



Global Nurture Project

THE EVOLUTION OF MEDICINE

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Global Nurture Project Acceptance, Evaluation, and Protocols

Client Name: Markus 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, absolutely.

Does this person benefit more from micro dosing or a ceremony? Ceremony

Personalized Intuitive Evaluation

Physical: C-Reactive seems high and Immune system low (Thymus). Tension around sinuses, forehead, ears (linked to earbuzz), jaw and upperback/shoulders, more like a nervous tension (like on a high volt. electric line). Adrenals are drained. Small intestine is working hard and is stressed, tendency of colics/pain in big intestine. All of this seems to be related to the presence of a toxin in the body, more specifically from neurotoxic shellfish poisoning (eating fish affected by red tide). Emotional stress lowered the immune system at some point, which makes him more vulnerable to the toxin. This lowers his immune system even more and makes him vulnerable to herpes, EBV, dengue, and any intrusive bacteria or disease. Intestines got overwhelmed, adrenals are exhausted from overworking, and muscles, joints

and nerves are in this constant state of tension and resistance, which creates frustration, inflammation, fatigue, and depression.

Emotional: Feeling pressured, feeling like he has a lot on his shoulders and weight on his back (would like to alleviate himself of this). It appears that he refuses to be sick and that it's bringing him down. This is creating a vicious chain of events; the more he gets frustrated about his condition, the more pain, fatigue, and inflammation kicks in. He's tired of this state of resistance yet he feels that he has to fight the disease. His frustration and pain is intensified by the thought that he has no right to complain because other people are much worse off in the world. He refuses to stop and listen to his body because of a belief that he has to keep moving and "perform," otherwise he'll judge himself as weak and not good enough. He tends to have high expectations of himself and he pushes himself beyond his limits. Consistently concerned about what a "good" person should be doing. Got exhausted from needing to prove himself. He seems to experience an inner conflict (between heart and mind). Similar to if he's willing to curtail his freedom to accommodate others yet he can no longer do it.

Iboga Dosage: 1 2 3 4 5 6 7 8 9 10 12 13 **(14)** 15 16 17 18 19 20

Notes: His experience might be more physical than spiritual. However, it might be interesting for him to ask himself what he truly wants and how he can attain it without putting so much pressure on himself. Maybe that would be a good opportunity to have more clarity.

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:
 - Acai berries, apples and apple cider vinegar, arugula, avocado, beans, celery, cilantro, cinnamon (cassia is ideal), coconut, cucumber, green tea, guava, kale, ketut, lettuce, lime, mango, melon, mint, moringa seeds, nuts, papaya, spinach, turmeric, watercress, watermelon, wheatgrass, and zucchini.
 - At least 3-3.5 liters of water each day.
- Food that is not currently ideal for your body's health and wellbeing:
 - Beef (bovine proteins), black pepper, cayenne pepper, chilies, corn (including corn tortillas and corn oil), dairy (cream, cheese, milk, ice cream), eggs, fish, mushrooms, pineapple (along with other really acidic fruits), sesame seeds or sesame seed oil, soy sauce, and wheat.
- Upon Request:
 - Weed, organic chocolate, and coffee seems to be fine.

- **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.

- Adenosine Triphosphate (ATP)
 - ATP is a chemical naturally present in human cells. The chemical supports the level of physical energy and helps with the restoration of the nervous system. Dosage depends on the brand.
- Adrenal Extract (cortex, from pigs ideally instead of cows)

- This supports low adrenal function, fatigue, stress, and resistance to illness. Dosage depends on the brand – normally 1 capsule each day.
- Ashwagandha (Indian ginseng)
 - This is an “adaptogen” plant that is used to help the body deal with daily stress and is used as a general tonic. Dosage is 1 capsule in the morning, 1 capsule at night.
- Astragalus
 - This is a general tonic that regulates the immune system and protects the liver. Dosage is 1 capsule in the morning, 1 capsule at night.
- 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 2-4 capsules in the morning with plenty of water and on an empty stomach.
- Coenzyme Q10
 - This is a vitamin like substance found throughout the body which increases the body’s physical tolerance and energy. Dosage depends on the brand.
- Jujube
 - This is a fruit that is used to improve muscular strength and also as an adrenal tonic. It helps with stress, depression, and anxiety.
- NAC
 - This is an amino acid that supports the liver in detoxification, supports the immune system, and also supports cardiovascular health. Dosage depends on the brand.
- Pau D’Arco (Taheebo or pink trumpet tree)
 - This is a Costa Rican bark that is a powerful tonic for the immune system. It is taken as a cup of tea twice a day (boil in water for at least 15 minutes).
- Velvet Antler

- Used to boost strength and endurance, supports the immune system, counters the effects of stress, and promotes a rapid recovery from illness. Dosage is 1 capsule a day.

- **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.
 - Hiking in nature
 - Tennis (non-competitive)
 - Snorkeling

- **Healing Modalities**
 - Colonics (between 3 and 5 sessions with one week intervals).
 - Sweat lodge/sauna/steam room (once or twice).
 - Cranial sacral therapy (around 3 sessions to notice the benefits).
 - Nutrition counseling
 - Might be helpful to seek alternatives to your habitual meals since some Costa Rican ingredients might not be suitable for now (i.e. eggs, chilies, corn, fish, etc.).
 - Bach flowers (oak, olive, rock water)
 - Oak "is the remedy for strong, steady people who never give up under adversity. They plough on with determination and never consider resting until they are past the point of exhaustion."
 - Olive "is the remedy for tiredness and exhaustion after an effort of some kind such as hard physical or mental labor or the long struggle against illness."
 - Rock water "is the remedy for people who take self-repression and self-denial to extremes."
 - Dosage is 4 drops of each in a glass of water. As Bach flower works with vibration and frequencies, you can just add water in your glass throughout the day.

- **Environment**

- Music

- Your body seems responsive to the vibration of music. Choose the music according to your mood (whatever music you like). Rock seems uplifting to you at this moment. Mantras and meditative music is good when a peaceful moment is needed.
 - There is no good or bad music. Any kind of music that feels good to you and uplifts your mood in the moment is what's right.

- Clean water

- Drink lots of pure spring water and bathe in spring water if possible (clean waterfalls and rivers).

- Essential oils and or incense

- Sandalwood and peppermint seems to be uplifting for you at the moment. You can use sandalwood in an essential oil form (a few drops on your pillow or sheets for the evening) or the incense in your room. You can drink peppermint tea or use essential oil drops on your forehead and or temples.