



Global Nurture Project

THE EVOLUTION OF MEDICINE

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Global Nurture Project Acceptance, Evaluation, and Protocols

Client Name: Christine S.

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)? Micro dosing

Personalized Intuitive Evaluation

Physical:

Possessive thoughts. Is thinking of her imperfection all day long. How to optimize herself. Uses a lot of energy for this. Doesn't feel recovered in the morning because takes these thoughts in her sleep. Non-stop work for her nervous system even lives in a calm and supportive environment. Nervous system doesn't feel protected. Stress causes low immune system and an imbalance in her acid-base equilibrium. Very much vulnerable for infections. Doesn't get enough hydration. Very close to burn-out symptoms. Physical symptoms bring more stress up. So they get worse. Hormones are in an imbalance because of stress and anxieties. Infections are taking over, depression and frustration get worse. Stress comes up more overthinking comes up more.

Nutrition rules-> Make your immune system stronger-> cleanse intestinal-> cultivate good bacterias

Emotional:

Is emotionally stable and has a very strong mind and will. Actually knows where to go and what to do. Is looking for an independent life and still wants to be supported and in a healthy relationship. Co-dependency on an abusive relationship. Connects love with abuse. A traumatic experience part disconnected heart with sacral/root chakra. So sexuality and feelings don't come together. Tries to control feelings and intimacy in a relationship with a man and of course with herself. Come close, but don't come too close because I don't want to have the same pain again. Relationship is stuck in the root, based on desire and possession. Wants to be free from it but still connects this feeling with security and love because she is used to it. Believes that she has to manage life anyway alone in the end. Emotional "stuff" is in her genitals. Doesn't feel enough to be deeply loved. This causes a lot of insecurity. Doesn't believe in her power so is open for manipulative energies that take her power away. But in the end it's the manipulation of herself. Tries to control everything and tries to be and to do everything perfect. To be perfect is not possible so the result is depression and frustration. Rejects her feminine power. Wants to impress with attraction and not with inner power. Tries to control her life and its situation but in the end the situation controls her.

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

Notes: Iboga is able to help with anxieties and stress symptoms. So immune system will be able to bring balance in physical health again.

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:
In the morning a warm glass of water with a spoon of organic raw apple vinegar. Wait 20min until breakfast. Eat 75% uncooked food. Fruits that are not too sweet. Don't eat fruits with other meal. All type of vegetables with low carbohydrates (if possible don't cook them).
- Lots of green vegetables and shoots (Salad), nuts and cereals without gluten. Lots of garlic (if possible uncooked), beans, herbs (Parsley, fennel, basil, coriander, thyme, oregano and mint)
- Wheatgrass, aloe vera juice
- Low fat chicken and fish
- Water (2l) or herbtea if you want with some lemon. Absolutely no sugar!

- Food that is not currently ideal for your body's health and wellbeing:
All type of sugar are absolutely not recommended! Same as white rice, sweet fruits, pasta except potatoes and maiz. Only one fruit in a day is recommended.
All type of cowmilk products.
No alcohol, no coffee, no red meat, no vinegar (except apple)
no eggwhite no gluten and no oils (except coconut and olive oil)
No products with yeast.

- **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.

- Omega 3 from plants for hormones
- Coconutoil (3spoons every day) also for local treatment

- Put high quality honey for 5 min on infection
- Take a bath with apple vinegar (5dl on a full bath or 1,5dl on a sitting bath)
- Garlic for infection (eat or use it for local treatment). Cut in a few slices and leave it for 12h. Remove and put another one until symptoms are gone. (Garlic removes all type of yeast. Fungus can get used to western medicine but not to garlic.) Garlic also removes emotional pain that doesn't belong to you.
- Put every day acidophilus (if fungal infection is vaginal) and eat acidophilus and probiotics.
- Chlorella or spirulina: removes bacterias or fungus.
- (jod, purple gentian extract, boric acid, chickweed, hydrogen peroxide)
- Ginger
- Vitamine B12 for nervous system
- Herbal tea to calm down before sleep
- Rosemary oil in the morning on feet

- **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.
 - Swimming, Hiking, spend time in nature and water. Yoga and surf. Also connect with earth to bring energy from head into feet. Dance to bring yourself in the moment!

- **Healing Modalities**
 - Lymph drainage massage.
 - Reiki massage
 - Massage with essential oils.
 - Breathwork

- Rosemary essential oil. Use in shampoo and what ever is possible. But some on a small towel and wash yourself with it. Also put some underneath your feet when you wake up in the morning:

Benefits of Rosemary:

Balance androgen and estrogen in the body (very important for you!!)

Lower DHT (dihydroxytestosterone) improving hair growth and prostate health

Reduce cancer risk

Increase nerve growth factor healing nerve tissue

(Don't use Rosemary before you go sleep!)

- Use PH-neutral soap and shampoo. Never use soap for genitals (just water).
- Just use cotton underwear. Cook it in boiling water for 10 min before you wash them. Wash bed and towels with disinfection soap. Wash body well after sexual contact.

- **Environment**

Everything that brings you back in the moment! Dance, paint, write down feelings, spend time with friends.

Listen to guided meditation or watch youtube videos about Eckhart Tolle or Mooji. Eckhart Tolle books are highly recommended for you.

Bring a lot of sacred objects in your house and room.