING THAT THINGS WERE DIFFERENT.

### EMOTIONAL REMEDY

- In order to heal your breasts you need to slow down and become clear of what your boundaries are. Ask yourself which types of activities, events, food, people, interactions, and experiences are healthy for me?
- Learn to say no when it is appropriate. You are not here to take care of everyone, but you are here to learn and grow. Take time out to do what you love, which does not require you to have any structure. This could include, dancing, singing, painting, relaxing on the beach, visiting nature, meditating, massage etc. The most important thing is that you are giving back to yourself.
- Ideally you find some time during the day to do that, even if it's only a few minutes.
- Start a diary, where you write down everything you love doing.
- Close your eyes. Place your hands on your chest. What do you feel about your breasts. Do you love, appreciate, and look after them? Or do you criticize them; poke fun at them; or carry disappointment, hurt, and shame in your breasts and chest?
- With your hands, take out any density, energetic knives, ropes, or abuse from your breasts and put them into an imaginary fire. Focus on letting go of all criticism.

### EMOTIONAL REMEDY CONTINUED...

- Say: "Divine Healing Intelligence, I ask you to help me release hardness, disappointment, disconnection from my own needs, feelings of rejection, tiredness, loss, and victimhood from my breasts, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Try to see your breasts from a new perspective of love and appreciation.
- Cup your breasts in the palms of your hands and focus on sending green, healing, rejuvenating light into your breasts. Then hug yourself, focusing on loving and nurturing yourself.
- Complete the following sentence: "I love my breasts because \_\_\_\_\_." Repeat this five times, telling your breasts all the different reasons you love them.
- Make a decision to ask for help and receive it. Whenever you do anything nurturing for yourself acknowledge it and take a moment to hug yourself and send yourself love.



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I love caring for and nurturing myself.  
I am important.  
I count.  
I now care for and nourish myself with love and with joy.  
I allow others to be who they are.  
We are all safe and free."***

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## SYMPTOMS – CONDITIONS

CONTRIBUTING PHYSICAL FACTORS	EXCESS STRESS	LACK OF SUNSHINE (VITAMIN D)	POOR GUT HEALTH
	DEPRESSION	ANTIBIOTICS / DRUGS	PHYSICAL REMOVAL OF SPLEEN OR LYMPH
	LACK OF QUALITY NUTRITION	EXPOSURE TO TOXIC CHEMICALS	LACK OF MOVEMENT

[illegible]

## IMMUNE SYSTEM | REMEDIES

## FOOD

- ☐ BERRIES
- ☐ CITRUS (LEMONS, LIMES, ORANGE, TANGERINES, GRAPEFRUITS)
- ☐ FERMENTED FOODS
- ☐ MUSHROOMS (MEDICINAL)
- ☐ GARLIC
- ☐ GINGER

## TEA & HERB

- ☐ ECHINACEA (INCREASES WHITE BLOOD CELLS)
- ☐ CHAMOMILE
- ☐ DANDELION
- ☐ GINSENG
- ☐ HYSSOP
- ☐ HOLY BASIL
- ☐ HONEYSUCKLE
- ☐ LICORICE
- ☐ REISHI
- ☐ ADAPTOGENS

## OIL

- ☐ HYSSOP
- ☐ FRANKINCENSE
- ☐ LEMON, LIME
- ☐ CLOVE
- ☐ PEPPERMINT
- ☐ OREGANO
- ☐ CINNAMON
- ☐ CUMIN

## CLEANSE

- ☐ 3 DAYS GRAPEFRUIT ONLY  
(JUICE & FRUIT)

## ACTIVITY / TOOL

- ☐ GET GOOD QUALITY SLEEP
- ☐ HOT / COLD THERAPY
- ☐ CHEST KNOCKING
- ☐ LAUGHING YOGA OR COMEDY

[illegible]

## IMMUNE SYSTEM | MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

INSECURITY, INNER CONFLICT, SELF NEGLECT.  
FEELING PRESSURED, THREATENED OR MANIPULATED.  
ALLOWING PEOPLE TO TAKE ADVANTAGE OF YOU.  
NOT KNOWING HOW TO SAY NO.  
PUSHING INSTEAD OF ALLOWING.  
THINKING WHAT IS THE POINT OF ALL THIS.  
OVERLOADING YOURSELF.  
FEELING NEGLECTED AND UNLOVED.

### EMOTIONAL REMEDY

- Close your eyes. Become aware of all the challenges you are carrying on your back, in your chest, and in your body. As you take a breath in, recognize the challenge. As you breathe out, give yourself permission to let go of the tension you carry related to this problem. Ask for a Divine Solution. Slow down your breathing and imagine stepping out of yourself into your Higher Self. The part of you that can be more objective and see various possibilities to the challenges you are experiencing.
- Imagine looking at this situation from a Higher point of view. What new possibilities can you think of which can be helpful?
- Don't judge them - just write them down.
- Say: "Divine Healing Intelligence, I ask you to release all stress, insecurity, conflict, manipulation, resistance, frustration, and self-neglect from my immune system, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Shake your body of all its stress, suppression, and tension. Do this vigorously for thirty seconds then rest for fifteen seconds, breathing slowly and deeply. Repeat this process three or four times. To make it more fun, put on some funky music and shake your body to it.
- To improve your immune system, place your ring finger and little finger on the tip of your thumb, extending the two remaining fingers away from the thumb. Hold this position between five and fifteen minutes, while breathing slowly and focusing on the colour green, whilst repeating I now receive all the strength and vitality I need . If your immune system is really down, you may like to practice this process three times a day.



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I can and I will.  
I choose to make this easy.  
I am secure. I believe in myself.  
I choose to take care of myself from this day forward.  
I am safe. I am protected.  
The world is for me, not against me."***

## SYMPTOMS – CONDITIONS

CONTRIBUTING PHYSICAL FACTORS	CHANGE IN ENVIRONMENT	POOR DIET	WEAK IMMUNE SYSTEM
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[illegible]

## TONSILS | REMEDIES

### FOOD

- ☐ SOFT FRUITS
- ☐ HOMEMADE TOMATO SOUP
- ☐ BERRIES
- ☐ LEMON
- ☐ FIGS

### TEA & HERB

- ☐ HOLY BASIL
- ☐ FENUGREEK
- ☐ MUSTARD POWDER
- ☐ CAMOMILE
- ☐ TURMERIC
- ☐ GINGER
- ☐ CAYENNE
- ☐ THYME / ROSEMARY
- ☐ PEPPER

### OIL

- ☐ LEMON
- ☐ TEA TREE
- ☐ MYRRH (EXTERNAL)
- ☐ OREGANO
- ☐ CYPRESS
- ☐ FRANKINCENSE

### CLEANSE

- ☐ SALT FLUSH / RINSE / GARGLE 3-5 TIMES A DAY
- ☐ COLLOIDAL SILVER
- ☐ OPEN CHANNELS OF ELIMINATION

### ACTIVITY / TOOL

- ☐ SALT GARGLE 3-5 TIMES A DAY

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# TONSILS | MENTAL AND EMOTIONAL FACTORS

## CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

BLOCKING THE FLOW OF YOUR EXPRESSION AND CREATIVITY.  
FEELING LIKE OTHERS ARE ANGRY OR JUDGING YOU BUT TRYING TO APPEASE THEM BY GOING  
OUT OF YOUR WAY FOR THEM.  
FEARING THE CONSEQUENCES OF EXPRESSING YOUR FEELINGS.  
NEEDING TO PLEASE OTHER IN ORDER TO BE LIKED.

## EMOTIONAL REMEDY

- Focus on your throat area. Gently place your hands there. What do you need to express creativity that you are blocking?
- Take a piece of paper and write those things down.
- Now write down, who or what you are most afraid of in terms of expressing your creativity?
- Feel through this fear.
- Write down how facing your fear can help you become more creative.
- Give yourself permission to be unique and follow your own path no matter what anyone thinks.
- Say: "Divine Healing Intelligence, please help me to release fear, my need to please, my difficulty in expressing myself, and blocks to my creativity from my tonsils, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Remind yourself daily that your self worth is not dependent on what anyone thinks or feels about you or what you creatively express.



## AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"Divine ideas express through me.  
I am at peace."***

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# LYMPHATIC / IMMUNE SYSTEM

## **SPLEEN**

## SYMPTOMS – CONDITIONS

SYMPTOMS	MONONUCLEOSIS POSSIBLE	HIGH BLOOD PRESSURE	SORE THROAT
	SIGN OF INFECTION IN THE BODY BEING FOUGHT	EDEMA POSSIBLE	EXCESSIVE BLEEDING
	SLIGHT FEVER	ALTERED WHITE BLOOD CELL COUNT	LOWERED IMMUNITY
	MENSTRUAL PROBLEMS WITH EXCESSIVE BLEEDING	ANEMIA	BLEEDING PROBLEMS; EASY BRUISING
	FATIGUE		

CONDITIONS	ENLARGED SPLEEN (SPLENOMEGALY)	SICKLE CELL DISEASE	RUPTURED SPLEEN
	THROMBOCYTOPENIA (LOW PLATELET COUNT)	CIRRHOSIS	LEUKEMIA

<b>CONTRIBUTING PHYSICAL FACTORS</b>	INFECTIONS	INJURY	TRAUMA
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[illegible]

## SPLEEN | REMEDIES

## FOOD

- ☐ PUMPKIN
- ☐ MEDICINAL MUSHROOMS
- ☐ SWEET POTATO
- ☐ CARROT
- ☐ GARBANZO BEANS
- ☐ BLACK BEANS
- ☐ PEAS
- ☐ LIME
- ☐ GRAPES
- ☐ RAISINS
- ☐ GRAPEFRUIT

## TEA & HERB

- ☐ DANDELION ROOT
- ☐ POKEWEED
- ☐ BLACK PEPPER
- ☐ GINGER
- ☐ CARDAMOM
- ☐ CINNAMON

## ACTIVITY / TOOL

CLOSE YOUR EYES AND MAKE A  
FIST WITH BOTH HANDS.

PLACE YOUR THUMBS OVER RING  
FINGERS.

FOCUS ON THE FEELINGS  
OF ANGER, FRUSTRATION,  
HELPLESSNESS, AND FEARS  
THAT ARE STUCK IN YOUR  
SPLEEN AND IN YOUR BODY.

BREATHE DEEPLY AS YOU ALLOW  
YOURSELF TO FULLY CONNECT  
WITH THESE FEELINGS.

DO THIS FOR THIRTY TO SIXTY SECONDS.

TIGHTEN YOUR WHOLE BODY FOR TEN TO TWENTY SECONDS, THEN COMPLETELY RELAX AND OPEN YOUR PALMS.

REPEAT THIS PROCESS  
SEVERAL TIMES UNTIL YOU FEEL  
COMPLETELY RELAXED.

## CLEANSE

- ☐ 7-10 DAYS FAST

## OIL

- ☐ LEMON
- ☐ LAUREL
- ☐ GERANIUM
- ☐ ATLAS CEDARWOOD
- ☐ MAJORAM
- ☐ GRAPEFRUIT
- ☐ FENNEL

[illegible][illegible]

## SPLEEN | MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

CONSTANTLY TRYING TO FIND FAULT IN OTHERS, AND CONTROL OR CHANGE THEM.  
NOT WANTING TO FACE YOUR OWN ISSUES AND PARTICIPATE IN LIFE FULLY.  
FEELING HELPLESS, DISCONNECTED FROM FEMININE ENERGY, FEARFUL, FROZEN, ANGRY,  
FRUSTRATED.  
OVERLY SENSITIVE AND EASILY SWAYED.  
CONTINUALLY WORRYING AND STRESSING ABOUT OTHERS.  
OVER OBSESSED WITH THINGS

### EMOTIONAL REMEDY

- Focus on your solar plexus area. This is where you hold your self worth. Ask your inner self, 'If 10 was the highest and 1 the lowest, how much do I truly believe in myself? How much time do I give to loving, nurturing and refining my inner self?
- How often do I listen to my intuitive feminine self?
- Make a decision to spend at least 5 minutes a day, focusing within.
- To awaken more of your feminine self, which is connected to your spleen you need to allow yourself time to connect to nature, to swim, to dance freely, to explore colours etc.
- Make a weekly date with yourself to awaken your intuitive self.
- Say: "Divine Healing Intelligence, I ask you to release all helplessness, fear, frustration, control, and dissatisfaction from my spleen, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Place your hands on your spleen. Massage it for a few minutes while repeating, "Heal, clear, regenerate now." Imagine warm yellow light moving into your spleen, cleansing and regenerating it.



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I love and approve of myself.  
I trust the process of life.  
I am safe.  
All is well."***

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# CIRCULATORY SYSTEM

## SYMPTOMS – CONDITIONS

SYMPTOMS	SHORTNESS OF BREATH	A FASTER HEARTBEAT	SWEATING
	WEAKNESS OR DIZZINESS	NAUSEA	COLD HANDS AND FEET
	PALPITATIONS (IRREGULAR HEART BEATS OR “FLIP-FLOP” FEELING IN YOUR CHEST)		

CONDITIONS	CORONARY ARTERY DISEASE	CARDIOMYOPATHY	PULMONARY EMBOLISM
	STABLE ANGINA PECTORIS	MYOCARDITIS	HEART VALVE DISEASE
	UNSTABLE ANGINA PECTORIS	PERICARDITIS	HEART MURMUR
	MYOCARDIAL INFARCTION (HEART ATTACK)	PERICARDIAL EFFUSION	ENDOCARDITIS
	ARRHYTHMIA (DYSRHYTHMIA)	ATRIAL FIBRILLATION	MITRAL VALVE PROLAPSE
	CONGESTIVE HEART FAILURE	SUDDEN CARDIAC DEATH	CARDIAC ARREST

CONTRIBUTING PHYSICAL FACTORS	LACK OF EXERCISE	POOR DIET	EXTREME STRESS
	EXCESS CAFFEINE	DRUGS / ALCOHOL	

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## CIRCULATORY SYSTEM | REMEDIES

## FOOD

- ☐ TOMATO
- ☐ CITRUS
- ☐ BEETROOT
- ☐ OATMEAL
- ☐ BLUEBERRIES
- ☐ CACAO
- ☐ NUTS
- ☐ LEGUMES
- ☐ ONIONS
- ☐ CAPSICUM
- ☐ FLAXSEED
- ☐ ARTICHOKE (LOWER CHOLESTEROL)
- ☐ GARLIC (BLOOD THINNER – LOWERS FAT & CHOLESTEROL IN BLOOD)

## CLEANSE

- WITCH HAZEL (EXTERNALLY FOR VARICOSE VEINS)

## TEA & HERB

- ☐ CINNAMON (PREVENT & TREAT DIABETES)
- ☐ BASIL
- ☐ CAYENNE PEPPER (IMPROVE BLOOD FLOW)
- ☐ GOTU KOLA (VARICOSE VEINS)
- ☐ LEMON (CLEARS PLAQUE VARICOSE VEINS)
- ☐ ST JOHN'S WORT (ANTIVIRAL)
- ☐ GINGER
- ☐ TURMERIC
- ☐ CARDAMOM
- ☐ HIBISCUS

## 이

- ☐ LEMON
- ☐ LEMONGRASS
- ☐ FRANKINCENSE
- ☐ HELICHRYSUM
- ☐ GINGER

## ACTIVITY / TOOL

- ☐ LEARN OR REMEMBER WHAT YOUR PASSION IS – MAKE TIME TO DO IT
- ☐ HAVE FUN – GO HAVE A LAUGH
- ☐ LONG WALKS

[illegible][illegible]

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

GIVING UP ON LOVE, NOT BELIEVING YOU DESERVE IT.  
TAKING ON TOO MUCH RESPONSIBILITY, THEN FEELING STRESSED AND ANXIOUS.  
IN SOME CASES, ENVY OR JEALOUSY OVER OTHER PEOPLE'S SUCCESS.  
GIVING TOO MUCH OF YOURSELF AND PUSHING YOURSELF FURTHER THAN YOU CAN HANDLE.  
HOLDING ONTO A DEEP-SEATED FEAR OF BEING HURT OR HAVING YOUR HEART BROKEN.  
FEELING CLOSED-HEARTED, WOUNDED, REJECTED, HARDENED, COLD.  
WAITING UNTIL THINGS COME TO A BOIL, TO LET YOUR FEELINGS OUT.  
FEELING BLOCKED, UNENTHUSIASTIC, UNINSPIRED, FLAT, DEPRESSED, HEAVY-HEARTED, STRESSED.  
THINKING LIFE IS TOO HARD AND YOU CAN'T BE BOTHERED WITH DEALING WITH IT.  
FREQUENT SELF-CRITICISM AND SELF-DEPREICATION.  
FEELING UNFULFILLED, DISAPPOINTED, PUT-DOWN, AND LONELY.  
FEELING WORTHLESS, ANGRY AND BITTER.  
NOT LISTENING TO YOUR HEART.

### EMOTIONAL REMEDY

- In order to regenerate and purify the blood, focus on light red rays. Imagine that you are directing these light red ray all through your body, starting from your toes and moving it through your feet, legs, thighs, torso, head, and back down again. Become aware of where the blood feels stuck and is not flowing freely. Intensify the color in that area. You may feel warmth or tingling. Allow the bright red ray to become a vacuum that sucks in and then dissolves all the density it finds. If the energy feels blocked in your arms, hands, legs, or feet, start shaking them gently to stir the blood and help it flow.
- To eliminate problems with the blood, you can also vigorously massage that area of your body, or even take a hair brush and brush your skin until it becomes pink and tingly.
- Say: "Divine Healing Intelligence, I ask you to dissolve all tension, unhappiness, resistance, rejection, fears, upsets, and stresses out of my blood, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Say: "Divine Healing Intelligence, please intensify my ability to communicate clearly and openly with others. Help me experience joy, laughter, happiness, and peace. Allow me to be free to express myself and allow my creativity to flourish. Thank you."
- Focus on awakening the blood further by intensifying the heat with the red ray and then cooling it down with a blue ray. Do this eight to ten times. Move through the whole body, heating then cooling it.



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"My heart beats to the rhythm of love.  
I bring joy back to the centre of my heart.  
I express love to all.  
Joy. Joy. Joy.***

***I lovingly allow joy to flow through my mind and body and experience."***



# NERVOUS SYSTEM

## BRAIN

### SYMPTOMS – CONDITIONS

SYMPTOMS	HEADACHES	TREMORS	SEIZURES
	FATIGUE (MENTAL OR PHYSICAL)	SENSITIVITY TO LIGHT	SLEEP DISORDERS
	PARALYSIS		

CONDITIONS	HEADACHE	CONCUSSION	TRAUMATIC BRAIN INJURY
	STROKE (BRAIN INFARCTION)	CEREBRAL EDEMA	PARKINSON'S DISEASE
	BRAIN ANEURYSM	BRAIN TUMOR	HUNTINGTON'S DISEASE
	SUBDURAL HEMATOMA	GLIOBLASTOMA	EPILEPSY
	EPIDURAL HEMATOMA	HYDROCEPHALUS	DEMENTIA
	INTRACEREBRAL HEMORRHAGE	MENINGITIS	ALZHEIMER'S DISEASE
	MOTOR NEURON DISEASE (MND)	ENCEPHALITIS	BRAIN ABSCESS

CONTRIBUTING PHYSICAL FACTORS	LACK OF QUALITY SLEEP & NUTRITION	SMOKING	NOT LEARNING NEW THINGS REGULARLY
	NOT USING YOUR MEMORY AND IMAGINATION ENOUGH	LACKING OMEGA 3, 6, 9	HEAVY METALS
	NOT SPENDING ENOUGH TIME DOING THINGS THAT MAKE YOU HAPPY		

_____	_____
_____	_____
_____	_____
_____	_____

## BRAIN | REMEDIES

### FOOD

- ☐ BLUEBERRIES
- ☐ WALNUT
- ☐ PECANS
- ☐ WATERMELON
- ☐ OLIVE, COCONUT, FLAX, HEMP
- ☐ TURMERIC
- ☐ DANDELION GREENS
- ☐ FERMENTED FOODS
- ☐ BROCCOLI
- ☐ AVOCADO
- ☐ DARK CHOCOLATE
- ☐ CHIA SEEDS
- ☐ ALOE (HEADACHE)

### CLEANSE

- ☐ FRESH LEMON AND GINGER HOT WATER
- ☐ WATERMELON FAST

### TEA & HERB

- ☐ ROSEMARY
- ☐ GINGER
- ☐ GINGKO
- ☐ MUGWORT
- ☐ GOTU KOLA (FOCUS & ANXIETY)
- ☐ ASHWAGANDA
- ☐ CAMPLOR (EPILEPSY)
- ☐ POPPY SEEDS (HEADACHE & INSOMNIA)
- ☐ SAFFRON (DEPRESSION)

### OIL

- ☐ LAVENDER
- ☐ FRANKINCENSE
- ☐ VETIVER
- ☐ PEPPERMINT
- ☐ ROSEMARY
- ☐ THYME

### ACTIVITY / TOOL

- ☐ RELAXATION
- ☐ INNER STRENGTH
- ☐ WISDOM
- ☐ PERSONAL RESPONSIBILITY
- ☐ DEVELOP A SENSE OF HUMOR
- ☐ HELP THE BRAIN RELAX, BECOME CLEAR AND MORE RECEPTIVE BY HUMMING THE SOUND 'EEE' FOR ONE TO TWO MINUTES.

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## BRAIN | MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

INSECURITY, INNER CONFLICT, SELF NEGLECT.  
FEELING PRESSURED, THREATENED OR MANIPULATED.  
ALLOWING PEOPLE TO TAKE ADVANTAGE OF YOU.  
PUSHING INSTEAD OF ALLOWING.  
NOT KNOWING HOW TO SAY NO.  
THINKING WHAT IS THE POINT OF ALL THIS.  
OVERLOADING YOURSELF.  
WORRIES AND STRESSES.  
FEELING OUT OF CONTROL, DEPRESSED, BORED, FLAT, DISINTERESTED

### EMOTIONAL REMEDY

- Close your eyes. Focus on your brain. Consciously relax your head. Hum the sound “EEE” (as in the word “me”) for one to two minutes. This sound helps the brain relax, and become clearer and more receptive. Do this helpful exercise before studying, taking a test, learning a new skill, or making an important decision.
- Imagine that the brain is a computer with various programs running at once. Focus on belief systems or programs that no longer serve you. Then imagine a computer screen in your brain with this particular program or belief written on the screen. Picture a “delete” key and press it. Allow yourself to completely erase the negative program from the screen.
- Say: “Divine Healing Intelligence, I ask you to dissolve from my brain all negative thoughts and programs; all worries, stresses, depression, boredom, and haziness; as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition.” Repeat the word “CLEAR” until you feel a shift occur.
- If you would like to write some new programs to replace the ones you deleted, imagine yourself typing new, positive beliefs onto the computer screen and saving them.
- Say: “Divine Healing Intelligence, please install clarity, trust, peace, creativity, and self-expression. Allow me to make the most empowered decisions quickly, easily, and effortlessly. Thank you.”
- Take some very deep breaths and imagine the color purple surrounding your brain. Allow this color to release any residue of stagnation and bring you clarity, courage, and success.



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***“I am the loving operator of my mind.  
I love learning new things.”***

_____	_____
_____	_____
_____	_____
_____	_____

# NERVOUS SYSTEM

## SPINE

### SYMPTOMS – CONDITIONS

SYMPTOMS	HEADACHES	TREMORS	SEIZURES
	FATIGUE (MENTAL OR PHYSICAL)	PARALYSIS	SLEEP DISORDERS

CONDITIONS	LOW BACK PAIN	SCIATICA	RADICULOPATHY
	LUMBAR DISK DISEASE	CERVICAL DISK RUPTURE	SPINAL STENOSIS
	DEGENERATIVE DISK DISEASE	ARTHRITIS OF THE SPINE	CERVICAL ARTHRITIS
	SPONDYLOLISTHESIS	MYELOPATHY	SCOLIOSIS
	KYPHOSIS	ANKYLOSING SPONDYLITIS	SPINA BIFIDA
	COMPRESSION FRACTURE	OSTEOPOROSIS	

CONTRIBUTING PHYSICAL FACTORS	WEAR AND TEAR	OVERUSE	OVER EXTENSION
	PHYSICAL ABUSE	VEHICLE ACCIDENT	SPORTING INJURY
	BONE OVERGROWTH	POOR DIET	GENETICS

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# SPINE | REMEDIES

## FOOD

- ☐ DARK LEAFY GREENS
- ☐ LEGUMES
- ☐ ALMONDS
- ☐ ORANGES
- ☐ BLACKSTRAP MOLASSES
- ☐ TOFU
- ☐ UDO'S OIL
- ☐ BEANS
- ☐ SEEDS
- ☐ FIGS
- ☐ ASPARAGUS
- ☐ MUSHROOMS
- ☐ TEMPE

## CLEANSE

- ☐ INTERMITTENT FASTING (16HRS) OR FASTING (WATER, TEA, NO CALORIE OR SWEETENER)

## TEA & HERB

- ☐ TURMERIC
- ☐ DEVIL'S/CAT'S CLAW
- ☐ WHITE WILLOW BARK
- ☐ ALOE VERA
- ☐ VALERIAN ROOT
- ☐ BOSWELLIA

## OIL

- ☐ MARJORAM
- ☐ EUCALYPTUS
- ☐ GINGER
- ☐ LAVENDER
- ☐ PEPPERMINT
- ☐ ROSEMARY

## ACTIVITY / TOOL

- ☐ SUNSHINE
- ☐ REFLEXOLOGY
- ☐ MASSAGE
- ☐ EPSOM SALT BATH
- ☐ INFRARED SAUNA
- ☐ GENTLE WALK
- ☐ STRETCHING
- ☐ PILATES
- ☐ YOGA
- ☐ MEDITATION

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## SPINE | MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

FEELING WEAK, CONFUSED, FEARFUL AND INSECURE.  
DIFFICULTY COMMUNICATING WITH OTHERS AND ASKING FOR WHAT YOU WANT.  
FEELING THAT THE WORLD IS AN UNSAFE PLACE TO LIVE IN.  
FEELING UNSUPPORTED AND ALONE.  
TRYING TO PROTECT YOURSELF FROM PAIN AND HURT.  
NOT KNOWING WHO OR WHERE TO ASK FOR HELP.  
FEELING STUCK IN A PATTERN OR SITUATION YOU CAN'T GET OUT OF.  
WANTING TO RUN AWAY FROM PROBLEMS AND RESPONSIBILITIES.  
DIFFICULTY SAYING NO, FEELING INDECISIVE.

### EMOTIONAL REMEDY

- In what area of your life do you need to develop more flexibility?
- You need to start to practice open mindedness, whilst still using healthy discernment.
- There are a lot of feelings which you have suppressed or denied that need to be acknowledged. Breathe into any pain or discomfort you might be feeling and become aware of what feelings are stored in this area.
- Acknowledge the feeling and slowly and gently pulse your body whilst allowing the feeling to move through you. Then repeat with a strong intention - I am ready to let this feeling go. Imagine light orange rays of light moving through your spinal cord and dissolving any numbness, stuckness or heaviness.
- Say: "Divine Healing Intelligence, please dissolve all stuckness, pain, tension, confusion and fear from my spinal cord (you can also be specific ie. C1), as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition. I now ask that all the vertebrae in my spinal cord, come into alignment " Repeat the word "CLEAR" until you feel a shift occur.
- Ask yourself, in what areas of your life you need extra support? Be willing to go out of your comfort zone and ask for help. This may involve you joining a group in person or on-line where people have similar beliefs and ideals.
- Take some time to reflect on your values. Write them down and number them.
- Put them somewhere where you can see them. Every time you have to make an important decision, check if it aligns with your values.
- Imagine a green ray of light moving through your spinal cord filling it with a sense of safety, and regenerating it.



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I am supported by life.  
I choose to see where I am supported."***

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# NERVOUS SYSTEM

## NERVES

### SYMPTOMS – CONDITIONS

SYMPTOMS AUTONOMIC NERVE DAMAGE	INABILITY TO SENSE CHEST PAIN, SUCH AS ANGINA OR HEART ATTACK	LIGHTHEADEDNESS	DRY EYES AND MOUTH
	CONSTIPATION	BLADDER DYSFUNCTION	SEXUAL DYSFUNCTION
	TOO MUCH SWEATING (KNOWN AS HYPERHIDROSIS)	TOO LITTLE SWEATING (KNOWN AS ANHIDROSIS)	
SYMPTOMS MOTOR NERVE DAMAGE	WEAKNESS	MUSCLE ATROPHY	PARALYSIS
	TWITCHING, ALSO KNOWN AS FASCICULATION		
SYMPTOMS SENSORY NERVE DAMAGE	PAIN	SENSITIVITY	NUMBNESS
	PROBLEMS WITH POSITIONAL AWARENESS	BURNING	TINGLING OR PRICKLING

**SYMPTOM'S NOTE\*** In some instances, people with nerve damage will have symptoms that indicate damage to two, or even three, different types of nerves. For instance, you might experience weakness and burning of your legs at the same time.

CONDITIONS	STROKE	MENINGITIS	POLIO
	MIGRAINE	CARPAL TUNNEL SYNDROME	EPILEPSY
	AMYOTROPHIC LATERAL SCLEROSIS (ALS OR LOU GEHRIG'S DISEASE)	SHINGLES	MS
	PHYBRO MYALGIA		

CONTRIBUTING PHYSICAL FACTORS	ACID ACCUMULATION	DIABETES	COMPRESSION/TRAUMA
	DRUGS AND TOXIC SUBSTANCES	NUTRITIONAL DEFICIENCIES	ALCOHOLISM
	LYME DISEASE	HERPES VIRUSES	HIV
	HEPATITIS C	DEHYDRATION / POOR DIET	

# NERVES | REMEDIES

## FOOD

- ☐ LION'S MANE MUSHROOM
- ☐ BLUEBERRY
- ☐ GINGER
- ☐ AVOCADO
- ☐ OATMEAL
- ☐ CACAO
- ☐ TURMERIC
- ☐ CARROTS
- ☐ MACA
- ☐ DARK LEAFY GREENS
- ☐ BANANA
- ☐ APRICOT
- ☐ CEREAL
- ☐ WALNUTS
- ☐ CHIA
- ☐ SESAME SEEDS
- ☐ FLAX
- ☐ MANUKA HONEY
- ☐ SPROUTS / INCLUDING GRAINS

## CLEANSE

- ☐ BLUEBERRIES, GOAT OR COCONUT YOGHURT, WALNUTS, HONEY FOR 90 DAYS & EXTENDED FASTING DAILY.

## TEA & HERB

- ☐ LEMON BALM
- ☐ GINKGO BILOBA
- ☐ HYPERICUM
- ☐ BASIL
- ☐ LAVENDER
- ☐ PASSIONFLOWER
- ☐ HYPERICUM
- ☐ BASIL
- ☐ LAVENDER

## OIL

- ☐ THYME (PAIN RELIEF)
- ☐ LAVENDER
- ☐ ROSE
- ☐ VETIVER
- ☐ YLANG YLANG
- ☐ BERGAMOT

## ACTIVITY / TOOL

- ☐ GETTING PLENTY OF FULL SUN EXPOSURE (HEALS THE NERVOUS SYSTEMS)
- ☐ SIT COMFORTABLY, RELAX, BREATHE IN AND AS YOU BREATHE OUT, IMAGINE ALL THE NERVOUS TENSION, DENSITY, AND STRESS LEAVING YOUR BODY (REPEAT 8 TIMES)
- ☐ 7R7
- ☐ GET LOTS OF REST AND SLEEP
- ☐ TAKE A HOLIDAY AND REST
- ☐ WALK IN NATURE BAREFOOT
- ☐ BURN SAGE OR PALO SANTO TO GET GROUNDED AND CONNECT WITH NATURE
- ☐ DO SOME ENERGY CLEARING WORK WITH A PROFESSIONAL HEALER
- ☐ HYPNOSIS
- ☐ MEDITATION

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## NERVES | MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

EXPERIENCING A LACK OF BALANCE, REST, AND RELAXATION.  
PRONE TO ADDICTIONS, SUCH AS CIGARETTES OR OTHER DRUGS.  
LOOKING FOR AN ADRENALINE RUSH OR SOME KIND OF EXCITEMENT.  
PUSHING, STRAINING, FIGHTING, STRUGGLING.  
FEELING NERVOUS, EDGY, TENSE, ANXIOUS.  
WORRYING ABOUT THE FUTURE OR BEING STUCK IN THE PAST.  
FEELING ATTACKED OR UNDER THREAT.  
OVER-WORKED, OVER-COMMITTED, AND PUSHED TO THE LIMIT.  
HOLDING ONTO SHAME, GUILT, EMBARRASSMENT.

### EMOTIONAL REMEDY

- Sit. Place your hands on your thighs, and open the palms of your hands so that they are facing upwards. Close your eyes. Focus on your shoulders, neck, and back. Take a few deep breaths in and allow your shoulders to relax.
- Take another deep breath in, and visualize a light blue ray streaming down into your head and down your back, bathing your whole nervous system in light. As you breathe out, imagine all the nervous tension, density, and stress leaving your body. Repeat this process eight to ten times.
- Say: "Divine Healing Intelligence, please help me generate my nervous system by letting go of feelings of judgment, or of being attacked or threatened. Please help me to delete and dissolve all the shame, guilt, worry, and embarrassment I carry in my nervous system, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Extend your index and middle fingers of both hands. Place the ring fingers and little fingers on top of your thumb. As you hold this gesture, close your eyes and take slow, deep breaths for five to fifteen minutes, allowing your body to relax. You may also like to play some soothing music. Focus on something pleasant that makes you feel calm. Visualize the green light bathing and regenerating your whole spine and nervous system. You might imagine yourself floating in a beautiful blue ocean or relaxing on a beach, allowing the warmth of the sun to dissolve all tension. Or you can imagine your perfect day: how it would begin, who you would meet, what you would do, and how you would feel.
- Say: "Divine Healing Intelligence, please assist me in effortlessly letting go of all my tension and install peace, clarity, serenity, and relaxation into my nervous system. Thank you."
- Say: "Divine Healing Intelligence, please unwind, relax, and regenerate my nervous system to its maximum health, vitality, and well-being."



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I communicate with ease and joy.  
I am balanced and at peace"***

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# MUSCULAR/SKELETAL SYSTEM

## SYMPTOMS – CONDITIONS

SYMPTOMS MUSCULAR	PAIN	FATIGUE	SLEEP DISTURBANCES
	SORENESS	SWELLING	STIFFNESS
SKELETAL	REDNESS	BROKEN BONE	PAIN
	EASY FRACTURES AND BREAKS	TEETH PROBLEMS	

CONDITIONS MUSCULAR	FIBROMYALGIA	CRAMPS	SPRAINS
SKELETAL	OSTEOPOROSIS	RICKETS	OSTEOSARCOMA
	OSTEOGENESIS IMPERFECTA	FRACTURE	BONE DISEASE/CANCER
	ARTHRITIS	OSTEOMYELITIS	DISLOCATIONS
	POSTURAL DEFORMITIES	GOUT	

CONTRIBUTING PHYSICAL FACTORS MUSCULAR	POSTURAL STRAIN	REPETITIVE MOVEMENTS	OVERUSE
	PROLONGED IMMOBILIZATION	ACCIDENT	INJURY
	LACK OF LYMPH MOVEMENT	EXCESSIVE ACIDIC DIET	
SKELETAL	ACIDIC DIET	SODIUM DEFICIENCY (SALT AND CELERY)	MUSCULAR WEAKNESS
	VITAMIN D DEFICIENCY (SUNSHINE)	LACK OF EXERCISE/STRENGTH TRAINING	EXCESS TOXIC INTAKE - STOP SMOKING, DRINKING
	CALCIUM DEFICIENCY (NUTS, GREENS, AND GRAINS)		

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# MUSCULAR/SKELETAL SYSTEM | REMEDIES

## FOOD MUSCULAR

- ☐ LEGUMES
- ☐ NUTS
- ☐ BARLEY SEEDS (SOAKED OR COOKED)
- ☐ OATS
- ☐ BARLEY GRASS (ALL 8 ESSENTIAL AMINO ACIDS)
- ☐ BERRIES
- ☐ TEMPE/TOFU
- ☐ QUINOA
- ☐ BEANS/LEGUMES
- ☐ HEMP SEEDS
- ☐ GRAINS
- ☐ CACAO

## TEAS & HERBS MUSCULAR

- ☐ SAGE
- ☐ HYSSOP
- ☐ MEADOWSWEET
- ☐ CAMOMILE
- ☐ NETTLE
- ☐ CAYENNE (MUSCLE SPASMS)

## OIL MUSCULAR

- ☐ GINSENG
- ☐ ROSEMARY
- ☐ THYME
- ☐ GINGER
- ☐ EUCALYPTUS
- ☐ MARJORAM
- ☐ CYPRESS
- ☐ GERMAN CHAMOMILE
- ☐ VETIVER

## CLEANSE

- ☐ MUSCULAR
- ☐ ALKALINE DIET
- ☐ JUICE FAST - GREENS, CELERY, VEGETABLES
- ☐ WATER FAST

## ACTIVITY / TOOL

- ☐ ACUPUNCTURE
- ☐ REVISIT YOUR PAST RELATIONSHIPS AND FRIENDSHIPS AND RESOLVE THE PAIN
- ☐ MASSAGE
- ☐ PHYSIOTHERAPY
- ☐ EVERY TIME YOU THINK SOMETHING BAD OR JUDGE YOURSELF OR SOMEONE – THINK THREE POSITIVE THINGS ABOUT THEM ALSO
- ☐ PRACTICE DAILY MEDITATION OR JOURNALING SO YOU CAN MOVE INTO THE NOW
- ☐ START AND COMMIT TO AN EXERCISE REGIME
- ☐ GET OUT IN THE SUN FOR 15-30MINS EVERY SINGLE DAY (EVEN CLOUDY DAYS)
- ☐ CHIROPRACTIC OR OSTEOPATHIC CARE
- ☐ WALKING
- ☐ EXERCISE
- ☐ STRETCHING
- ☐ PILATES/YOGA/TAI CHI
- ☐ STRENGTH TRAINING

## FOOD SKELETAL

- ☐ CELERY
- ☐ ALL NUTS (ESPECIALLY ALMONDS)
- ☐ LIQUORICE (JOINTS)
- ☐ PUMPKIN SEEDS
- ☐ SESAME SEEDS
- ☐ SUNFLOWER SEEDS
- ☐ BEANS, LENTILS, AND LEGUMES
- ☐ BOK CHOY
- ☐ CORN
- ☐ JICAMA
- ☐ KOHLRABI
- ☐ RHUBARB
- ☐ SWISS CHARD

## TEAS & HERBS SKELETAL

- ☐ NETTLES
- ☐ ALFALFA
- ☐ RED CLOVER
- ☐ OAT STRAW
- ☐ HORSETAIL

## OIL SKELETAL

- ☐ LEMONGRASS
- ☐ WINTERGREEN/BIRCH
- ☐ WHITE FIR
- ☐ HELICHRYSUM

CONTRIBUTING  
MENTAL AND  
EMOTIONAL  
FACTORS

SELF-IMPOSED LIMITATION, RESENTMENT, INFLEXIBILITY, BITTERNESS, AND BLAME.  
DEGENERATION DUE TO NOT HONORING YOURSELF AND YOUR BODY.  
HARDENING OR STIFFENING AS A RESULT OF BEING HARD ON YOURSELF AND EXPECTING TOO MUCH OF YOURSELF AND OTHERS.  
WEAKENING RELATED TO FEELINGS OF BEING LOST, DISEMPOWERED, ISOLATED, WORRIED, STRESS, ASHAMED, OR UNKIND.  
BREAKS OCCURRING DURING BREAKING POINTS IN YOUR LIFE, FROM DEEP-SEATED PAIN, OR WHEN YOU FEEL THE NEED TO HURT OR PUNISH YOURSELF.  
JUDGEMENT OF SELF AND OTHERS.  
FEELING LET DOWN, BETRAYED, TAKEN ADVANTAGE OF, DUPED.  
HOLDING ONTO SECRETS; BEING DISHONEST WITH YOURSELF AND OTHERS. I.S. 89.  
BLOOD BOILING ANGER.  
FEELING OVERWHELMED AND THAT YOU NEED TO CONTROL YOUR LIFE.  
THINKING AND TENSING UP RATHER THAN FEELING AND LETTING GO.  
BEING A WORKAHOLIC AND FEELING THE WEIGHT OF RESPONSIBILITIES YOU CARRY.  
DIFFICULTY EXPRESSING YOUR TRUE FEELINGS FOR FEAR OF NOT BEING ACCEPTED.  
STUCK IN FIGHT-OR-FLIGHT RESPONSE.  
FROZEN INSIDE.

EMOTIONAL REMEDY

- What skeletons are you keeping in the closet? What pain have you not resolved from past relationships? This is an opportunity to resolve these issues—to heal and move forward—or to degenerate further and be stuck in the past. You can do this by being completely honest with yourself, by journaling or meditating and doing some deep emotional work. Make sure that this feeling work, actually allows you to go deep into feelings you have suppressed and reveals what you are hiding as opposed to just trying to get rid of unpleasant emotions. You have to learn and grow from what is stored in your back, your muscles, tendons, tissues and bones. Be patient as it will take time to let go of the numbness that has protected your deepest self.
- This is a process of looking at yourself in an amplifying glass so be gentle. Don't judge yourself for what you have done, instead take an opportunity to redeem yourself into an amazing person that you have the potential to become.
- Your skeletal system is also connected to the structure that you have created in your life? You need to take some time out to review your life and become extremely honest about what structures need to change.
- When problems begin occurring in your bones you need to do some very deep contemplating because how you are living your life, how you are thinking, the way you are dealing with people is not working. You need to explore where your morality is at?
- What are your beliefs in terms of right and wrong? Who or what are you holding on to which is causing too much strain on your body? What does it mean to you to live in integrity? There is much soul searching, self understanding and forgiveness to do.
- Say: "Divine Healing Intelligence, I ask you to slowly and gently begin to release any feelings of numbness, betrayal, dishonesty, judgments, unresolved pain, and deception from my skeleton and muscles, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- Focus on your muscles. Take a deep breath in, and then tense your muscles. Hold the tension for ten counts while holding your breath. Then relax your muscles and slowly breathe out. Repeat this process several times.
- As you breathe in, imagine filling your muscles with healing blue light. Allow the blue light to dissolve all the tension, stuckness, and density from your muscles.
- When you feel more relaxed focus on your skeleton and start to breathe in green light. Imagine that this green light moves slowly through your bones, ligaments tendons and stops wherever there is stuckness. Wherever the light stops, take some slow deep breaths in and out and ask what belief patterns, emotions and experiences are stored in this part of your body.
- Write them down and work on transforming yourself.

# MUSCULAR/SKELETAL SYSTEM

## MENTAL AND EMOTIONAL FACTORS CONT...



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

#### MUSCULAR

*“I experience life as a joyful dance.  
I move and flow with ease.”*

#### SKELETAL

*“I am structured and balanced.”*

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# SKELETAL SYSTEM

## TEETH

### SYMPTOMS – CONDITIONS

SYMPTOMS	TOOTH OR GUM PAIN	BLEEDING GUMS	SENSITIVITY
	HEADACHES	DRY MOUTH	SMELL IN MOUTH/TEETH
	HOLES/CAVITIES		

CONDITIONS	CAVITIES	TOOTH DECAY	PERIODONTITIS
	GINGIVITIS	PLAQUE	TARTAR
	OVERBITE	UNDERBITE	TEETH GRINDING
	TOOTH SENSITIVITY		

CONTRIBUTING PHYSICAL FACTORS	BAD ORAL HYGIENE	ACIDIC DIET	CONSTANT EATING
	LACK OF IONIC, SODIUM & CALCIUM (FROM PLANTS)	FLUORIDE	


## TEETH | REMEDIES

## FOOD

- ☐ CELERY
- ☐ SEEDS
- ☐ CORN
- ☐ ALMONDS & CASHEWS
- ☐ PUMPKIN SEEDS
- ☐ BRAZIL NUTS
- ☐ APPLES
- ☐ CUCUMBER
- ☐ CARROT

## CLEANSE

- ☐ FASTING WHEN TOOTHACHE OR ABSCESS APPEAR
- ☐ SALT RINSE 3 X DAILY FOR 30 DAYS
- ☐ OIL PULLING & CLOVE
- ☐ SALIVA WASH
- ☐ TEETH TAP EXERCISE

## OIL

- ☐ CLOVE
- ☐ TEA TREE
- ☐ FRANKINCENSE
- ☐ EUCALYPTUS

## ACTIVITY / TOOL

- ☐ FOCUS ON YOUR TEETH; CLOSE YOUR EYES. IMAGINE THAT YOU HAVE A SMALL VACUUM CLEANER, WHICH IS ABLE TO SUCK OUT ALL DENSITY OR TOXINS FROM YOUR TEETH.
- ☐ OBSERVE AS DENSE, HEAVY ENERGY COMES OUT OF YOUR TEETH.

## TEA & HERB

- ☐ GINGER
- ☐ THYME
- ☐ TURMERIC

[illegible][illegible]

## TEETH | MENTAL AND EMOTIONAL FACTORS

### CONTRIBUTING MENTAL AND EMOTIONAL FACTORS

HOLDING ON TO SHAME, GUILT, FEAR, ANGER, BLAME, BITTERNESS.  
DIFFICULTY MAKING EMPOWERING DECISIONS.  
SELF-NEGLECT.  
UNRESOLVED CHILDHOOD ISSUES AND FREQUENT SELF-SABOTAGE.  
FEELING OVERWHELMED AND STRESS.  
FRUSTRATED ABOUT YOUR INABILITY TO EXPRESS YOURSELF CLEARLY.

### EMOTIONAL REMEDY

- Become aware of what feelings you are holding onto from the past that you need to release. In particular shame, guilt, anger and blame. Objectively reflect on the situations which have made you feel like that. What other points of view can you see which can allow you to let go of the heavy emotions which are destroying your teeth.
- Where in your life are you putting too much pressure on yourself and becoming stressed and overwhelmed? You need to make a decision to take time out and rest. This means knowing when to help others and when to say No.
- Focus on your teeth; close your eyes. Imagine that you have a small vacuum cleaner, which is able to suck out all density or toxins from your teeth. Observe as dense, heavy energy comes out of your teeth.
- Say: "Divine Healing Intelligence, I ask you to release all shame, guilt, fear, neglect, blame, anger, and bitterness from my teeth, as well as all points of view, all patterns, and the positive and negative charges that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur.
- If you have a toothache, touch the tip of your thumb with the tip of your little finger, and then straighten your other fingers. Do this with both hands for ten to fifteen minutes until you feel relief.
- Visualize a beautiful, pearl-colored substance being placed into each tooth. This substance begins to regenerate the teeth, making them stronger and healthier.



### AFFIRMATION

Say the following statement, take a deep breath and then say it again x3

***"I make my decisions based on the principles  
of truth, and I rest securely knowing that only right action is taking  
place in my life.  
I speak truth with passion."***

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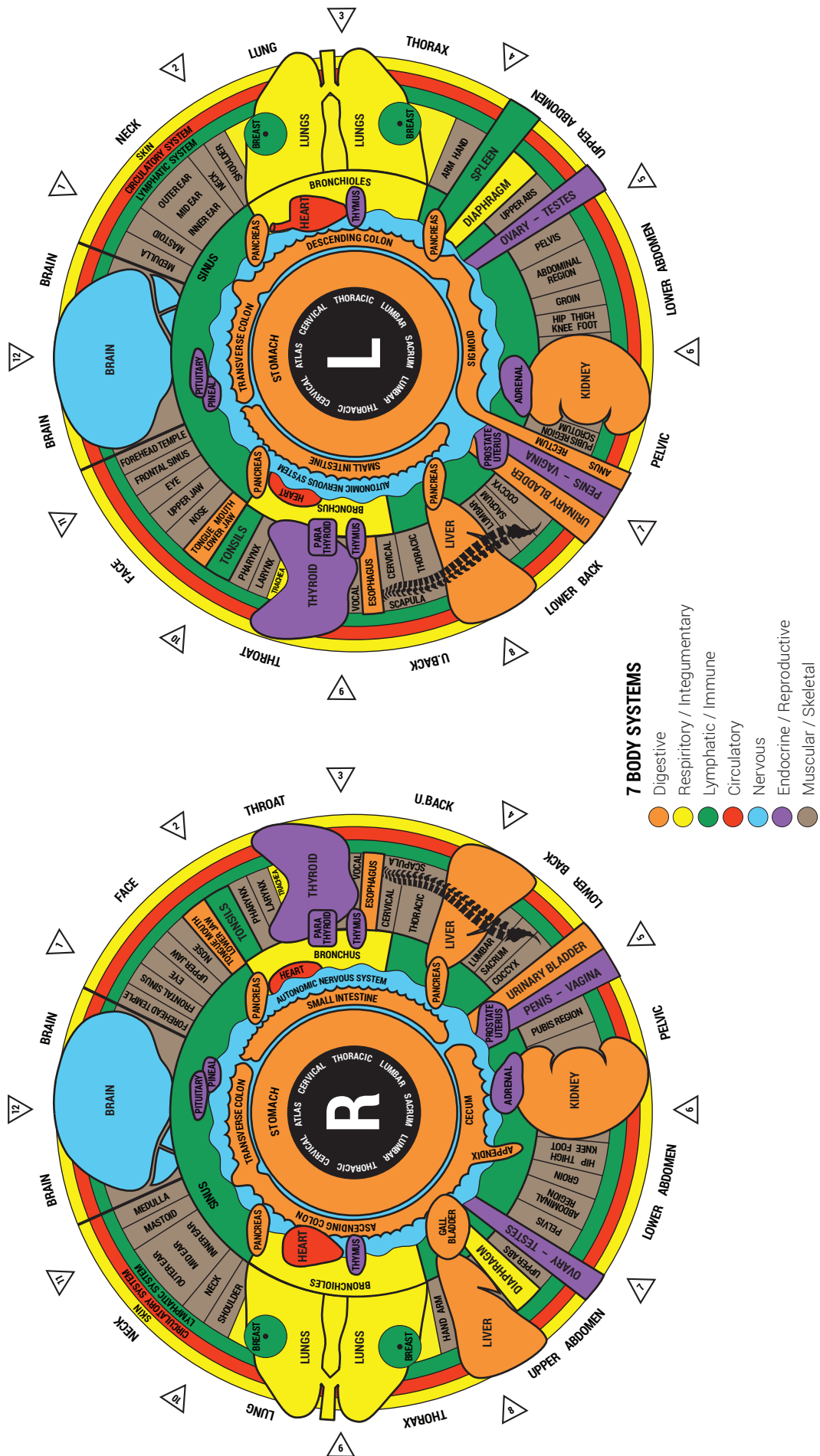
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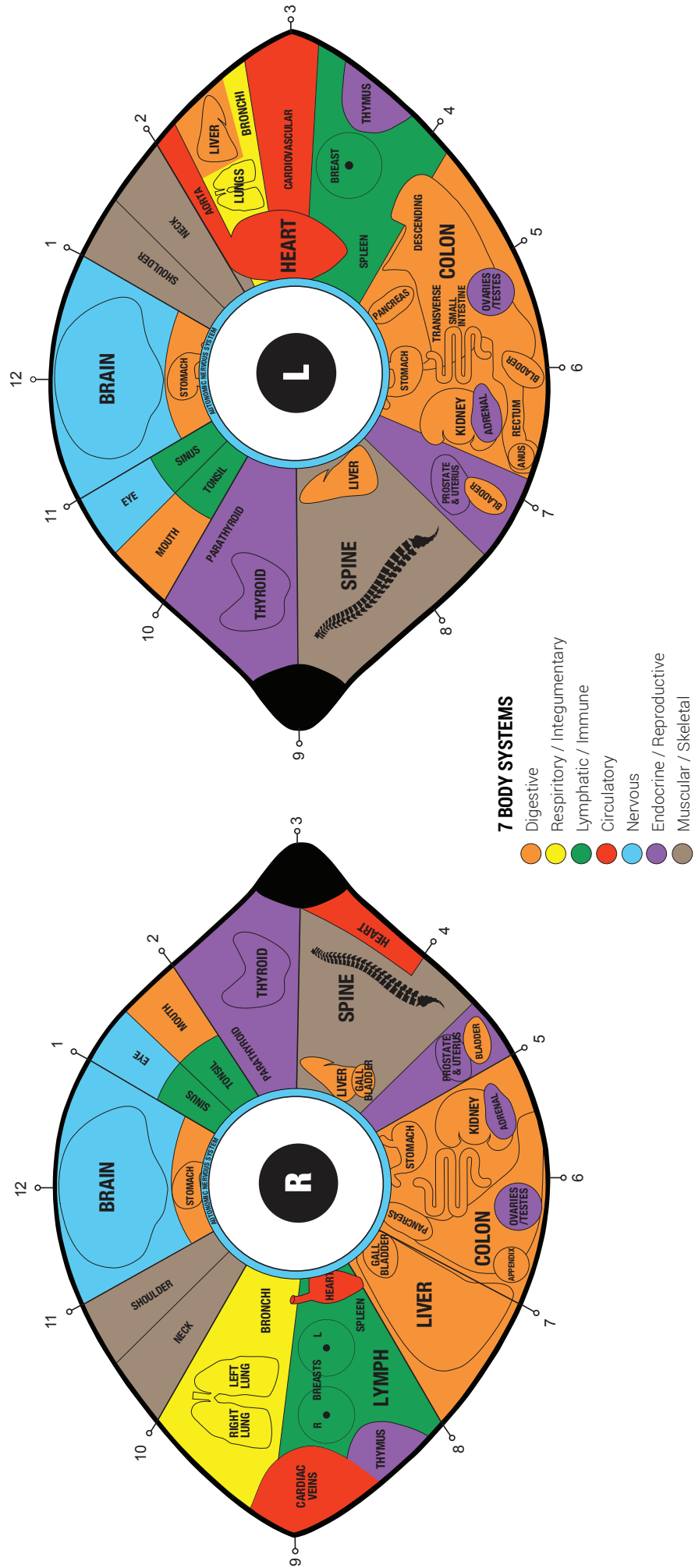
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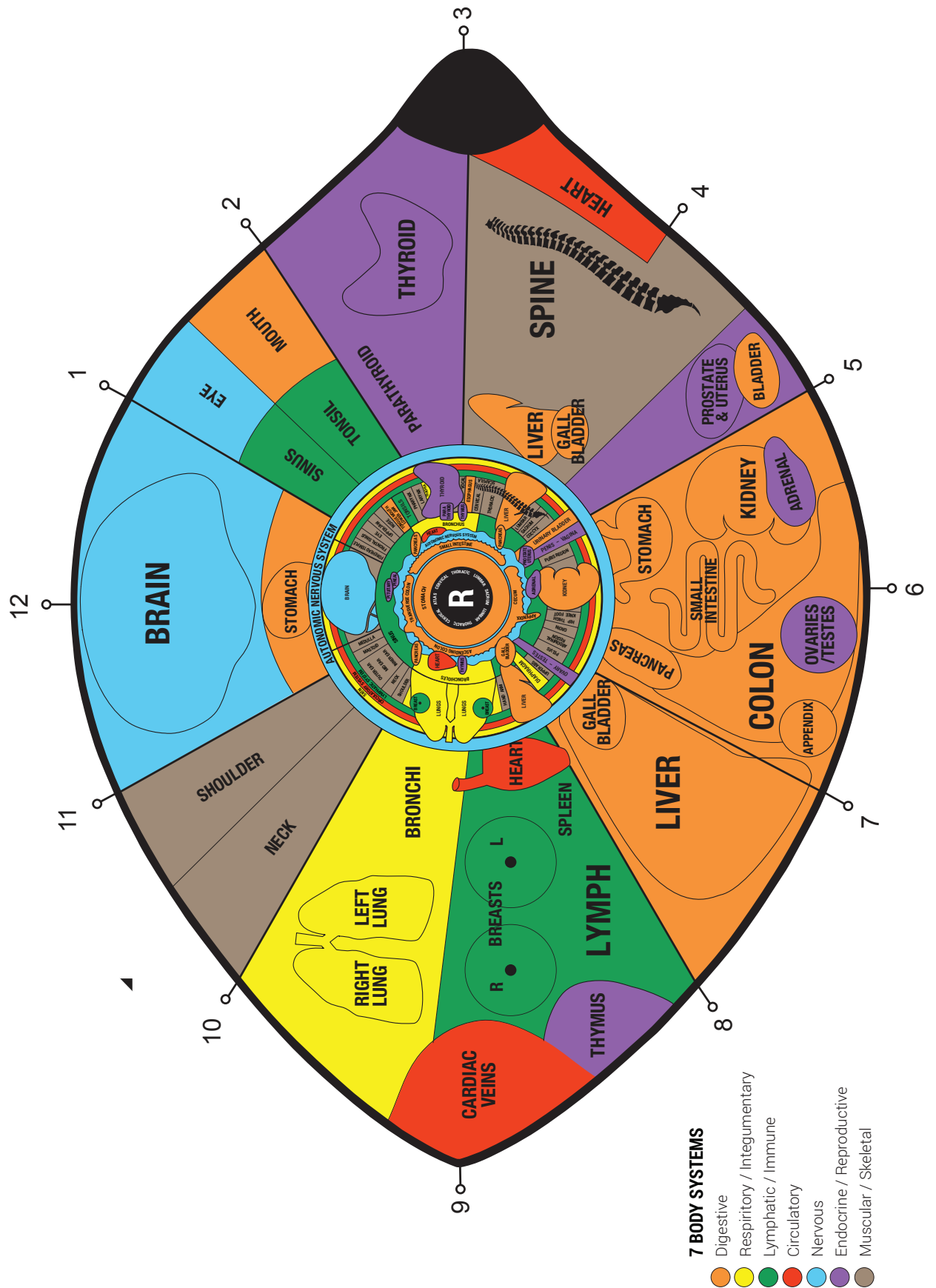
# IRIDODOLOGY CHART



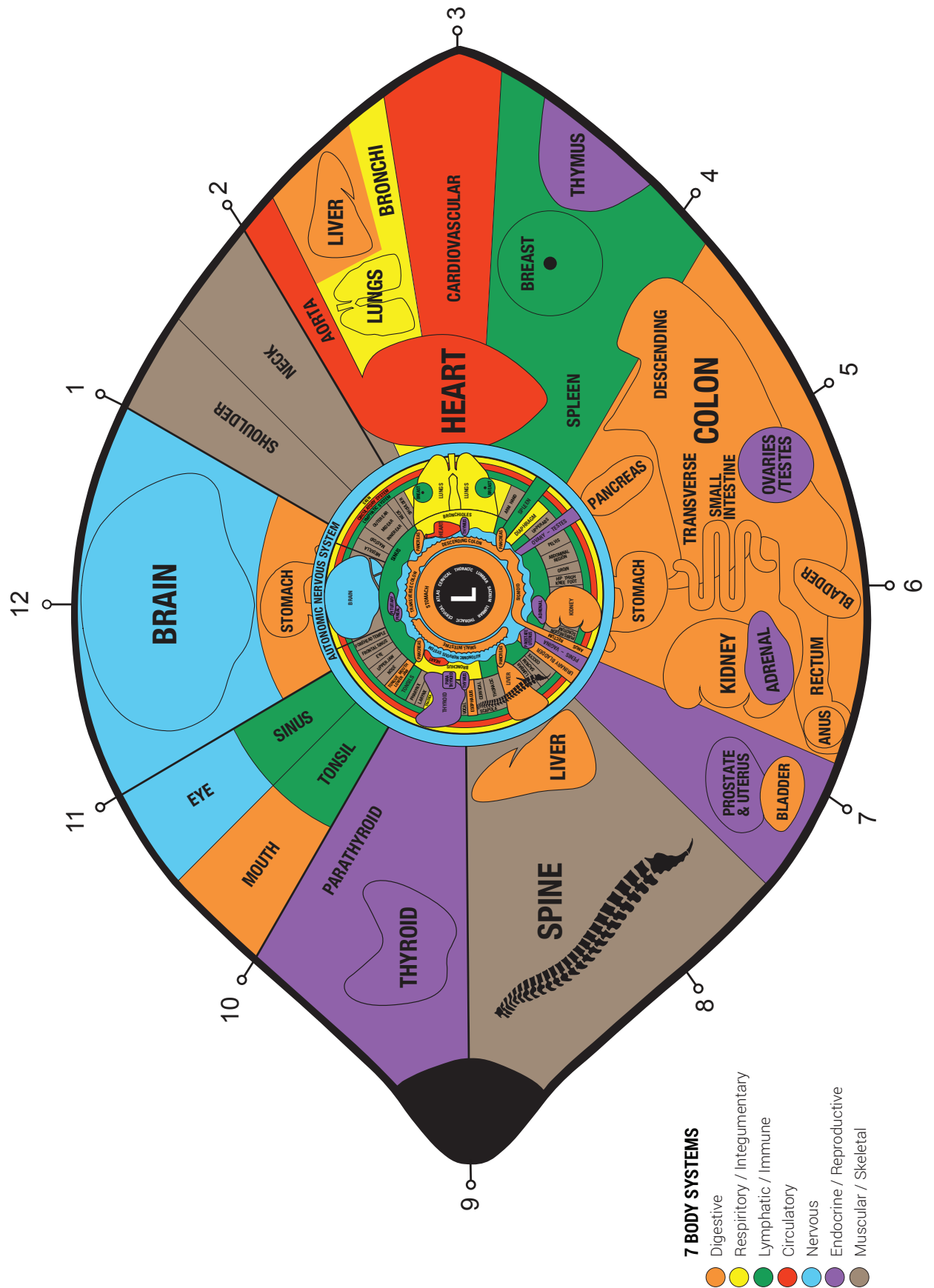
# SCLEROLOGY CHART



# RIGHT EYE



# LEFT EYE



## IMPORTANT NOTE

The healing exercises created by Inna Segal are not a replacement for a healthy diet, exercise plan, or appropriate healthcare, but they provide additional support to allow your body to become healthier, more vibrant, and more energetic. If you have a medical condition or a serious illness and are taking medication, please continue your treatment under medical supervision.

Even if you are on medication, you can still participate in your own healing by using the information and processes in this book. As you avail yourself of the treatments recommended by your healthcare providers, practice the exercises in this book and work on tuning in to yourself so that you continue to strengthen your connection to the Divine Healing Intelligence. As you feel that connection grow, let it take more of your attention; ignore scary statistics and other dire information that shake your confidence in your healing power. In particular stay away from labels. It's much easier to heal and transform, thought patterns, behaviors and emotions, change your diet and your lifestyle then try to heal a label which says this dis-ease is unhealable.

Throughout history, people have found the key to their health, and some have accelerated their healing or changed the trajectory of an illness in ways that have baffled the medical community. Healing can take time, however, so be patient with yourself and make sure you have all the support you need. The more you work with these exercises the deeper you will go and more will be revealed to you. So please continue working with them, even when you feel better.

Only reduce your medication under the supervision of a medical practitioner. Copyright © 2018 by Inna Segal

A lot of the information you will find in this Manual was taken from Inna Segal's best selling book - The Secret Language of Your Body. However Inna has changed, adjusted and re-wrote many of the processes specifically for the people involved in Tyler Tolman's healing workshops and events, with the awareness that you have the capacity to go deeper into your healing journey by looking within and asking powerful questions.

If you would like to help your family members or friends I ask that you use the processes from The Secret Language of Your Body as they are more appropriate for people who have not been guided by Tyler Tolman and his team.

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The information contained in this book is intended to be educational and not for diagnosis, prescription, or treatment of any health disorder whatsoever. This information should not replace consultation with a competent healthcare professional.

The content of this book is intended to be used as an adjunct to a rational and responsible healthcare program prescribed by a professional healthcare practitioner. The author and publisher are in no way liable for any misuse of the material.

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**About Inna:** Inna Segal is the award winning best-selling author of The Secret Language of Your Body: The Essential Guide to Health and Wellness and The Secret of Life Wellness: The Essential Guide to Life's Big Questions. She has also created The Secret Language of Colour Cards and Heal Yourself Reading Cards and many healing audio programs. Inna is an internationally recognized healer, professional speaker and author.

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For more information about Inna Segal, please go to [innasegal.com](http://innasegal.com)

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