



Immune Support & Detoxification Protocol

Technology

The Harmonic Egg

What is it?

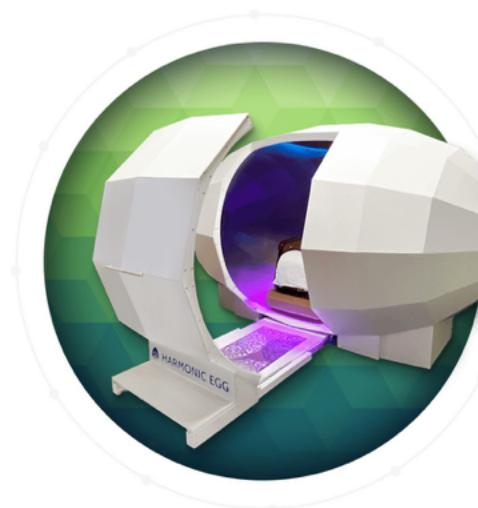
The Harmonic Egg is a patented, integrative energy therapy using light, sound, frequency and vibration to activate the body's own natural ability to rebalance and restore itself..

Introduction

The Harmonic Egg is a sacred geometric chamber that uses sound and light with a resonant frequency to move and re-route blocked energy. The data suggests that the technology balances the Autonomic Nervous System, detoxes the body, reduces inflammation, increases circulation and clears trauma at a cellular level. The resonant frequency has an ability to detect the vibration of your body and target any imbalance and hit it with the exact opposite frequency to neutralise it. There is no guess-work required from the technician.

The Harmonic Egg provides more than physical and emotional healing. It supplies healing on all levels and changes your vibration and raises consciousness. It germinates seeds inside the user to help achieve full potential and works on re-programming ancestral issues, past lives and limiting beliefs. The experience enhances creativity and stimulates brain activity.

In sound applications, a resonant frequency is a natural frequency of vibration determined by the physical parameters of the vibrating object. The vibrating object (your body) gives off a frequency and the chamber "magically" works on bringing the vibrating object back to its natural state of health (Life Force).



"Conventional medicine, at its foundation, focuses on the biochemistry of cells, tissue, and organs. Energy Medicine, at its foundation, focuses on the energy fields of the body that organise and control the growth and repair of cells, tissue, and organs. Changing impaired energy patterns may be the most efficient, least invasive way to improve the vitality of organs, cells, and psyche." - David Feinstein, Ph.D

How Sound / Music Heals

Piano is used to bring the nervous system into balance. Drumming builds the immune system and is highly effective for Parkinson's, MS, etc. Flute is used for anger issues, gout, sciatica and insomnia. Bells will bring the heart chakra into balance. Harp for depression and transition to dying. Violin for tumours, etc. Nature sounds work on the DNA. Sound and music alleviates malfunctions: high blood pressure, asthma, apnea, heart and lung problems, breast cancer, allergies, fear of intimacy, low vital energy, and adrenal fatigue.

"If someone could bring together the spiritual forces of sound and light it will be a great modality for the future." - Edgar Cayce

"The Harmonic Egg is a healing chamber in the shape of a large dodecahedron egg. This innovative technology offers healing through light, frequency, vibration and sound in a sacred geometric shape.

The client relaxes back in a zero-gravity chair while being surrounded and embraced by soothing light, sound and vibration. My experience in the Harmonic Egg was one of complete peacefulness and a level of deep stillness and relaxation that I had never experienced before."
- Kirsten Antony, RN

The Future Is Now

The Harmonic Egg is a consistent and repeatable experience for the client. There are no emotional transferences from a healer. About 50% of clients are healers / doctors. Clients are reclined in a zero gravity chair. CD quality sound is used and there is no distortion. Light is projected from panels on the top and bottom of the sacred geometric structure. It is a dodecahedron shape on the outside, egg-shaped and smooth on the inside. The shape is linked to the Higher Self / Divine and is perfect to use for meditation. The energy held within the dodecahedron raises the vibration of the user.

Nikola Tesla

Tesla believed that the numbers 3, 6, and 9 had extreme importance. The Harmonic Egg is designed with this in mind. A dodecahedron outside (that's 12 sides and in numerology a 3, $1+2=3$). A hexagon platform (6 sides) where the chair is located that the person reclines inside. And 360 degrees of healing inside the egg shape (in numerology that's a 9, $3+6=9$). Have we unlocked the key in some way for the body to heal? The music is selected and studied to work within the geometric pattern inside. Hundreds of music selections were studied and considered for the Harmonic Egg. Only a few are mastered, mixed and recorded properly for use in the Harmonic Egg.

"If you knew the magnificence of the three, six and nine, you would have a key to the universe."
- Nikola Tesla

Prices range from £65 - £95 for sessions on site and distance healing. More information (including location details) can be found on www.harmonicegg.com.

Pulsed Electromagnetic Field Therapy (PEMF)

What is it?

PEMF is a way of helping cells return to their original peak operating voltage (1.4v) and therefore, shape, frequency, energy and function. The treatment addresses a wide range of physiological issues including nerves, muscles, bones, emotions and mood.

Introduction

PEMF is a safe and natural way to recharge your body. It does this by recharging your low energy cells, which in turn stimulates metabolism turning back time on your internal clock by reducing systemic inflammation. It doesn't have any harmful side effects commonly associated with prescription drugs and medical procedures.

This is nature's healing force. You already naturally have an electromagnetic pulse running through your body; your heart unifies each of your cells in an electromagnetically charged information field. This is normally influenced by the Earth's own electromagnetic field which radiates from the Earth's core, also known as the Schumann Resonance.

PEMF mirrors and amplifies nature's ability to speed up and regulate healing and wellness in your body. A strong natural electromagnetic charge in your cells improves health on all levels

We are surrounded by electro-smog through Wi-Fi and numerous other signals in the air all around us. This has cut us off from the natural frequency and signal of the earth and sun. Our cells over time suffer and lose their shape and therefore their correct working frequency and then their physical function starts to fail.

The Benefits

By re-energising cell membranes, PEMF improves levels of oxygen and the cellular energy molecule, ATP. The result is more energy, drive and stamina, less brain fog, and simply getting much more done in the day. Helps to dampen the stress and anxiety cycle in which the nervous system becomes agitated and stress hormones create havoc in the body. There is also a feel-good effect after treatment.

PEMF helps to improve sleep and recovery and boosts the development of immune system cells. It also limits factors involved in inflammation and pain. Blood circulation, metabolism and nutrient absorption are all improved and the body is better equipped to deal with wear and tear. It boosts levels of chondrocytes for cartilage flexibility, osteoblasts for bone strength, collagen for skin flexibility and human growth hormone affecting skin tone, muscle growth, sex drive and joint flexibility. In addition to its energy, immune and circulatory effects.

Pre-exercise PEMF boosts levels of intramuscular oxygen and ATP, reducing lactic acid build-up and increasing performance intensity and endurance. It also helps deal with and prevent the inevitable effects of regular sports or exercise: strains, sprains and even fractures.

Many Solutions

There are a wide variety of PEMF machines on the market, cell2n delivers a powerful solution that provides results that may not be available with the alternatives. That's not to say that the others aren't effective, they are, it's just that the speed with which progress is made may be slower by comparison.

There are some excellent portable devices that will provide benefits and these are highly recommended if a cell2n machine isn't available in your area. Some of these solutions are covered in this document: the Healy, TimeWaver, miHealth and Spooky2 systems are just a selection.



"It is now commonly accepted that weak electromagnetic fields are capable of initiating various beneficial biological processes including healing for delayed fractures, pain relief, and modulation of muscle tone and spasm." - Dr Andrew Bassett

"The results that I've had so far using this system have been extremely positive. It harnesses power similar to four lightning bolts and pulses physical matter. What this leads to in the body is shaking. In fact, when the treatment is being performed, the targeted area vibrates rapidly.

I've found that what this PEMF technology does is simulate the animalistic trauma-release shaking mechanism. After only a few treatments, repressed emotions started coming to the surface to be released. This was a huge relief to me, as I knew exactly what was happening. It is a vital part of the healing process. I cried buckets for the next week. It was so beautiful and just what I needed to do."
- James Flanagan

"I am giddy with excitement, as I had nearly given up on being free of pain. I now have hope that there is a way to quit walking like I am 20-40 years older than I am...and to walk and not ride to do my grocery shopping."
- Terry Olsen

Prices are approximately £20 per session on site. Location details are on www.organicfoodandhealthcare.co.uk

Theraphi

What is it?

Theraphi is a device for creating a radiative bio-active plasma field by using radio frequencies as a carrier wave for various frequency signatures. It is a powerful centripetal broad spectra phase conjugate field (both plasma/optical and ELF) Plasma Healing Field Technology, based on the famous Priore device, the effects are highly stimulating and healing and rejuvenating to most cellular life.

Introduction

The inspiration for the creation of this device is based on the pioneering efforts of Nikola Tesla, Georges Lakhovsky, Royal Raymond Rife and especially Antoine Prioré in France. The Theraphi takes their work to a new level, utilising modern solid state electronics and Dan Winter's equation and 'phase conjugate' physics to much more accurately and broad spectrally generate implosive / centripetal / phase conjugate charge fields.

Theraphi is a unique new approach; never before has broadcast bioactive field plasma been so broad-spectral and never before have conjugate pairs of field generators been used, this includes noble gas optical conjugation. The Theraphi is an experimental device at this point and so far remarkable testimonials have been received from volunteers who have experienced the field effects, some people experience onset of various emotions and increased energy levels are common. Increased circulation, warmth and tingling sensations have been reported.

Sacral cranial professionals have suggested the 'sacral cranial' spine liquid pump changes reaching the 'still point', normally associated with the turning point in healing. Overnight analysis of Heart Rate Variability (HRV) has shown increases in metabolism and heart rate for several days after exposure. Theraphi is an energising field and is best experienced in the early hours of the day.

History

The Priore device was essentially a high voltage – high frequency light bulb widely proven at that time to treat cancer and other diseases, the issue was that the pure principle was not understood. Thanks to Dan Winter's new equation on his book cover, "Origins of Biologic Negentropy", the Priore device is now again in a promising testing phase as the Theraphi.

The frequency signature Priore used is substantially predicted using Dan Winter's equation which is how the Theraphi team optimised the new prototype. They used Dan Winter's discovery of the previously unknown pure principle, which is that perfected broad spectral phase conjugation becomes negentropic and regenerative. This was proven in optics. Theraphi takes this principle even more broad spectral and thus more powerful than ever before.

Theraphi creator, Dan Winter, predicted precisely all the frequencies and phase relationships used in the Theraphi to rediscover this amazing technology with great application prospects. Theraphi technology expert Paul Harris implemented this in a very specialised amplifier design, the world's first custom vortex pyrex high voltage plasma tube, using a unique noble gas plasma mix for conjugate optics, and a custom multi-circuit high-voltage Tesla coil for phase discipline.

The Future

Theraphi can be used for propagation, improving germination rates and increasing the health of plants. Another device called the Aquaphi will have a cleansing and activating effect on water. This will become important as we sent up conscious communities around the globe.



"My foray into what the Theraphi could do for me was based on pure scientific thought. I have spent many years unpacking much of Dan Winters scientific thought patterns and theories.

To experience the Theraphi was a culmination of many years of study. I was super sceptical. My first session of Theraphi was most surprising and interesting.

Being an Anaesthesiologist, my skeptical mind was in overdrive. The truth of the matter is this: - At the time, I was experiencing exhaustion and heart arrhythmias. I was on treatment. During the session, I felt a tugging sensation in my anatomical heart area. Not unpleasant. This surprised me because if anything needed healing, it was my heart both physically and emotionally.

Immediately after, I was not sure what to make of it. However, over the next few days, I realised that I was more focused and together. My exhaustion subsided, my heart seemed to heal emotionally. What fascinated me, though, was the arrhythmias decreased to such an extent that I did not need the medication anymore. The heart arrhythmias were a direct result of undue stress way more than I thought I could handle!

In my opinion, The Theraphi is a powerful tool, the abilities of which go way beyond Stress Relief. My feeling is that this the model of a future healing modality.

My personal belief in the Theraphi is so great that I have invested in one for my Chronic Pain Clinic."
- Dr Kantha Gareeb,
Specialist Anaesthesiologist

Prices range from £40 - £70 for sessions on site. More information (including location details) can be found on www.theraphi.net.

Bioresonance (NES)

What is it?

With more than three decades of research as its solid foundation, and a flourishing global community of over 5,000+ practitioners, NES Health leads the world in bioenergetics.

NES Health provides a complete system to restore health and energy at its source. By looking at the physics underlying the biochemical nature of the body, we can now analyse and correct the body's bio-field and information, which, after more than 30 years of scientific research, has been shown to be the master control system for the body's health and functioning. We approach health from the key perspective that energy and information control biology.

Cutting-edge science has proven that there is a regulating field of energy and information that operates in the physical body at the sub-cellular level. At NES Health, we call this the Human Body-Field. In over three decades of research, we have discovered that distortions and blockages in the Body-Field, which serves as a master control system for all physiological function, can lead to physical problems and deteriorating health.

Our BioEnergetiX WellNES System, comprising our full suite of solutions, identifies and corrects these distortions, so that the Body-Field and subsequently the body itself can more easily and naturally return to optimum function.

Introduction

Get to the root of health concerns with bioenergetics, assessing and correcting the body's control system. Medicine and nutrition are largely based on the body's chemistry. But chemistry itself is based in physics, the low of energy and information of the body. This is what bioenergetics addresses, which is how it gets to the root of health concerns.

The BioEnergetiX WellNES System includes a bioenergetic scan for wellness assessments, plus a handheld bioelectric technology and liquid remedies for supporting a rapid return to better health. The system allows medical and alternative health practitioners to get better health outcomes with our proprietary 3-step process:

Assess - Our system measures hundreds of wellness points in just seconds with remarkable accuracy. Instantly know where the body needs support.

Unblock - NES miHealth combines SCENAR (with biofeedback), PEMF, and global scaling with proprietary bio-signals to support the body's energy flow.

Correct - Our proprietary liquid remedies, NES Infoceuticals, correct information in the body's control system, supporting its self-restoring abilities.

We see health holistically. Life starts with information, which guides energy, which becomes organised matter. Our technology, therapies and philosophy take all of these into account, as we measure and correct fields that drive physiology and encourage lifestyle choices that support good health.

In Simpler Terms

The system performs a scan through either a contact device or a voice clip. This provides a full readout of the areas within the body that need to be addressed. The miHealth hand-held biofeedback device is then used to relieve pain and unblock the system using micro-currents and low-power Pulsed Electromagnetic Frequencies. A course of programmed structured water, known as infoceuticals, can then be taken to return the body-field to full consistency.



"Since adding NES Health to my practice, I have continued to demonstrate time and time again the power of quantum wellness, the power of the scan, and that the scan is never wrong. It can truly offer insights into the body, both mind and physical wellbeing that the medical community cannot comprehend often, nor understand. It truly is a remarkable system."

- Dr. Susan Bostian, Integrative Health and Nutrition

"Probably my greatest NES Health testimony is a client that had a severe auto-immune disease and after being on NES for less than two years she no longer takes medication, is able to work and has a normal life and best of all her Doctor gave her a clean bill of health."

- Deborah Holt, Nutritional Counsellor

"I'm an Osteomyologist and I work at a chiropractic clinic. I have been using the NES miHealth with clients who are very sensitive to touch and who simply can't cope with deep massage work. What I've been looking for is a device that can do for my clients "off body", what I would normally do with them through physical massage. In the NES miHealth, I've found exactly the device I need."

- Carina Di Battista, Osteomyologist

"NES is very accurate, I could feel a shift immediately. I'm a lot happier and it's a lot more fun living my life this way."

- John F

"Within the first month I was a different person. I just felt so much more confident. I eat normally now."

- Lynn M

£75 for a NES consultation including miHealth biofeedback session and scan. £140 approximately for five infoceuticals.

Tachyon Healing Chamber

What is it?

Tachyons are subatomic particles that travel faster than light. They are particles that infuse physical matter with spiritual light. The process of collecting Tachyon Particles and imbuing them into physical matter is a highly sophisticated process. As Tachyons infuses into physical matter it permanently changes the quantum properties of atomic nuclei which compose that matter. Although the change occurs on a subatomic level the chemical composition is not altered. Because Tachyonisation decreases entropy of physical matter it has the potential to slow the ageing process and strengthen the immune system.

Introduction

Pleadians and other cosmic civilisations use tachyons as basic source of energy. They use it as a hyperdrive energy source for their spaceships by creating hyperspace wormholes. They use it for healing, information transmission and for other purposes.

The Tachyon belt that represents the border between the entropic and syntropic universe is now surrounding our planet. High energy cosmic rays enter this solar system from interstellar space and carry tachyons with them.

Some of these tachyons reach the surface of our planet through a hyper-dimensional wormhole that we have created with a quartz oscillator crystal aboard a Genesis II spacecraft and these tachyons can be utilised in these Tachyon healing chambers that we have developed in cooperation with the Pleadians. These special Tachyon chamber enables the arrival of tachyons from higher dimensions into physical matter.

Tachyons have an extraordinary healing and harmonising effect. They can harmonise completely all energy fields that are the result of gravity, electromagnetism and weak nuclear force.

This is reflected practically in a multitude of ways. Tachyon energy harmonises and enlivens the energy matrix which shapes all matter and thus also our mental, emotional, etheric and physical bodies. All this affects our physical health and well-being greatly.

Since the Tachyon chamber harmonises all electromagnetic emissions it is also an excellent protection against all forms of electrosmog. A healing session inside the Tachyon chamber takes 20 minutes and has irreversible positive effects on all aspects of a person's being.

You can now experience Tachyon healing sessions worldwide in one of the Tachyon chambers in the planetary network which has been created.

Too Woo Woo For You?

Obviously, the nature and origin of the device may be enough to put some people off from experiencing the chamber. It requires an open mind and a leap of faith that this technology does indeed work as intended. As this is cutting edge and on the fringes of what we know, it's useful to test out the product personally. At one end of the spectrum, you can expect a transcendental and life-changing experience and at the other, simply a relaxing time spent in a comfortable chair. If the effect is the latter, then it is likely that further spiritual development work is required in order to get the full benefits.

It's important to not throw the baby out with the bathwater when looking at the other topics in this document. Even though this device may be too woo woo for you, there might be other, more grounded solutions that can fit your needs perfectly. As always, use your judgement when researching healing technologies but most of all, don't be afraid to try out something new. You never know where that exploration may lead. You could find that it takes you in a direction that expands your awareness exponentially.



"It was such an amazing experience! I went out right away. I could tell my body and energy field were hungry for that energy. I left my body in the beginning, and then I came back to check on it. I found all was well, and so I was able to leave again. Thank you so much, it was so healing and so beautiful."
- Erin G. Chandler

"The whole experience of being in a Tachyon Chamber was so much more than I had anticipated. I was not prepared for the energy stream that just kept building until my whole body felt euphoric and yet, at peace. The cells of my body began to vibrate and it felt so good. Like I was getting circulation to all the parts of my body that had blockages. The pain in my body resided and all I knew was that I didn't want my experience in the chamber to come to an end." - D.K. Gilbert

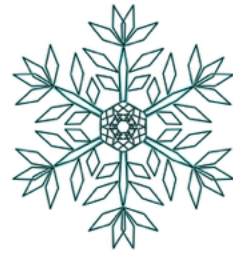
"When I first entered the Tachyon chamber, I was surprised that the bright white light surrounding the chamber didn't stress my eyes. I was instantly made comfy and relaxed into the experience. I drifted in and out of the awareness... My overall experience felt so safe and calming. I was surprised my drive home felt so balanced. The rest of my evening I was very relaxed and had a pleasant vibration flowing through my body. What a great experience."
- Julie La Magna

**Prices are approximately £60 on site.
Locations are available at
www.cobrastachyonchambers.org**

Cryotherapy

What is it?

Cryotherapy is the science of subjecting the human body to extreme cold temperatures to stimulate the healing potential of its circulatory, nervous and energetic systems. It is a powerful remedial technology and can be used either generally or locally. Whole body systems are available, this method involves exposure to cold dry air while standing in a sealed container for a short period of time, along with devices that target specific areas.



Further information

Cryotherapy is rapidly gaining popularity. This is a therapy where the exposure of (extreme) cold is used as a treatment for a variety of ailments such as pain and swellings. Even though it became more and more popular in recent years, this treatment is not as new as we might think it is. Its history goes back to 2500 BC. Ancient Egypt, the Roman Empire, and Greece already used this sort of therapy to treat injuries and inflammation. Therefore, it might not be surprising that the term cryotherapy actually comes from the Greek words 'cryo' and 'therapeia' and translates to cold treatment.

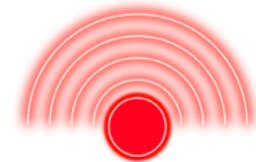
According to scientific and medical research, the optimum efficiency of whole body cryotherapy procedures, is achieved once the body is exposed to temperatures between -120°C and -150°C , reducing the skin's surface temperature to approximately 5°C . These non-invasive, short, and extremely cold bursts of air projected to the human body evoke physiological reactions that prompt healing and recovery in numerous fields, including beautification treatments, sports rehabilitation, and medical functions. Additionally, the controlled cold environment has been proven to trigger an analgesic reaction in the brain leading to positive mood states and thus acting as an antidepressant and sleep repairer.

£30 - £50 for short 2 or 3 minute sessions. There should be a cryotherapy centre reasonably close-by.

Infrared Saunas

What is it?

Infrared saunas use the power of infrared light to heat and detoxify the body internally unlike traditional saunas. They use far infrared radiant heat which directly heats the user, unlike traditional saunas which use steam to heat the air. Infrared saunas allow you to meditate, read a book, listen to music while relaxing.



Further information

Infrared sauna therapy promotes relaxation by helping to balance your body's level of cortisol, your body's primary stress hormone. The heat generated by the sauna will also help to relax muscles and relieve tension throughout the body, allowing you to relax and de-stress.

Sweating is one of the body's most natural ways to eliminate toxins, making it a crucial part of detoxification. When compared to traditional Swedish saunas, infrared saunas allow you to eliminate about seven times more toxins. If you suffer from muscle aches or joint pain, infrared saunas can relieve this form of inflammation by increasing circulation and relaxing your muscles.

As the heat from infrared saunas increases your core body temperature, your circulation will increase along with it. Consistent infrared sauna sessions, especially in the middle-infrared level, can stimulate blood flow, improve muscle recovery, and decrease pain and inflammation after intense exercise. Infrared sauna technology can help purify your skin by eliminating toxins from your pores and increasing circulation, resulting in clearer, softer, and healthier-looking skin.

The heat generated by an infrared sauna will cause your core temperature to increase, which leads to a higher heart rate, it essentially mimics the effects of exercising. Your body works harder to lower your core temperature as a result of the increased heart rate, resulting in more calories being burnt and weight loss.

£20 - £30 for a 30 minute session. Infrared saunas can be found in spas, gyms and floatation tank centres.

Other Technologies

90.10 Virtual MedBed

The 90.10 Virtual MedBed allows you to turn your own bed into a healing chamber through the quantum realm. It uses voice activation to start the process. Once it is underway, a bubble of energy is created around your bed. You can then instruct the Med Bed to perform a scan. During a scan down to the cell nucleus level, the MedBed determines exactly the frequencies as well as the amount of quantum energy you need for the best possible self-healing. Both is then teleported into your body.

www.medbed.com

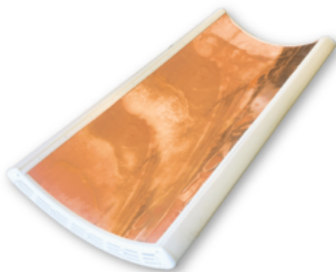
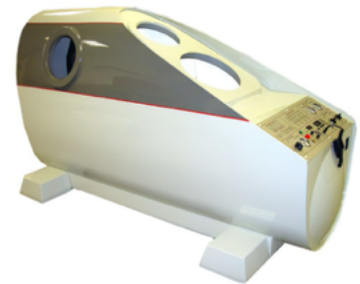


LiBa

LiBa slim is in theory Binaural Beats for your eyes. The LED lights flicker at a specific frequency to which the user's brainwaves synchronise. This induced state will trigger a range of meditative trance states (altered states of consciousness). The user enters a journey, as the brain's normal waking (beta) state shifts to either a relaxed (alpha) state or meditative (theta) state. It is a simple and effective way to teach your brain and body relaxation without experience in meditation. www.lightbath.co.uk

Hyperbaric Oxygen Therapy

Pure oxygen is delivered to the lungs under increased atmospheric pressure in a hyperbaric chamber. The extra oxygen saturates the red blood cells and is carried around the body by the blood plasma enabling the delivery of high levels of oxygen to all tissues in the body. The increase in available oxygen throughout the body allows a greater rate of cell division to take place. This is fundamental to tissue growth, regeneration, healing and repair, particularly during the recovery process.



Quantum Energy Wellness Bed

The Quantum Energy Wellness Bed is the only modality to combine Quantum Bio-field Antenna Technology, bio beneficial micro-current, and far-infrared heat therapy. Laying on the bed gives your body an opportunity to absorb light particles – biophotons – directly into your body. Imagine your body is a dry sponge, and the bed, a refreshing bowl of water. Once the sponge touches the water, it begins to absorb the water as your body will with the light. www.qewellnessbed.com

Healy

The Healy is a small but very versatile device (controlled by your Apple or Android smartphone) that uses Individualised Microcurrent Frequency (IMF) programs to harmonise your Bioenergetic Field for many important areas of life. Holistic Health is the sense of unity and coherence of body, mind and soul, experiencing an all inclusive wellbeing and vitality. It allows you to participate in life to your full capacity. Each IMF group consists of specific programs for the harmonisation of the Bioenergetic Field.

www2.healy.shop



Spooky2

Spooky2 gives you not one, but FIVE Rife machines – remote, contact, plasma, ultrasonic and PEMF – in one package. Spooky2 is the most highly advanced and versatile Rife system in the world. It's been developed since 2013 by an international team of electronics engineers, technical designers, software developers, and Rife practitioners. It's ideal for running a body system detox. Even if you do not have any severe health issues, you can use this kit to receive benefits from Schumann Resonance and boost your overall energy. www.spooky2-mall.com

Other Technologies

Floatation Tanks

A floatation tank is a lightless, soundless tank filled with highly concentrated Epsom salt water heated to skin temperature. Floatation, also known as sensory deprivation, is simply the act of relaxing in a floatation tank; with all sights and sounds removed, and drifting into a meditative state that rejuvenates your mind and body. Some people have reported profound experiences whilst undergoing sensory deprivation, as it promotes the individual to go within without the distractions of the outside world.



Crystal Bed Therapy

Crystal bed therapy is a form of energy healing. It uses colour, also known as chromotherapy, and crystals to balance the energy field, reduce stress and calm the mind. Crystal bed therapy is perfect if you are looking for a natural, safe, and non-invasive healing modality. The bed works by combining crystals, light, sound, magnetics, scalar energy, orgone energy, and the client's intentions to create a holistic approach to health and wellbeing. As the primary function of the bed is to bring coherence to the energetic system, it creates feelings of alignment and clear focus.

WoLF Water Vortex System

The WoLF vortex treatment technology sterilises water using DC pulsed plasma. The water is infused with frequencies using that of the Earth, Sun & Moon that purifies and reprograms the memory and structure. Then, the water is spun in a vortex, this motion provides energy and oxygenation much like waterfalls, rivers and waves. The final stage is to bathe the liquid in light. The resulting water is of a very high quality providing a curative and reenergising effect. www.polvortexwater.com

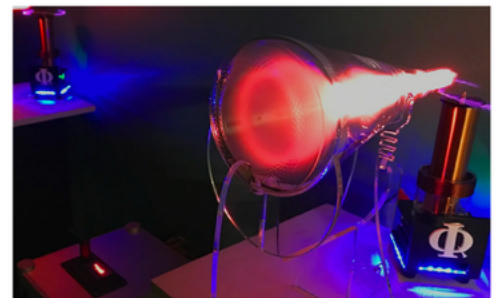


TimeWaver

TimeWaver develops systems to analyse deeper interrelationships in the Information Field. The TimeWaver systems, produced and developed in Germany, are now used by more than 2,000 practitioners worldwide. In the application of the Information Field Technology consciousness and information are elementary components to be able to analyse connections in depth. TimeWaver is both the analysis and the harmonisation of the invisible influences that affect us in different aspects of life: energy flow, regulation, frequencies, emotions and even further. www.timewaver.com

Quantaphi

Sister to the Theraphi, the Quantaphi is a high fidelity sound system that utilises Tesla technology and plasma to create longitudinal waves to fill your personal space with what Tesla called Radiant Energy. Using cutting edge technology that Tesla could have only dreamed of, the Quantaphi comes with two high frequency coils so they can be driven in stereo. Each Tesla coil is capable of driving several plasma tubes as well as being able to act as two independent channels. www.theraphi.net/quantaphi



Nurosym

Nurosym is your clinically validated and certified medical device developed to deliver innovative Neuromodulation. Nurosym works by modulating your nervous system to restore neural network functions. Neuromodulation uses specially designed signals sent to the brain through the vagus nerve. This changes the body's physical and mental state and can restore health. Nurosym can help some people who struggle from health conditions like anxiety, depression, stress and fatigue. www.nurosym.com

Prices For Investors

The Harmonic Egg	\$69,000
Pulsed Electromagnetic Field	\$40,000
Theraphi	\$25,000
miHealth (NES)	\$4,000
Tachyon Healing Chamber	\$3,599 to \$21,999
Cryotherapy	\$7,500 to \$280,000
Infrared Sauna	\$250 to \$6,500
90.10 Virtual MedBed	March 2022 Release
LiBa	\$670
Hyperbaric Oxygen Therapy	\$4,000 to \$70,000
Quantum Energy Wellness Bed	\$37,000
Healy	\$530 to \$4,100
Spooky2	\$346 to \$3,039
Floatation Tank	\$12,000 to \$40,000
Crystal Healing Bed	\$3,000 to \$10,600
WoLF Water Vortex System	Contacting Vendor
TimeWaver	\$6,062 to \$44,079
Quantaphi	\$6,100
Nurosym	\$788

Supplements

Please check for sensitivities and potential allergic reactions. If you experience any side effects, discontinue use immediately. Dosage recommendations should also be double-checked before taking the supplements. If in doubt, follow the advice on the packaging to ensure that you are taking it correctly. If you have any concerns, speak to your GP.

Supplements

N-Acetylcysteine (NAC)

NAC is helpful against viral infections. It increases glutathione levels, T cell response and modulates inflammation. It inhibits the damaging cascade associated with cytokine storms. Cytokines are a group of proteins that your body uses to control inflammation. If you have an infection, your body will release cytokines to help combat inflammation, but sometimes it releases more than it should. If the cytokine release spirals out of control, the resulting cytokine storm becomes dangerous and is closely tied to sepsis. NAC improves a variety of lung-related issues, including pneumonia and ARDS. It also acts as an anticoagulant and breaks down blood clots once they have formed. It is therefore a vital tool to help to boost immunity and resolve issues arising from infection or damage from toxic substances that have entered the body. **Dosage: 1 x 600mg capsule, twice daily between meals.**

Glutathione

Glutathione is an antioxidant, a molecule that helps fight free radicals. Free radicals are unstable molecules that form in response to factors like your diet and the environment. When more free radicals exist than antioxidants, oxidative cell damage occurs. Glutathione lowers inflammation by blocking the production of inflammatory cytokines. The anti-inflammatory and anti-oxidant properties of this compound can assist in a number of areas: reducing cell damage in liver disease, preventing cancer progression, improving insulin sensitivity, anti-aging, helps to fight auto-immune disease, reduces symptoms of Parkinson's disease and more. Other glutathione benefits include improved digestion, clearer skin, stronger hair and nails, and healthier vision. Glutathione is known as "The Master Molecule" due to its plethora of uses. **Dosage: 1 x 1,000mg per day before bedtime or between meals.**

Quercetin

Quercetin is a powerful immune booster and broad-spectrum antiviral. It inhibits the virus's ability to infect cells by transporting zinc across cellular membranes. It also prevents replication of already infected cells and reduces resistance to treatment with antiviral medication. Platelet aggregation is reduced thereby minimising the instances of clot clots. It regulates the basic functional properties of immune cells and suppresses inflammatory pathways and functions. Also, it can inhibit the cytokine production for certain respiratory illnesses and modulate the immune system component involved in the uncontrolled release of inflammatory cytokines that occur during a cytokine storm. Quercetin may have some ability to prevent heart disease and cancer, improve bone health, increase energy levels and reduce recovery time. **Dosage: 1 x 500mg capsule, twice daily after meals.**

Melatonin

Melatonin is a hormone synthesised in your pineal gland and many other organs. While it is best known as a natural sleep regulator, it also boosts immune function in a variety of ways and helps quell inflammation. It recharges glutathione levels, regulates blood pressure, improves metabolic defects associated with diabetes and insulin resistance, promotes synthesis of progenitor cells for macrophages and granulocytes, natural killer cells, and T helper cells. As a potent antioxidant, it also has the rare ability to enter your mitochondria, where it helps prevent mitochondrial impairment, energy failure and apoptosis of mitochondria damaged by oxidation. In addition, melatonin supports cardiovascular health and may even help prevent or improve auto-immune diseases.

Dosage: Start low with 1 x 1mg capsule or spray before bedtime, work up to higher doses gradually.

Dandelion Leaf & Root

Dandelion extract is one of the many herbs that may assist in a healthy immune response. Better yet, it could prove to prevent viral infections altogether, by blocking the precise channel by which a virus replicates. This plant is considered a weed by many but yet it has so many other beneficial properties: it is highly nutritious containing potent antioxidants, it can help to fight inflammation and lower blood pressure, it may aid blood sugar control, reduce cholesterol, promote a healthy liver and aid in weight loss, it also may help to fight cancer. You can buy this in supplement form if you wish, however, dandelions are abundant throughout gardens and out in nature. Stay away from areas that have been sprayed by pesticides. Be sure to use the roots by digging a bit deeper. Wash well to make sure all dirt is removed before using. **Dosage: 1 x 250mg capsule daily with food.**

Fulvic & Humic Acid (including Shilajit)

Fulvic acid is a component of humic acid, a soluble organic compound located in the earth's crust, as well as in plant material and bodies of water. Fulvic acid is a plentiful source of essential minerals, amino acids, electrolytes, phytochemicals and antioxidants. The benefits of the compound known as "Shilajit" have been recorded in ancient Ayurvedic medicine. Inhabitants of China, Nepal and Pakistan have relied upon Shilajit for centuries, typically for immune and digestive complaints. Other benefits include: stimulates blood formation and energy production, transports nutrients into living cells, antiviral properties, boosts the immune system, assists with enzyme production, reduces free radicals, detoxifies pollutants and heavy metals, anti-stress agent, reduces cognitive impairment, boosts energy levels and restores optimal pH level. **Dosage: Pea-sized amount dissolved in water daily.**

Supplements (Other)

Cannabidiol (CBD)

CBD is the non-psychoactive ingredient in the cannabis plant. In other words, it doesn't get you high. Whilst the full spectrum version containing THC, the psychoactive ingredient, has a huge list of benefits, it is currently illegal in many countries. CBD, however, still retains many of the benefits including: reduction of anxiety and depression, pain and inflammation, improved sleep and appetite, protection against neurodegenerative conditions such as Alzheimer's, Parkinson's and Huntington's disease, anti-epileptic, assists with multiple sclerosis, schizophrenia and diabetes and more. **Dosage: varies depending on the condition, start with low dosage and increase gradually.**

Nettle

The common stinging nettle may appear to be a nuisance in the garden but, in fact, it is a most wondrous plant with a variety of benefits. The full plant can be harvested and dried, in somewhere like an airing cupboard, for two weeks and then can be brewed into a nutritious, and quite tasty, tea. Benefits include: anti-inflammatory, pain reliever, controls hay fever symptoms and other allergic responses, increases energy levels, general detoxifier, treats eczema, stops bleeding, antimicrobial, antioxidant and anti-ulcer properties, treats enlarged prostate symptoms, arthritis, anaemia and gout. **Dosage: brew several leaves in a tea or supplement as directed.**

Birch Polypore

Birch polypores are fungi that grow exclusively on dead or weakened birch trees of the Northern hemisphere. They mostly appear during autumn, but you can find them all year. Birch polypore is excellent for dealing with intestinal parasites and has anti-bacterial, anti-viral, anti-inflammatory and immune-boosting properties. It also soothes the gut. Is an aromatase inhibitor, meaning it helps prevent the conversion of androgen hormones into oestrogen. High oestrogen levels in men and women are linked to many hormonal imbalances and cancers. **Dosage: 5 - 8g dried mushroom per day or as directed if in tincture form.**

Milk Thistle

Although milk thistle is most often used for liver conditions, such as hepatitis and cirrhosis, the herb can prevent or treat high cholesterol, diabetes, heartburn, upset stomach (dyspepsia), hangover, gallbladder problems, menstrual pain, depression and even some types of cancer. It has been used as a herbal healer since ancient Greek times. These days the seeds are most commonly used in supplements. The seeds are rich in silymarin, a potent compound of antioxidant flavonoids that fights free radical damage and has an anti-inflammatory effect. **Dosage: 300mg - 600mg, two or three times a day.**

Activated Charcoal

Activated charcoal is charcoal that has been heated or otherwise treated to increase its adsorptive power. Activated charcoal is excellent at binding with toxins inside the body, so it's often used in hospitals to treat different types of poisoning, including drug overdoses. A healthy digestive system is the cornerstone of optimum health, with the use of activated charcoal helping to promote overall digestive health by the removal of toxins. Routinely cleansing the digestive system of toxins can boost immune function, alleviate joint pain, enhance nutrient absorption, increase energy levels and increase brain function. **Dosage: varies according to the condition being treated.**

Algae & Dulse

Eating algae and dulse (seaweed) has numerous health benefits. They are nutrient dense with high concentrations of vitamins, minerals, antioxidants, protein and other nutrients. Considered as "superfoods". Throughout history, they have long been consumed as both food and medicine. It is antioxidant, promotes heart health and proper hormone balance, protects from radiation and kills bacteria and fungi. Promotes thyroid health due to iodine content. High in iron, which prevents anaemia. Provitamin A content, which strengthens eyesight. Antiseptic and anti-inflammatory properties. **Dosage: varies according to the product and condition being treated.**

Wormwood

Humans have been using wormwood to eliminate intestinal worms for thousands of years. Parasites such as pinworm, roundworm, and tapeworms can infect human intestines and wreak havoc on digestive health. The name is apt for this reason. It has several medicinal properties including anti-inflammatory, antiseptic, intestinal anthelmintic, febrifuge and stomachic properties. It also has antioxidant abilities which help reverse cellular damage that contribute to the ageing process and many diseases. It is also used as an ingredient in absinthe, the potent alcoholic beverage. **Dosage: varies according to the product and condition being treated.**

Supplements (Other)

Carbon 60 (C60)

C60 is a carbon molecule with 60 atoms which are arranged in the shape of a football. C60 is the most powerful anti-oxidant in the world due to its unique shape. It removes poisons and helps us live much longer and healthier. Carbon 60 is the most technologically advanced product on the planet for age reduction and 172 times more powerful than Vitamin C as an anti-oxidant. **Dosage: varies from 5-8 drops, 2ml to 5ml.**

Colloidal silver

This is silver in distilled or structured water. Utilised internally and externally, it can eradicate bacteria, infections, intestinal problems such as worms, athlete's foot and many other ailments. It has extremely potent antibacterial, antiviral, germicidal and antibiotic properties, yet is gentle with little side effects being reported. It is an advanced healing tool and is highly recommended. **Dosage: from 1 drop to 5ml daily depending on the product.**

L-Glutamine

L-Glutamine is the most abundant amino acid in the human body. It may have multiple health benefits, including the treatment of anxiety, bipolar disorder, Crohn's disease, depression, epilepsy, insomnia, irritable bowel syndrome, obesity, peptic ulcers, schizophrenia, and ulcerative colitis. It is, however, also found in foods such as seafood, red cabbage and grass-fed beef. **Dosage: varies depending on the ailment. 5g - 30g per day.**

Dimethyl Sulfoxide (DMSO)

Dimethyl Sulfoxide is a highly polar organic liquid that is used widely as a chemical solvent and a free radical scavenger. It shows a range of pharmacological activity including analgesia and anti-inflammation. Because of its ability to penetrate biological membranes, it is used as a vehicle for topical application of pharmaceuticals. Note that it should be medicinal grade. **Dosage: 1 to 2 tsp daily.**

Nattokinase

Nattokinase is an enzyme extracted from nattō, a popular Japanese breakfast dish made from fermented soybeans. Nattō has long been used in traditional medicine to treat cardiovascular diseases. Nattokinase is also available as a supplement and is most known for its effects on prevention and treatment of clots and to improve blood circulation. **Dosage: 100 mg x 3 times daily maximum.**

Serrapeptase

Serrapeptase is the natural, anti-inflammatory pain relieving serra enzyme, originally found in the silkworm. It is known to be helpful for chest and lung diseases, carpal tunnel syndrome, leg ulcers, swelling, cystitis, fibromyalgia, inflammatory bowel diseases, migraines and headaches, ear, nose and throat problems, MS, arthritis, injuries, fibrocystic breast disease, varicose veins, nephritis and much more. **Dosage: 10mg - 30mg daily**

Methyl-sulfonyl-methane (MSM)

MSM is a naturally occurring organosulfur compound. MSM is commonly used for osteoarthritis, but may also benefit in alleviating GI upset, musculoskeletal pain and allergies; boosting the immune system and fighting microbial infections. Its most common use is as an anti-inflammatory agent and also has anti-oxidant properties. **Dosage: 2g to 6g daily separated into 2 -3 doses.**

GcMAF

GcMAF is short for Glycoprotein Macrophage Activating Factor. It is a complex protein molecule naturally produced within healthy humans. It is known to be a highly effective measure in fighting a variety of cancers. When there is a sufficient amount of macrophages produced in the body, the immune system is able to pursue cancerous cells aggressively enough to lead to remission. **Dosage: varies according to the condition being treated.**

Fenbendazole

Fenbendazole is a broad spectrum benzimidazole anthelmintic used against gastrointestinal parasites. It can be effective against different types of cancer cells, including Lymphoma. The main reason being the size of the tumour. Since the drug blocks the glucose in the cancer cells, it deprives them of their main source of fuel, sugar. **Dosage: 222-300 mg daily 3 days in a row with 4 days off then repeat.**

Vitamins & Minerals

Vitamin D3

Vitamin D plays a crucial role in disease prevention and maintaining optimal health in general. It affects nearly 3,000 of our 30,000 genes. We also have vitamin D receptors located throughout our bodies. Having optimal Vitamin levels can slash our risk of 16 different types of cancer. Vitamin D from sun exposure also radically decreases our risk of autoimmune diseases such as MS and type 1 diabetes and helps prevent osteoporosis. Obtaining vitamin D through sun exposure is preferable over supplementation, as your skin is designed to produce vitamin D in response to the sun. Unfortunately, many are unable to get enough sun exposure due to their geography or work restrictions, and if this is the case, taking a vitamin D3 supplement is highly recommended. **Dosage: 1,000–4,000 IU daily.**

Vitamin A

Vitamin A is a powerful antioxidant. As it moves through your body it scavenges damaging free radicals and fights inflammation. It supports a healthy immune system. Vitamin A plays a vital role in maintaining your body's natural defences. It helps to maintain vision, neurological function, healthy skin and more. Supplementation may not be required with a diet rich in cheese, eggs, oily fish, milk and yoghurt. **Dosage: varies depending on the individual.**

Zinc

Zinc plays an important role in your immune system's ability to ward off infection. It has the ability to reduce the severity of viral infections. Like vitamin D, zinc helps regulate our immune function. Combined with Quercetin, it blocks viral replication. Zinc deficiency has been shown to impair immune function. There are many food sources for zinc, so supplementation may not be required. **Dosage: varies depending on the individual.**

Vitamin C

Vitamin C can be helpful in the treatment of viral disease, sepsis and ARDS. Its properties include anti-inflammatory, immunomodulatory, antioxidant, antithrombotic, and antiviral activities. At high doses it effectively acts as an antiviral drug, actively inactivating viruses. Vitamin C also works synergistically with Quercetin. Vitamin C improves immunity, down-regulates cytokines, and helps to repair damaged tissue. **Dosage: varies depending on the individual.**

Vitamin K2

It's important to increase our vitamin K2 intake when taking high-dose supplemental vitamin D to avoid complications associated with excessive arterial calcification. Combined intake of both magnesium and vitamin K2 has a greater effect on vitamin D levels than either individually. We require a 244 percent more oral vitamin D if we are deficient in vitamin K2 and magnesium and not taking it along with vitamin D. **Dosage: varies depending on the individual.**

Magnesium

Since more than half the population does not get enough magnesium, and far more likely are deficient, magnesium supplementation is recommended when taking vitamin D. This is because the magnesium helps to activate the vitamin D. On average, those that take vitamin D without supplemental magnesium require 146 percent more vitamin D to achieve a healthy blood level. **Dosage: 400mg - 420mg for men, 310mg - 320 mg for women daily.**

Vitamin B3 (Niacin)

Niacin is a building block of NAD and NADP, which are vital when combatting inflammation. NAD+ may be boosted using Niacin, thereby thwarting a cytokine storm. Aside from decreasing inflammatory cytokines, it also reduces the replication of a number of viruses, has an anti-inflammatory effect of people with ventilator-induced lung injury and modulates bradykinin storms, responsible for cardio-vascular issues. **Dosage: varies depending on the individual.**

Shikimate & Shikimic Acid

Shikimate, shikimic acid and their derivatives possess: cancer fighting, antiviral, antimicrobial, anticoagulant and antithrombotic properties. Its speciality is in dissolving blood clots. There are numerous substances containing this amazing ingredient: pine needle tea, fennel tea, star anise tea, schizandra berry, feverfew, ginkgo biloba leaf, giant hyssop or horsemint, sweet gum tree carrots and wheatgrass. **Dosage: varies according to the product.**

Self-Care

Water

Introduction

Water is a most precious of substance and has far more value than what we currently put on it. Many of us feel that our tap water is polluted in some way and we'd be absolutely correct in this assumption. Not only are we assaulted by the chemicals used to supposedly clean the vital fluid, such as chlorine, we also receive doses of hormonal residues, fertilisers, fungicides and pesticides as runoff from farming, heavy metals and other pollutants from industry, and even traces of pharmaceuticals that have passed through human beings. That includes the birth control pill, which is one of the reasons why some modern men have developed problems with testosterone production and there is an increase in fertility issues in women. Fluoride, a potent neurotoxin, is also added in some areas with the stated intention to assist with dental issues. Despite this seemingly noble aim, it has several unpleasant side effects that have a detrimental impact to our neurological functions.

Water Has Memory

What a terrible memory it is being encoded with when it is treated with disrespect. Water is far older than we can even imagine and was there in the beginning, when the Universe was formed. Those that have delved into the work of Dr. Masuru Emoto will have come across his intention experiments that he performed on water, creating ice crystals that could be viewed after benevolent, loving and compassionate words were placed on the samples that produced aesthetically pleasing and harmonious structures and, by contrast, malevolent and fearful phrases created discordant, chaotic and fragmented formations. He proved that water could be programmed.

Restructuring Water

As the water travels through pipes, it takes on a discordant shape and is put under stress through pressurisation. Returning the liquid to its natural appearance is simple and easy using a water vortex system. These can be either plumbed into the mains or used as handheld devices. Running water through a vortexer mimics the natural process of rivers, streams, oceans and waterfalls and reenergises the solution providing a better, more hydrating and refreshing substance. There are a range of products available that can do this, some are at affordable prices for the handheld devices, ranging to more expensive for the plumbed systems.

Filtration

Filtration is a good way to remove impurities from tap water. There are many decent solutions available, some are better than others, however, anything that you can do to improve the quality of the water that you drink will provide benefits. You will find that the water tastes better and feels cleaner. You may even notice that your energy levels rise immediately after drinking a glass that has been restructured and filtered.

Charging With Plasma, Light And Sound

It's possible to charge the water with plasma, light and sound. This is done in the most expensive systems such as the WoLF water vortexer. The team that are responsible for the Theraphi and Quantaphi systems are currently looking to release a plasma solution called the Aquaphi. For most people, this will be out of their price range, however, these systems create an even higher standard of water quality that rivals natural springs.

Natural Springs

Natural spring water is, depending on the purity of the location, the best quality that nature provides for free. The springs at Lourdes and Glastonbury, for example, are known for their curative properties. One glass of spring water direct from the source, not stored in plastic bottles, confers an immediate energy boost. It is the most refreshing and hydrating form of water that we have access to, which is why these sites are so popular to pilgrims and locals alike.

Charging With Intention

One of the reasons why the sites of the natural springs mentioned have such an exceptional purity is that the memory of the water is encoded with the intentions of the visitors. It may sound a little out there but it is possible to charge your drinking water at home with similar intentions. Simply hold the water receptacle in your hands and intend to send loving energy into the liquid. This will program the water and give it a boost.

Adding Crystals For Extra Sparkle

Crystals can be added to perform specific charging processes. Crystals store information and have their own sound frequency. Make sure that you choose pieces that don't dissolve in the water. Agate, amber, jasper, opal, quartz, rose quartz, sardonyx, tiger's eye and topaz are all safe options. Each have specific functions and it's best to use your intuition when selecting the appropriate option. When drinking the resulting elixir, you'll be ingesting the information stored in the crystal. It's useful to cleanse the crystals in a salt-water solution, for example, before use.

Food

Introduction

Food is a contentious subject, as there is already so much information about diet out there. There are plenty of difficulties when discussing the topic, as many of us have fixed beliefs that will not allow us to give credence to alternative perspectives. Food hits right to our hearts, as it is the thing that most reminds us of home and so, challenging opinions around this trigger of nostalgia is tricky. Try telling someone that their favourite brand of victuals is bad for them and you'll likely be given a short shrift. As many of us have an emotional attachment to food, evocative of good memories and pleasure, it's important to tread lightly here.

No One Diet Is Perfect For Everyone

There are so many choices when it comes to what we put in our mouths. The most obvious types of diet are vegan, vegetarian, pescatarian, ketogenic and paleo but there are thousands, all with different outcomes, benefits and drawbacks. Some people will find it difficult to switch to a different diet due to sensitivities and allergies. It's important to pay close attention to the body when doing this to assess the effectiveness. One of the most telling areas will be the gut and so it's crucial to note changes in the frequency and consistency of bowel movements. There is usually an adjustment period required, however, if certain symptoms persist, then it's likely that there is something within the diet that isn't working for you. Another point to check is how you feel directly after consuming a meal. Do you feel light and energised, sluggish and heavy or not much difference at all? This will inform you about how you want to feel following a meal. Those in colder climates may want to feel the cozy effects of 'comfort food' and so it's not always appropriate to eat light, although some may disagree.

Trust Your Gut

Intuition is required when making food selections. If you ignore the signs that your body gives you, then your food decisions are likely to be compromised. Be aware that some foods are designed to get you to crave them. These are usually things that might not be that good for you. Your gut will tell you if you've made the right choice. Is it gurgling and growling after you've consumed that tasty snack? Are you bloated and gassy? Does it feel calm, peaceful and satisfied? If the latter is the answer, then it's likely that you've chosen something appropriate for your body. Learning to listen to your gut is a big step in improving your diet.

Taste Your Food

When enjoying food, try not to rush the process. Some of us like to gobble down large quantities quickly and this can take its toll on our digestive systems. The more that we chew, the easier it is to digest. Slow down and really savour the flavour. Appreciate the moment. Close your eyes, really get into it. Allow the tastes to register on the tongue and pay close attention to them. This promotes greater clarity and improves the sense of pleasure.

Switch It Up

Adding a new ingredient that you've never tried before can bring life to well-practised dishes that have gone stale. Step outside of your comfort zone and sample something that seems foreign or unusual. If you don't try it out, you'll never know and you may be missing a new taste sensation that could revolutionise your dishes. They say that variety is the spice of life and it certainly is true when it comes to food.

Avoid Processed Foods Where Possible

Processed foods may have the allure when it comes to flavour, however, often we don't really taste it properly which gives it the illusion of being delicious. Once our tastebuds have acclimatised to being able to detect sensations fully, then processed food has a synthetic quality about it that is far from appealing. Eventually, the cravings for junk will become less and less and overall health will improve as a result.

Eat Local And Organic

One of the best things that you can do for your diet is to switch to locally produced food. Most supermarkets are not based on providing high quality food, rather they opt for what will make the most profit. It may be cheaper than other options but what is gained in saving money is sacrificed in nutritional value. Organic stores may be more expensive but the trade-off is that the flavour and standard is generally better.

Appearances Can Be Deceiving

There has been a lot of money spent on science to prove that certain foods are bad for us, whipping up a furore about a certain ingredient, which creates a new market for synthetic foodstuffs. Saturated fats is one of these. Low fat doesn't necessarily mean that it's healthier for you, in fact it can be far worse. Another is sugar, which has spawned artificial sweeteners. Cleverly designed packaging can easily hoodwink us into believing that what we are eating is healthy when this is far from the case. If you can, avoid most foods that come in packaging altogether.

Exercise

Introduction

Exercise is important for maintaining a healthy immune system. Having a sedentary lifestyle lowers immunity by several factors and is one of the causes of degenerative disease. Exercise has a rejuvenating effect and helps to hold off immunosenescence, the natural reduction of the immune system capabilities as we age. The body needs to move and exercise is a good way of getting the lymphatic system flowing. This is the system that eliminates waste and toxicity from the body. Without motion, the levels of toxins in the body build up and this can lead to disease. The contraction and expansion of our muscles gets the toxins out of the cells and into liver for processing and then they are eliminated from the body. Exercise also provides a boost of endorphins, the feel good hormones, which improves mental health.

Yoga

Yoga is all about going with the flow. It's a combination of stretching, breath-work and meditation exercises. You don't have to be a practising Hindu to do it. In fact, you don't have to have any beliefs at all. The beauty of this practise is that it strengthens all aspects of the human vessel: body, mind and spirit. When I talk about 'spirit' here, this means energy for those with a more scientific approach. This is also known as Prana (or Chi, Qi, Holy Spirit, The Force, Mana). It is also known as the 'breath of life' and that is why breathing is so important and emphasised in any Yoga practise. There are many different types of Yoga: Hatha is the basic style that is excellent for beginners as it isn't too strenuous and focuses on making a body-mind-spirit connection through simple poses and breathing exercises, Restorative concentrates on breathing, relaxation and comfortable poses and leaves you feeling refreshed and rejuvenated, Vinyassa is a flowing smooth style that centres around sun salutations and graceful motions that synchronise the body to the breath, Ashtanga is more physically demanding style and concentrates on building strength, muscle tone and stamina, Power is a faster and more intense style of Ashtanga and is great for physical health and weight loss, Kundalini focuses on the core of the body, along with meditations and breath-work, Anusara is used to open the heart and is a great choice if you want to become more calm, peaceful and loving.

Tai Chi & Qi Gong

Tai Chi and Qi Gong are similar practises and originate from China. Whilst Tai Chi is a martial art and has an element of self-defence, Qi Gong focuses on wellness. Both practices, however, are used to generate Chi or Qi in the body, getting it flowing correctly, and have an element of meditation in them. When performing either, it soon becomes obvious that one is not focused on ruminating about the past or modelling the future. The movements bring you into the present moment, much like Yoga. Particular attention is made to feeling the energy flow in the body.

Walking

Walking is one of the best ways to keep in trim. It also has the added advantage of getting you out in nature to soak up the sun's rays and ingest more vitamin D. As it is low-impact, it puts the body under little strain and is available as an option to most people. It boosts mood, improves mental and physical health and it's totally free.

Dancing

Joy is the result of dancing. It is a sensual act that being in form affords. It brings the spirit into the body and allows the mind to settle in the present moment. There are several health benefits of dancing: weight loss, improved flexibility, reduced stress and depression, increased energy and serotonin, improved balance and endurance, strengthened bones and cardiovascular functioning, increased mental capacity and cognitive performance, releases endorphins, improved confidence and memory, creates new neural pathways and aids improvisation skills, cements social cohesion, the list goes on and on.

Gym

The benefits of the gym are many due to the variety of different machines available. You can exercise an assortment of muscle groups in a relatively short space of time. Seeing the results of going to the gym is relatively rapid when dedicated commitment is put into it. However, not everyone is suited to working out indoors and it can be too intense and high impact for some physiques to cope with.

Choose Wisely

With so many forms of exercise to choose from, it's important to select something that you enjoy. This makes it easier to stick to a routine and make it a positive habit. If the exercise feels like a chore, then it's likely that you haven't found what you're looking for. Pick something that maximises your pleasure and then exercise will become a treat rather than a punishment.

Rest

Introduction

Rest is important for recovery and repair. This is crucial after exercise in order to give muscles the chance to heal, reducing the chance of injury. During the rest period, you can mentally recharge and take stock, ready for the next session. This allows the body to recharge so that it's ready for more exertion. Burnout can be a consequence of not including rest and recovery time into a routine and this results in a loss of motivation. Good quality sleep is also an important factor in the repair process and the lack of it causes stress and a host of other problems. When sleep is poor, it affects both physical and mental performance and it can become a vicious cycle if not addressed properly. Too much rest, however, is also damaging for the system. Although, there may be times when more rest is necessary, such as when the body has gone through shock, damage or trauma. It's important to be gentle with yourself during these moments and not push yourself too hard. However, there may also be instances when dedicated and committed action is required but rest should be a key component in any routine.

Sleep

There are a lot of myths about sleep, chiefly that being that a certain amount, between 7-8 hours is optimal. This simply isn't true and, even though there have been plenty of scientific studies about this topic, they seem to omit the fact that everyone has unique requirements when it comes to hitting the hay. Some people may need less than the recommended time and others more, so it's vital that we don't stress out about getting too little or too much sleep. This also includes the timing of your sleep cycle. There are many that would suggest sticking to a rigid schedule, however, this may not be practical for those people that struggle to wind down. A few hours of tossing and turning in bed is hardly conducive and time well spent. What's most important is the quality of the sleep, it needs to be deep. Light sleep is fine for a quick recharge, a good cat-nap is sometimes just the ticket, however, dropping into the depths is what's required for repair and mental processing. Dreams are usually the mind's way of dealing with the issues of the past and being able to recall these is often useful from a psychological stand-point. Do not worry if you can't remember them though, sometimes they're just fun adventures into the imagination. The most important point is not to develop too many hang-ups about how you sleep. This will only add fuel to the fire if slumber is scarce.

Meditation

Meditation is a great way of training the mind. There are many forms and it needn't be sitting cross-legged, uncomfortably, in order to achieve this. It has a number of benefits, including increasing neuroplasticity, the ability of the brain to form and reorganise synaptic connections, stress-reduction, improves physical health by boosting the immune functions, regulating hormonal discharge, and decreasing cellular inflammation. Long-term meditators have more disease-fighting chemicals in their body. By regulating the Sympathetic and Autonomic Nervous systems, meditation controls our responses during sudden stress encounters and helps prevent nervous breakdown and panic attacks. There can also be an increase in inspiration, realisations, epiphanies and creativity, as during meditation the mind is set free to explore the inner world. It can become a vital tool in the toolkit when stress and uncomfortable feelings arise. A quick meditation can resolve mental disturbances and alleviate pain. Guided meditations are often very useful for those people with busy minds. This can be done with music alone too, which can be an extremely pleasing sensation, generating exceptional results. Of course, meditating in complete silence is also possible but don't let anyone tell you that it's the best way to do it. You can also lie down on your back but be aware that this can often turn into a medi-snooze, which is fine if you're after that result.

Slow Down

Rushing around all over the place increases cortisol levels, the stress hormone, which can be addictive. Some people feel the need to be busy all of the time but this can have a disastrous effect on our health. Learn to slow down when completing a task, have patience, reduce your responsibilities and tasks to only what you need to do.

Stimulants

Coffee is widely consumed now and yet it can have some negative effects on our lives if overused. It can increase blood pressure and anxiety levels, cause headaches, nervousness, restlessness, dizziness, heartburn, muscle tremors and insomnia. It's not all doom and gloom because coffee has positive attributes too. If you are worried about your intake, try switching to an alternative like matcha or mushroom coffee instead. Smoking is also a stimulant and can affect stress levels and sleep quality, along with a whole host of other unpleasant side effects. Black tea is less caffeinated than coffee but can also have negative effects if drunk in large quantities. Green or herbal teas are good alternatives.

Rest Aids

Camomile tea is an excellent way to wind down before bedtime. Tryptophan, ginkgo biloba and melatonin are great supplements to take to improve sleep quality. Drinking 'Nightcap' by Three Spirit is a very pleasurable way of dropping off to sleep.

Energy Work

Introduction

Energy work can be a little daunting for some, as it requires a leap of faith. It demands that preconceived ideas about how the universe operates are set aside. Those that have been brought up without the knowledge that energy healing is possible may find it difficult to adjust to the reality that this is indeed a fact. There are many types of modality of energy work and they are as varied as the people that undertake these activities. No two systems are alike and yet there is always an overlap. Some elect to focus on a single discipline, whereas others blend multiple specialities together. It's not necessarily the case that one is better than another. It's just that they tend to target different areas and produce varying results. Sometimes the effects can be almost imperceptible, other times major shifts can occur provoking epiphanies, bursts of creative output, expansion and growth. It all depends on where the client is at in their development and the level of knowledge of the practitioner. Energy work is growing in popularity as more people become aware of how effective it can be.

Reiki & Light Language

Reiki is simply wonderful. A session using this modality is a very relaxing experience and, in this day and age, there is nothing more important than being able to trigger the relaxation response. It was created in Japan by Mikao Usui in the 1800s, however, this was simply a rediscovery of our ancient powers coming to the surface again. Let's face it, our history is replete with examples of people being able to heal others by simply laying on hands. Reiki has an awesome synergy with Light Language and is often paired with other healing modalities to heighten the experience. Reiki can be split down into two parts, Rei or the Divine and Ki or Life Force. Reiki uses symbols that can be drawn, traced in the air or transmitted through the eyes. These confer specific benefits depending on the symbol. Light Language is similar to Reiki in that hand gestures are used but in a less formulaic fashion, it's more intuitive than codified. Vocal intonations can also be added, which can sound like gobbledygook to the uninitiated, and, to be fair, the words are not meant to be understood by the conscious mind. They have a specific tone and frequency that produces a profound affect on the human physiology. The sounds are geometry and have a healing affect on the body and energetic system. It can also be done in written form or through movement, such as dance.

Quantum Healing

Quantum Healing can be done without the need to use symbols, tones or gestures. Simply the sound of the natural voice can produce a similar effect to Reiki and Light Language. The practitioners of this technique are able to channel energy through their body and direct it to where it needs to go. This doesn't have to be done in person, it can be done at a distance through a phone connection or internet link. In fact, it doesn't need the client to have any communication line active at all, it can be conducted entirely separately. This operates through the quantum field, where every point in the universe is connected together. The sessions are conducted one on one or in group settings, with each having a different flavour. No session is exactly the same and the results depend on the openness of the client to receive the energies, their stage of development and the skill of the practitioner. Location can be a factor, as some places are more conducive to performing this kind of work. There are energetic hotspots around the world and these can be harnessed to generate greater potency. Similarly, group sessions can be more powerful as it enables the healer to circulate a larger current of energy. This isn't always the case, as the group make-up can have a big influence on the outcome. Quantum Healing is becoming more widely known and more popular as people realise that no special training is required other than to get into a meditative state.

Acupuncture

Acupuncture involves the insertion of thin needles through the skin at energetic points on the body. It is part of traditional Chinese medicine and is most commonly used to treat pain. Increasingly, it is being used for overall wellness, including stress management. It has many benefits, yet to be fully understood and accepted by mainstream science. It stimulates the central nervous system to release chemicals into the muscles, spinal cord and brain. It also rebalances the Qi, also known as energy or life force, in order to remedy disease.

Shiatsu Massage

Shiatsu massage relies on the use of the hands to apply pressure to areas of the body to help heal disease and correct energetic imbalances in the body. By using the fingers, thumbs and palm on the body, Shiatsu massage promotes energy flow and corrects disharmonies throughout the patient's body. It is a deeply relaxing experience, soothing and calming. Patients often feel revitalised, clearer and more focused after a session.

Avoiding A Healing Crisis

Too much energy too soon can trigger a healing crisis which may put off someone from continuing with their healing journey, either temporarily or permanently. It is important that appropriate after care is taken following a session. Usually, this will involve rest, relaxation, avoidance of stress and lots of clean, pure water to flush the body of toxins. There can be a hangover feeling when this happens which may deter some clients. Psychological reversal can also convince the client that the session hasn't done anything, even though it has.

Mental & Emotional

Introduction

Our mental and emotional worlds have a massive impact on our health, wealth and relationships. Damaging mental schemas can wreak havoc on our lives causing stress, anxiety and depression. This can have a self-reinforcing leading to a downward spiral if not dealt with properly. No amount of energy work and healing can resolve this unless the underlying root causes are identified and treated. Emotions are meant to be felt and many of us have been taught to bottle these up without expressing them fully. This leads to energy being stuck in the body. Emotion is energy in motion and so stagnant and stale energy accumulates if it is not released properly. This is the root cause of most disease and so it is a vital area to address in any healing journey.

CBT, DBT, EMDR & Psychotherapy

Cognitive behavioural therapy (CBT) is a short-term form of behavioural treatment. It helps people problem-solve. CBT also reveals the relationship between beliefs, thoughts, and feelings, and the behaviours that follow. Dialectical behaviour therapy (DBT) is a modified type of CBT. Its main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others. EMDR stands for Eye Movement Desensitisation and Reprocessing. It is a therapy used to help people recover from distressing events and the problems they have caused, like flashbacks, upsetting thoughts or images, depression or anxiety. All of these are often paired with psychotherapy, which is commonly known as "talk therapy". It is an umbrella term for a variety of treatment techniques that aim to help a person identify and change troubling emotions, thoughts, and behaviour. Not all of the treatments will work for everyone. It's important to assess how far they are taking you at each point during the process. It's critical that you find a psychotherapist that is suitable for you. If you are not gelling with the individual, then there is no point in progressing any further as it could do more harm than good. Know when to exit the relationship and find someone else that is more aligned to you as a person.

EFT/Tapping

Tapping, also known as EFT (Emotional Freedom Technique), is a powerful stress relief technique. Tapping is based on the combined principles of ancient Chinese acupressure and modern psychology. It is a universal healing tool that can provide impressive results for physical, emotional, and performance issues. EFT operates on the premise that no matter what part of your life needs improvement, there are unresolved emotional issues in the way. Even for physical issues, chronic pain, or diagnosed conditions, it is common knowledge that any kind of emotional stress can impede the natural healing potential of the human body.

Hypnotherapy & Regression Therapy

Hypnotherapy employs the use of hypnosis, an altered state of consciousness, caused by little more than the power of suggestion to help facilitate behavioural and emotional change. A trained hypnotherapist can cause a trance-like state in clients by using auditory, visual, or other perceptual cues. Regression therapy is similar in that the trance state is also used but with this treatment but it focuses on resolving significant past events believed to be interfering with a person's present mental and emotional wellness. This can include past life regressions too.

Wim Hof Breathing Technique

We're always breathing, yet we're mostly unaware of its tremendous potential. Heightened oxygen levels hold a treasure trove of benefits, and the specialised breathing technique of the Wim Hof Method unearths them all: more energy, reduced stress levels, and an augmented immune response that swiftly deals with pathogens. The techniques are focused on deep and rhythmic inhalations and exhalations, also called controlled hyperventilation or power breathing. The breathing is followed by a retention period, where you hold your breath for a certain amount of time. It's simple, effective and free.

Neuro Linguistic Programming (NLP)

NLP teaches you how the link between the mind, language and behavioural patterns can be adapted to help build confidence, develop better communication skills and reprogram old ways of thinking. You will learn about modelling and how by adapting the positive attributes of those you admire you can improve your self-esteem. NLP changes your perception based on the words, actions and ways of thinking of the model you choose. Different strategies are incorporated to specifically aid you in your overall transformation as an individual.

Creative Therapy

Creative therapy is a different approach to counselling and psychotherapy. Where talk therapies may sometimes feel too challenging, working through art and the imagination can offer a new dimension. There is no pressure to find the exact words to convey a feeling and it is not necessary to talk in detail about difficult or painful experiences, an image can express this for you. This is done whilst learning a skill that can help boost self-esteem and self-worth.

Supplements

NAC (N-Acetyl Cysteine) – Accelerates detoxification. Helps produce the super detoxifier Glutathione.
Fulvic Acid & Shilajit – Boosts immunity, aids digestion, elimination of parasites, candida and fungi.
Glutathione – Anti-aging, anti-inflammatory, supports detoxification, boosts energy levels and immunity.
Dimethyl Sulfoxide (DMSO) – Anti-inflammatory, antibacterial, antiviral, anti-fungal, pain-relieving.
Dandelion leaf and root – Anti-hyperglycaemic, anti-inflammatory and antioxidant.
Milk thistle – Heart health, anti-inflammatory, blood purification, reduces oxidative stress artery damage.
Activated Charcoal – Gut blood purification, detoxifier, improves digestive health.
Quercetin – Anti-inflammatory, relieves allergies, anti-cancer, boosts immunity and energy.
Melatonin – Sleep regulator, boosts immune function, recharges Glutathione, anti-inflammatory.
Colloidal silver – Antibiotic, antifungal, antibacterial, antiviral, germicidal.
Nattokinase – Prevents blood clots, reduces blood pressure, improves metabolism and gut microbiome.
Serrapeptase – Anti-inflammatory, clears lungs and reduces asthma, anti-ageing and wound healing.
CBD – Reduces pain, anxiety and depression, neuroprotective, anti-inflammatory.
Nettle – Anti-inflammatory, antimicrobial, antioxidant, pain-relieving, reduces bleeding, detoxifier.
Birch Polypore – Anti-parasitic, antibacterial, antiviral, anti-inflammatory and immune-boosting.
Methyl-sulfonyl-methane (MSM) – Anti-Inflammatory, increases Glutathione, heals gut, reduces pain.
GcMAF – Improves immunity, inhibits cancer cells, helps to eradicate viruses and antigens.
Wormwood – Anti-parasitic, anti-inflammatory, antiseptic, antioxidant, stimulates digestive system.
C60 – Boosts immunity, anti-inflammatory, antiviral, antibacterial, fights tumours, improves bone health.
Fenbendazole – Anti-parasitic, effective at killing cancer cells.
Algae & Dulse – Heavy metal detoxification, lower blood pressure, improve vision and immunity.
L-Glutamine – Repairs auto-immune damage, gut and soft tissue repair, nervous system protection.

Vitamins & Minerals

Vitamin D3 – Strongly recommended. Boosts immunity. anti-inflammatory, improves mood.
Vitamin A – Cell membrane protection.
Zinc – Helps to regulate immune function.
Vitamin C – Anti-inflammatory, immunity boost.
Vitamin K2 – Increases vitamin D uptake.
Magnesium – Helps activate vitamin D.
Vitamin B3 (Niacin) – Flush dilates blood vessels.

Shikimate & Shikimic Acid

(Antiviral, antimicrobial, anti-cancer, anticoagulant & antithrombotic)

Pine needle tea, Fennel tea, Star Anise tea
Schizandra berry, Feverfew, Gingko Biloba leaf
Giant Hyssop or Horsemint, Sweet Gum tree
carrots, wheatgrass.

Exercise & Rest

Get regular exercise when conducting the protocol. Walking is excellent for health and is a low impact option. Yoga, Qi Gong & Tai Chi are fabulous ways to energise your system. Dancing is also another way to stay in shape and it elevates your mood. If you enjoy the gym, then by all means, do that. Take time out and rest, stress lowers immunity considerably. Get good quality sleep (no recommended duration).

Technology

The Harmonic Egg - Sound and light healing chamber. Stimulates autonomic system to reorganise and promote homeostasis back into the body. Reduces stress and pain, improves mental clarity, relieves illness and disease.
Pulsed Electromagnetic Frequency (PEMF) - Charges the cells, encourages healing, provides energy.
Plasma Light Therapy (Theraphi) - Metabolic acceleration, improved circulation, provides energy improves immunity, anti-inflammatory, illness disease and pain relief.
Bioresonance (NES) - Provides full body scan, energy, toxin and nutrient analysis. Frequency machine assists the body to reduce its toxin or stress load, allowing the body to heal itself. Infoceuticals reprogram energetic field.
Cryotherapy & Infrared Saunas - Injury recovery, increases metabolism, reduces stress, pain and inflammation.

Select the elements that match your requirements. Note that we are not doctors, we are a group of individuals dedicated to assisting people achieve an improved standard of health. This document is for information purposes only. Please conduct your own research and contact your GP if you have any concerns.

Food

Choose a diet that is organic, where possible. Avoid processed foods. Everyone has different dietary needs. Listen to your body, pay attention to how you feel.

Water

You should attempt to purify and energise your water as much as possible. This is particularly the case if you are using Fulvic acid, as it reacts poorly to chlorine. Ideally you should purchase a portable alkaline water filter and water vortexer or look for a filtration system that can be plumbed into your mains water system in your home. If you have access to a natural spring, and the quality is excellent, then use that source.

Energy Work

Reiki, Quantum Healing (incl. Light Language), Shiatsu massage, Acupuncture.

Mental & Emotional

DBT, CBT, EMDR, Psychotherapy, EFT/Tapping, Hypnotherapy, Regression Therapy, Meditation, Wim Hof Breathing Technique, NLP, art therapy.