

Discovering the Root Cause

We have been told our entire lives that dis-ease is complex and only a person with an extended education can help us get well. Holistic healing understands that advanced degrees are not needed if you address the root cause. When taking the simple approach of "Cleanse and Nourish", you can improve your health and prevent new health concerns from happening.

FOOD SENSITIVITIES

Food sensitivities affect your digestive system. People who suffer from a sensitivity, can't break down certain foods. A food sensitivity can cause many health concerns if not addressed.

Common Experiences

- Mucus upon awakening
- Hives, swelling or shortness of breath after eating
- Abdominal pain
- Diarrhea or constipation
- Headaches or migraines
- Heartburn
- Nausea
- Upset stomach
- Joint/muscle pain or aches

Protocol

- Eat a whole food diet, eliminating common sources of sensitivities (wheat, corn, soy, dairy, rice) for a minimum of 90 days.
- **Optional** Have a food sensitivity test done. This method may not be accurate due to immune challenges in the body.
- Take the appropriate enzymes with meals and on an empty stomach every day.
- When reintroducing the food(s) only eat one at a time for 2-4 weeks to see how the body responds.

ACTIVE SCAR TISSUE

An active scar may be red, raised, firm, and thick. Scar tissue may involve only the superficial skin, or it may involve the deeper tissues beneath the skin, including nerves and tendons. Scars can become overly sensitive and can limit motion or body function.

Common Experiences

- Any and all surgical scars
- Any and all piercings or tattoos
- Inflammation or swelling around scar
- Redness
- Itching
- Throbbing
- Sensitivity to touch
- Reduced range of motion

3 Protocols

- Apply organic wheat germ or sesame seed oil to the scar twice daily for a minimum of 90 days.
- Apply red light therapy to the scar every day for 30-90 days. *This can be used with the protocol above for enhanced results.*
- Mud packing the scar sites.

HEAVY METAL & CHEMICAL TOXICITY

We are exposed to chemicals and heavy metals every day. Unless we have lived a healthy lifestyle, then these toxicities can build up and start manifesting into many health concerns.

Common sources: Tap water (drinking and showering), pharmaceuticals, processed foods, cookware, aluminum cans, dyed clothing or food dyes, makeup, skincare products, personal care products, menstrual products, cleaning products, pipes in homes, tobacco products, and recreational drugs.

Common Experiences

- Unexplained irritability/Sudden anger
- Numbness and tingling in extremities
- Unexplained chronic fatigue
- Insomnia
- Bloating feeling
- Twitching of face and other muscles
- Frequent heartburn
- Excessive itching
- Frequent periods of depression
- Tachycardia
- Unexplained skin rashes
- Metallic taste in mouth
- Frequent ringing or noise in ear
- Frequent leg cramps
- Pain in joints
- Constipation and/or diarrhea
- Difficulty remembering
- Cold hands & feet, in warm weather
- Frequent urination during the night

Protocol

- Eat a whole food diet to support detoxification.
- Have a minimum of one bowel movement with good elimination daily. Provide bowel support if needed. *Optimal is 2-3 bowel movements daily.*
- Do an intestinal cleanse (not a laxative cleanse) to open up the elimination channels.
- Take HP HV_MET tincture, 1-2 droppers full 3 times daily. Must combine this with a bite of apple or 1 ounce of unsweetened apple juice. Use entire bottle.
- Add in a whole food mineral complex daily.
- Repeat as needed to achieve maximum results.

**Follow this cleanse with a parasite cleanse*

ELECTROMAGNETIC STRESS

Many of us sit in front of computers for work, have our mobile phones with us all day, sleep next to an electrical appliance like an alarm clock, a lamp, or our phones and have wireless routers in our homes and offices. Electromagnetic frequency (EMF), or electromagnetic radiation (EMR) emitted from these appliances can disrupt normal cell function and cause a variety of symptoms.

Common Experiences

- Headaches or migraines
- Tennis elbow
- Carpal tunnel syndrome
- Bruises
- Strained muscles
- Arthritis
- Old injuries that won't heal
- Back pain or spinal problems
- Joint/muscle pain or aches

Recommendations

- Carry a multipolar magnet in a shirt or pants pocket, bra on the right side, or in a wallet carried on the body during all waking hours. *Can be placed under the fitted mattress sheet or in pajamas for protection during sleep times.*
- Ground yourself regularly.
- Turn off your router and cell phone at night.
- Wear natural fabrics to reduce static electricity.

IMMUNE SYSTEM CHALLENGES YEAST & PARASITES

Yeast (fungus) and parasite overgrowth are the most common stress seen in the body. These bugs are needed for us to survive but antibiotic use, eating processed foods, and other unhealthy lifestyle habits can cause an overgrowth which manifests into many health concerns and/or dis-eases.

Common Experiences

- Acne
- Adrenal Exhaustion
- Allergies (Airborne/Food)
- Anti-social Behavior
- Asthma/Bronchitis
- Bad Breath/Body Odor
- Bladder/Urinary Infections
- Bone Loss
- Bruise Easily
- Burning Eyes
- Chemical Sensitivity
- Cold/Shaky
- Colds & Flu
- Colitis
- Constipation
- Depression
- Diarrhea
- Dizziness
- Dry Mouth/Eyes
- Dry Skin & Itching
- Endometriosis
- Epstein Barr Virus
- Extreme Mineral Deficiency
- Eyesight Problems
- FATIGUE (Chronic)
- Finger/Toenail Fungus
- Food Cravings
- Frequent Infections
- Gas/Bloating
- Hair Loss
- Hay Fever/Sinus Inflammation
- Headaches/Migraines
- Heartburn
- Heart Irregularities
- Hemorrhoids
- High/Low Blood Sugar
- Hormonal Imbalance
- Hyperactivity
- Indigestion
- Inflammatory Conditions
- Insomnia
- Irritable Bowel Syndrome
- Intestinal Pain
- Iron Deficiency
- Joint Pain
- Lethargic/Laziness
- Lupus-Type Symptoms
- Malabsorption
- Menstrual Problems
- Mood Swings
- Muscle Aches/Degeneration
- No Sex Drive
- Numbness
- Over & Under Weight
- Overall Bad Feeling
- PMS Symptoms
- Poor Memory
- Premature Aging
- Puffy Eyes
- Respiratory Problems
- Skin Hives & Rashes
- Thrush/Gum Receding
- Tingling Sensations
- Ulcers
- Vaginal Yeast Infections



Parasite Protocol

- Eat a yeast elimination diet (Phase One Food Plan)
- Have a minimum of one bowel movement with good elimination daily. Provide bowel support if needed. *Optimal is 2-3 bowel movements daily.*
- Do an intestinal cleanse (not a laxative cleanse) to open up the elimination channels.
- Take HP Paractive, 2-4 capsules or dropperfuls 3 times daily until gone.
- Take CDH Bioflora 1 capsules twice a day until gone.
- Repeat as needed to achieve maximum results.

**Follow this cleanse with a heavy metal cleanse*

***For best results, start this cleanse the week of the full moon.*

Yeast Protocol

- Eat a yeast elimination diet (Phase One Food Plan)
- Have a minimum of one bowel movement with good elimination daily. Provide bowel support if needed. *Optimal is 2-3 bowel movements daily.*
- Do an intestinal cleanse (not a laxative cleanse) to open up the elimination channels.
- Take HP YST RDX, 2-4 capsules or dropperfuls 3 times daily until gone.
- Take CDH Bioflora 1 capsules twice a day until gone.
- May need to repeat 3-4 times to achieve maximum results.

OTHER POSSIBLE ROOT CAUSES

- Chronic viral or bacterial immune challenges in the body. Due to the inability to provide a specific protocol in these cases, best practices would be to eliminate the other stressors in the body to improve the body's natural function in removing these.
- Organ weaknesses from any of the stressors. Do not approach this until the stress has been eliminated or else the organ will not be able to use the support nutrients.
- Structural issues, such as bone misalignment can create stress in the body. Regular chiropractic visits (quarterly) and massage therapy are recommended for prevention.
- Organ removals or permanent damage from surgeries. To learn more about what you can do, watch my video at www.youtube.com/@the_natural_lady/videos
- Emotional trauma or trapped emotions causing weakness in the body. Working through and releasing these emotions will reduce the stress on the weakened tissue it was attached to.
- Lack of proper hydration can cause numerous health issues, especially if hydration has been lacking for a long time.
- The autonomic nervous system not responding as it is designed to. This can only be discovered using nutritional kinesiology or with certain HRV systems. Most times, addressing the stressors discussed in this handout can reset the ANS system.

The protocols found in this handout are not available for purchase online. Contact us if you would like to order or visit our online dispensary for different recommended cleanses.

Get your high quality supplements at our online dispensary
<https://us.fullscript.com/welcome/livingwithelevation>

