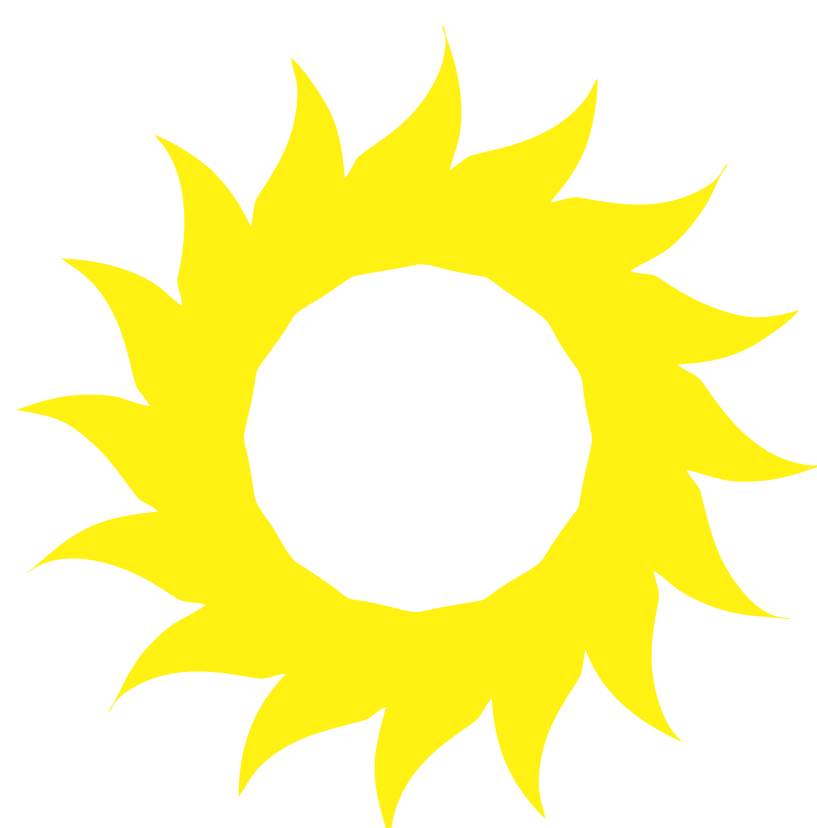
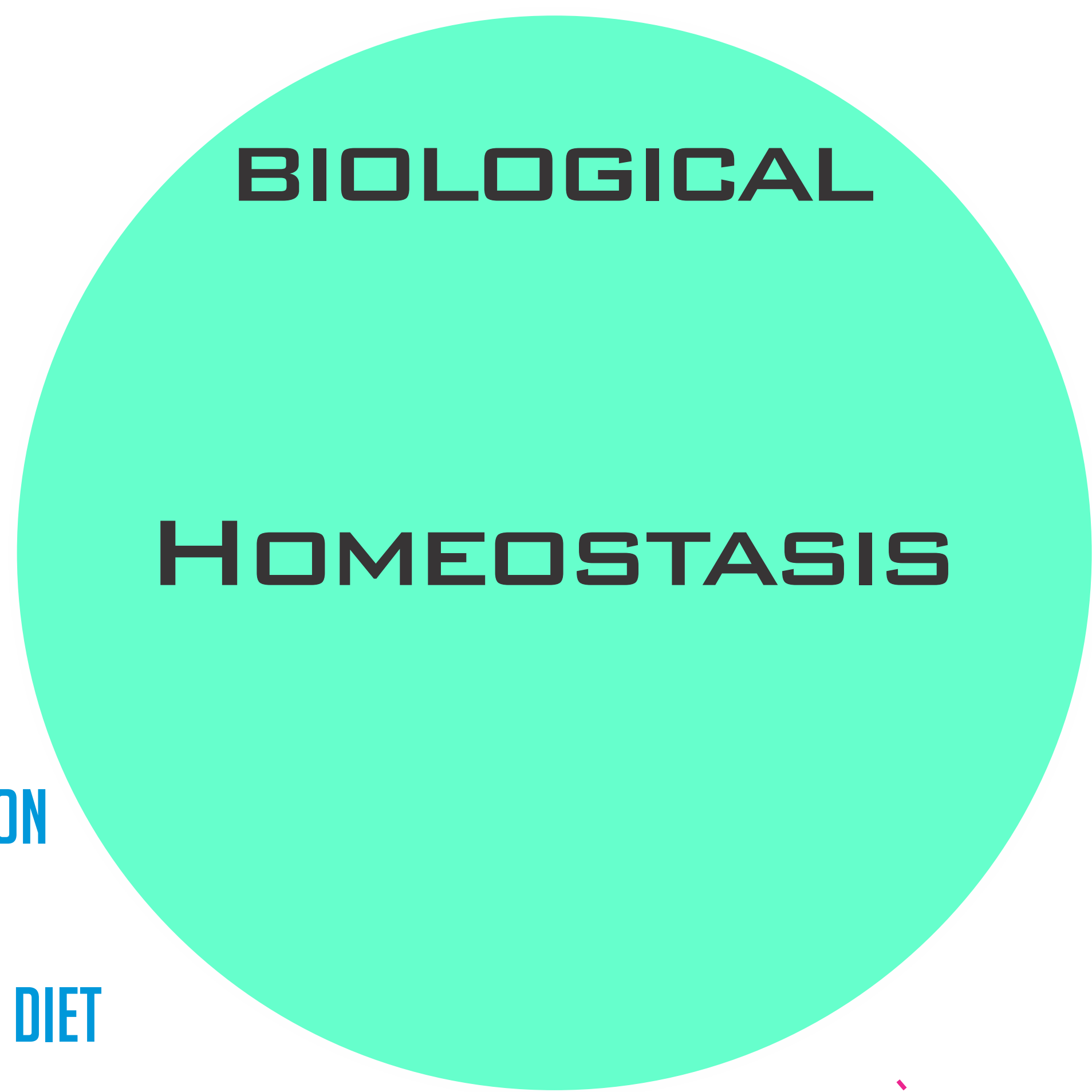


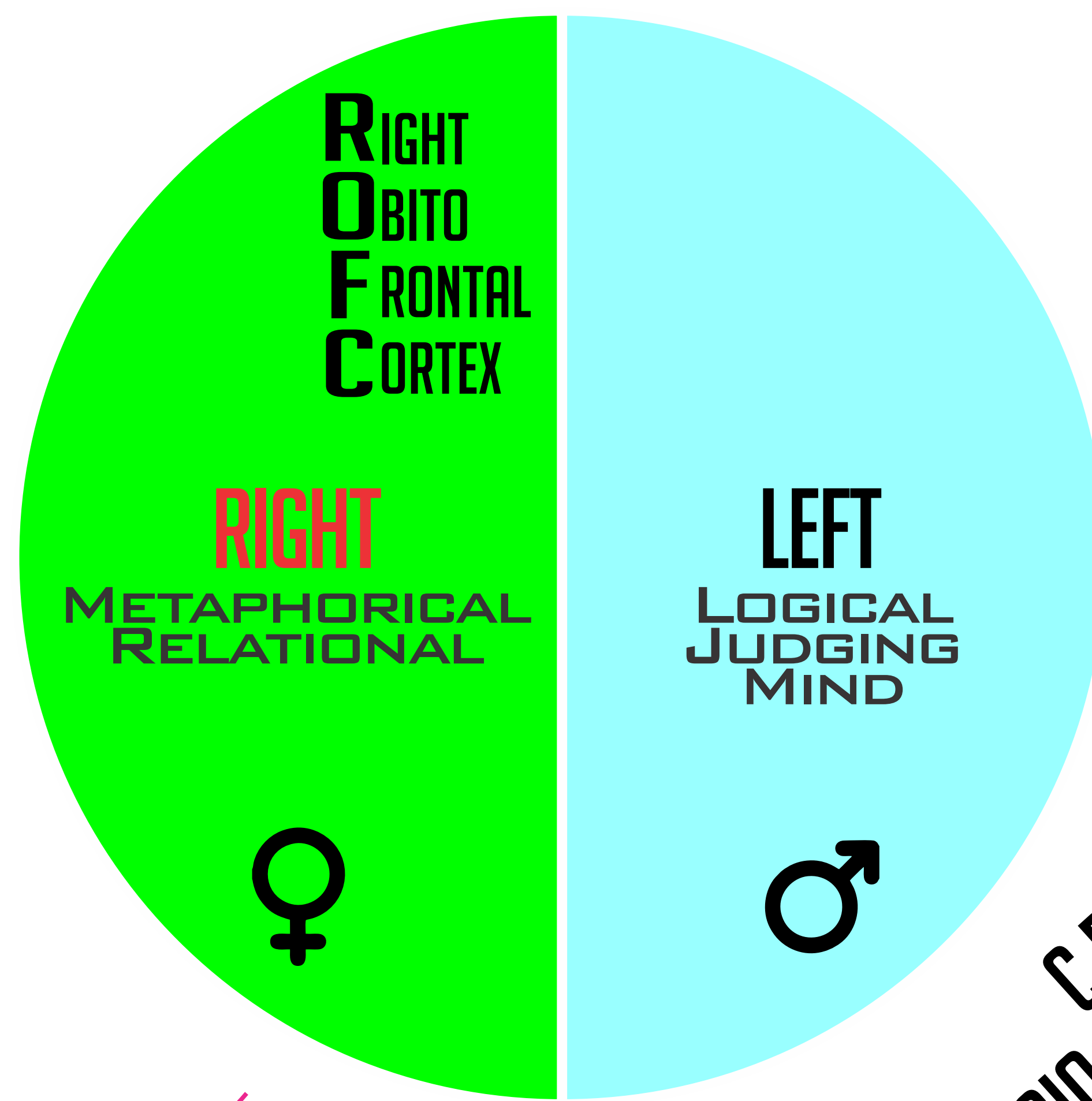
RESTORATION BODY MIND SPIRIT



WATER
OXYGEN
MEDITATION
ALKALINE DIET
NUTRITIONAL SUPPLEMENTS
 VitADEK, BC

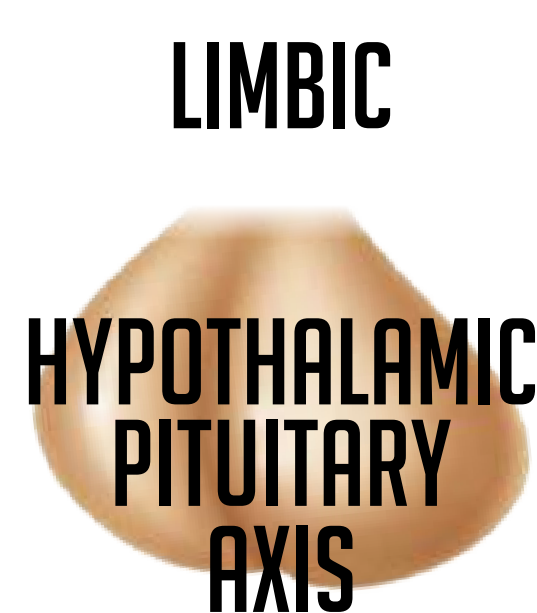


GOOD
ENOUGH
MOTHERING



COMPARE
 CONTRAST
 CRITICIZE
 CONDEMN

C.B.T.
 SOCIO-COGNITIVE



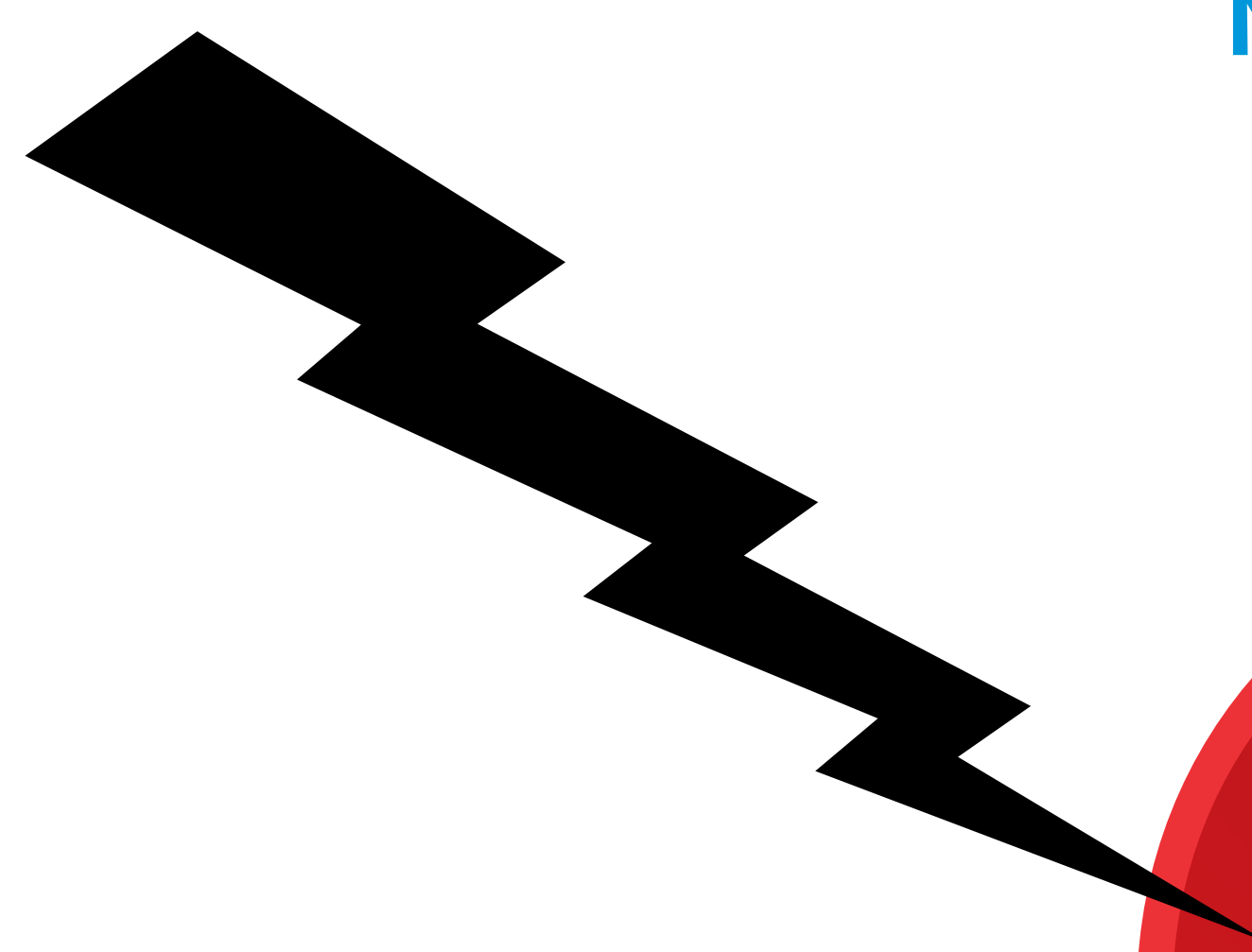
'I-THOU'

- DEFICIENCY - O²
 - B¹²
 - Iodine
 TOXICITY - Pb
 - Hg, Al
 IATROGENIC - SSRI
 ANTIBIOTICS
 NOCEBO

X POLYVAGAL

TRAUMA

SHAME
 FEAR
 GRIEF



HRV VARIABILITY

BIOFEEDBACK



ADDICTION

FOOD
 MONEY
 POWER
 SEX
 CONVICTION

FOR**G**I**V**EN**S**S

ANGER
 DEPRESSION

FELDENKRAIS
 GESTALT
 HYPNOSIS

UBUNTU
 "HERD COMMUNITY"

INTERRUPTED
 REACHING OUT



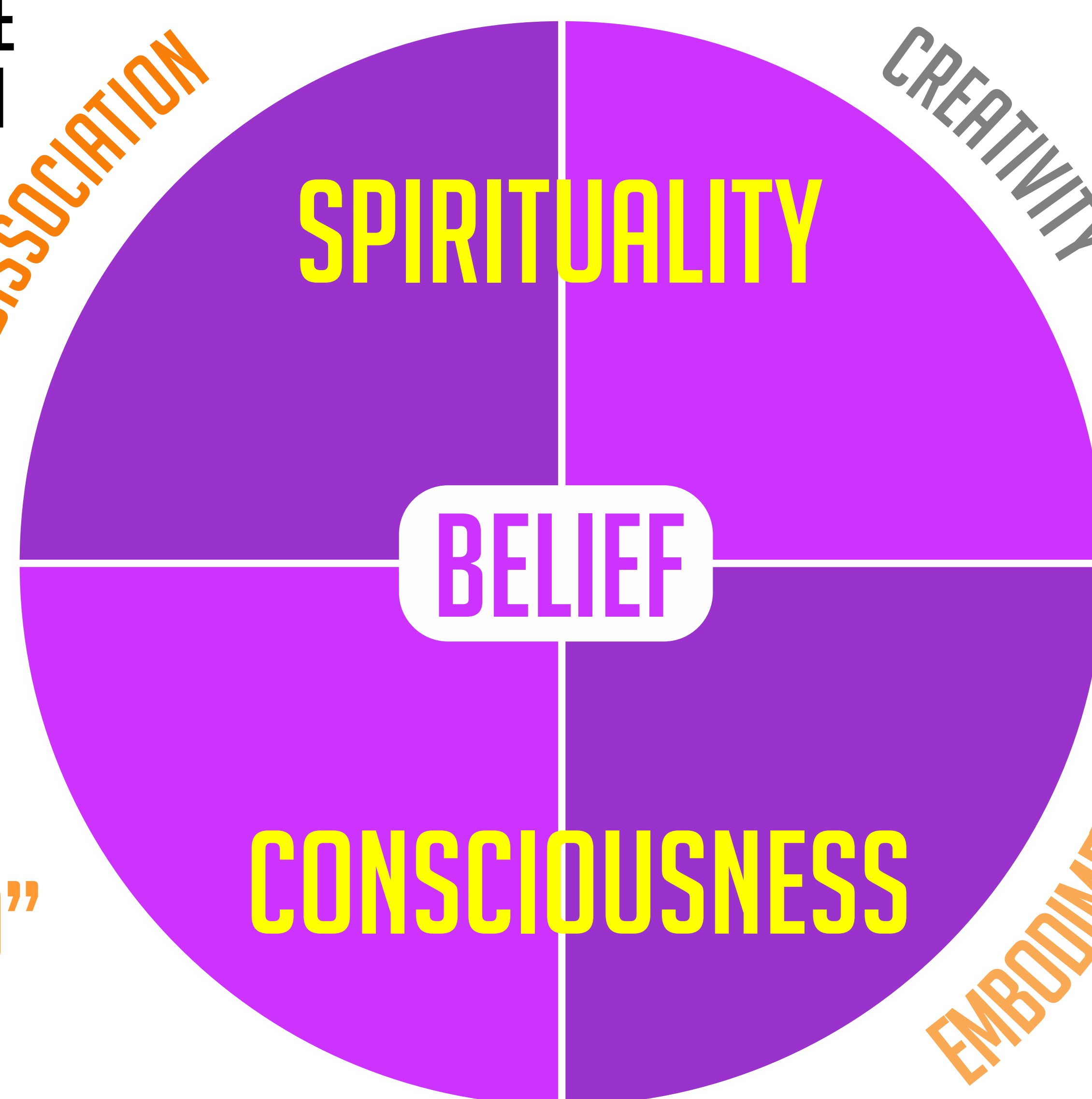
MICROBIOME
 GUT - BRAIN

INDESTRUCTIBLE ENERGY

DISSOCIATION

TIMELESS
 COLLECTIVE
 UNCONCIOUS

"THE
 ROYAL ROAD"



SELF
 AWARENESS
 PRESENT TIME

WOLFGANG PAULI

EMBODIMENT

GROUNDED PROCESS
 'HERE AND NOW'



BALANCE

ORDER

WHOLENESS