



Global Nurture Project

THE EVOLUTION OF MEDICINE

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Global Nurture Project Acceptance, Evaluation, and Protocols

Client Name: Kelly R.

Primary Acceptance Questionnaire

Can the Global Nurture Project help this person? Yes

Does this person want to be helped and is he or she willing? Yes

Does this person trust the process? Yes

Does this person benefit more from micro dosing or a flood dose (ceremony)?
Ceremony

Personalized Intuitive Evaluation

Physical:

Emotional stress causes UTI. Immune system is weak and not able to flush out the bacterias. Body is holding on to something. It is difficult to let go. There is a bacterial focus that gets infected over and over again. Antibiotics wont help for long term because infection got used to it. Antibiotics make body weaker and so it has less energy to heal. Body is ready to receive a child after the iboga ceremony. Body is still very young so there is no rush for a pregnancy. UTI can be treated with chinese medicine during pregnancy. Make sure you don't take Antibiotics at least three months before getting pregnant.

Emotional and mental:

Person feels a lot of personal pressure and has high expectations to herself and people around her (especially husband). Has fix plans in her head and wants to follow them. Has some difficulties and accepting situations in how they are and is not free to follow the flow. Can be stubborn if she wants to manifest something. Also wants to be able to control the flow. The result of it is overthinking and doubts. Doesn't trust her inner voice. Birth of child was supportive for depression, to be a mother is very helpful and gives her a deeper purpose of life. Children can be fulfilling and can also bring life into a relationship. Should consider her situation how it is without another baby and make sure that a child is not solving a situation for long term. Will never be able to heal husbands anger unless he is willing to do this on his own. Rituals for that can be manipulative (Meditation to heal people ->Healing Modalities). His anger can also be expressed through sexuality. Not honoring and loving sex can be a reason for UTI. Or UTI is a reason not to have sex if it is not nourishing for person. It is like a boundary that is set for protection. UTI is also insecurity and anxiety that is located in the root chakra.

Iboga Dosage: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 19 20

Notes:

Optimal Health Protocol

The following optimal health protocol offers suggestions on how you can improve your wellbeing on five main aspects. We invite you to listen to your inner feelings while reading the protocol and following through on any suggestions that feel absolutely right for you. These suggestions have been selected using our unique, Kinesiology based methods to best support your current situation. These are also not exclusive. Some things might not be included in this protocol yet that does not

mean they are not good for the optimization of your health. It simply means that they did not come up specifically for your current state of mind/health that we have conducted for your optimal health protocol.

- **Nutrition**

- Food that is particularly and specifically beneficial to your body:
Eats very healthy!
- Food that is not currently ideal for your body's health and wellbeing:
Smoking cannabis 4-5 times a week.

- **Supplements**

These are suggestions, not prescriptions. They will be selected from an extensive list of world renowned supplements in accordance with maximizing your body's health. We invite you to listen to your inner feelings while going through the list of supplements as well.

- In addition to the supplements the person already takes:
 - Chlorella: This is a blue algae that detoxifies the body, acts as a chelator (attaches itself to the body's toxins and carries them out of the body), increases good bacteria in the stomach, and is rich in minerals like magnesium. Dosage is 3 times a day 2 capsules.
 - Curcumin: This active ingredient in the spice turmeric not only protects you from cancer and heart disease but has also been shown to relieve the pain and inflammation associated with healing from surgery and arthritis. Research has also shown that it can significantly reduce cartilage destruction by inhibiting chemicals that instigate inflammation in the body.
 - Digestive Enzymes: Enzymes are proteins that act as catalysts, enabling metabolic processes to occur at lightning speed. They also break down the macronutrients-protein, carbs, and fat. Of major importance to the bodybuilder are the protease enzymes that break down protein. Research shows they can also help accelerate muscle recovery after workouts as well as reduce swelling and speed the healing of certain injuries. Choose an enzyme formula that contains

some or all of the following: trypsin, chymotrypsin, pepsin, pancreatic enzymes, bromelain and papain.

DOSAGE: 250-500mg 15 minutes before meals

Echinacea: Well known for its immunoprotective properties, this herb has been shown to offer some defense against colds and the flu and can be used to protect the immune system from the stress caused by heavy training. It may also boost the appetite, which can be critical in mass-gaining phases. Some research even suggests that echinacea increases production of oxygen-carrying red blood cells, which could enhance endurance. Look for products that contain Echinacea purpurea standardized to 4% sesquiterpene esters, or Echinacea angustifolia standardized to 4% echinacosides.

Flaxseed or Fishoil (Omega 3): Fish oil contains the essential omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These fatty acids appear to reduce the risk of heart disease and stroke, as well as prevent muscle breakdown, enhance joint healing, improve brain function, and help achieve greater fat loss. Flaxseed oil is an excellent source of alpha-linolenic acid, which the body can convert to the omega-3 fatty acids EPA and DHA (see "Fish Oil"), and it has potent anti-inflammatory properties. If on a low-fat diet, men should limit the amount of flaxseed oil consumed to 30g per day; when combined with a diet low in fat, it has been shown to reduce testosterone in men by 15% within 30 days.

DOSAGE: 1-3g with meals two or three times per day.

Soy Protein: Soy protein is a fairly fast-digesting protein that is rich in the NO-boosting amino acid arginine. It also provides antioxidants that have been shown to enhance muscle recovery following workouts. Moreover, one study found that soy increased GH levels by more than 200%. If you're worried that soy protein lowers testosterone and raises estrogen levels, don't be. A fairly recent analysis of all the studies on the effects of soy on testosterone and estrogen in men confirmed that soy does not lower testosterone or raise estrogen levels in men.

- **Physical Activity**

- These physical activities will be known to have the most beneficial effect on your body, mind, and spirit. You can participate in them for as long or as rigorously as you'd like but it's best to listen to your body and to not overdo any activity.
- All type of sports outside in nature
 - Swimming
 - Hiking
 - exploring nature

- **Healing Modalities**

For Sexuality UTI: Is the problem about sexuality in general? Sexuality is not the penetration act itself, it contains much more. It needs practice to live honoring and nourishing intimacy which is the main part of sexuality. How to touch someone or how to kiss someone or how to look in someones eyes is the depth of sex. Is it loving, conscious and is the touch an expression of presence? Women are there to guide men with their needs. Expressing wishes how to be touched or what is needed for this moment is very important.

Recommended books about conscious sex: Diana Richardson "tantric orgasm for women", "slow sex"

Retreats with Shakti Malan

Anger of husband: You cant heal your husband, but he can heal himself. If you are not happy in your relationship it's time to talk about that. It's important to express what you need for your feelings and also for your body. If you are afraid of his anger also let him know.

TCM: Traditional Chinese medicine is a style of traditional medicine informed by modern medicine but built on a foundation of more than 2,500 years of Chinese medical practice that includes various forms of herbal medicine, acupuncture, massage (tui na), exercise (qigong), and dietary therapy. It is primarily used as a complementary alternative medicine

approach. TCM is widely used in China and is becoming increasingly available in Europe and North America.

Teatree oil: Tea tree oil has proven antibacterial properties, according to the January 2006 summary of research in "Clinical Microbiology Reviews." Tea tree oil displays efficacy against antibiotic-resistant bacteria, gaining much interest in its potential use as an alternative treatment to antibiotics.

According to the summary of research, tea tree oil vapors inhibit bacteria including Mycobacterium avium ATCC 4676, E. coli, Haemophilus influenzae, Streptococcus pyogenes and Streptococcus pneumoniae. The inhibition of E. coli is of interest, given that this is notably the most common bacteria to cause bladder infections.

Probiotics uvula: Acidophilus or probiotics uvulas should be used for internal treatment of vagina. Daily!

- **Environment**

Spend time with friends

Reading books

Spend time in nature

Retreats!!

- **How many days of recommended healing with GNP**

Can't be answered in this case. Depends on person's growth and insights.