

HEALTH - VITALITY - LIFE

REGENERATION- Increasing Vitality Through UpRegulating Choices Actions

*EXPANSION CYCLE - INCREASING PLEASURE
Experienced as Lightness, Joy, Vitality, Innervation,
Abundance & Expansion*

**UPLIFTING FOCUS/INTENTIONS
RELEASE LIMITING BELIEFS/EMOTIONS
ORGAN/TISSUE REGENERATION
DETOXIFICATION
HEALING CURRENTS
UPREGULATE NUTRIENTS
NERVOUS SYSTEM REGULATION**

CLINICAL PROGRAMS



*INTERFERENCE - STRESS TRAUMA TOXICITY DRUGS
INFECTIONS EMOTIONAL HURTS SHOCKS
ELECTROMAGNETIC DISTURBANCE LOSS OF NURTURING*

7. BONDING- Nurturing Physical/Emotional Interactions
6. RELAXATION, SELF REFLECTION, APPRECIATION
5. MINDFUL MOVEMENT & BREATHING
4. INTESTINAL DETOXIFICATION & ELIMINATION
3. LIVER DETOXIFICATION & ANTIOXIDANT SUPPORT
2. OPTIMAL DIGESTION/ASSIMILATION
1. OPTIMAL NOURISHING COMPLETE FOODS/NUTRITION

DAILY NO ALTERNATIVE HEALTH ACTIONS

**FOUNDATION OF TRUE HEALTH
OUR DAILY CHOICES/ACTIONS**

