

# Be Your Own Healer Reference Sheet

- Put your hands on the sides of your head with your thumbs pointing down right in front of your ears and deep breathe to bring body into balance
- MINDSET:**
  - Pray
  - Meditate, follow your instincts.
  - Change your mindset. Healing happens in the mind first.
- FOODS:**
  - Use alternative “sick foods”:
    - Chicken Noodle Soup
    - Rice Soup
    - Root Soup
    - Purees (Applesauce)
    - Mint Tea
    - Ginger Tea
    - Smoothies
  - Cut back the sugar & dairy
  - Eat pure, raw oils (coconut, olive, from nuts, nut milks, etc)
- TINCTURES:**
  - [Immune Shield Syrup](#)
  - [Herbal Defense Tincture](#)
  - [Parasite Relief Tincture](#) (which is also great for viruses)
- HERBS:**
  - Any herbal tea containing echinacea, mint, or chamomile
  - Fire Cider or Fire Brew
- SUPPLEMENTS:**
  - Vitamin C from whole foods
  - Vitamin E - essential fatty acids plus good oils
  - Vitamin D - sunshine is best, supplement if you must
  - Zinc
  - Grapefruit Seed Extract
- ESSENTIAL OILS:**
  - Immune Support Blend Essential Oils (diffuse & rub on feet)
    - “Foot, foot, neck, neck, breath 10 times deep through your nose”
- ACUPRESSURE:**
  - Thymus bump. It’s the flat bone in the middle of your chest. Pound it like Tarzan.
- MOVEMENT:**
  - Give yourself permission to rest
  - Rebound gently to flush lymphs

