

ISSUE II August/November 2024

RESTORE. FLOURISH. THRIVE.

MAGAZINE

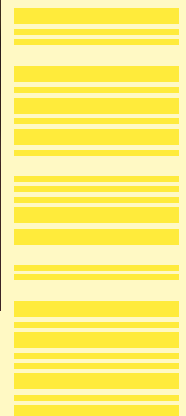
YOUR JOURNEY TO REJUVENATION



**PRIORITIZE
WELLNESS**

**FOR A
SUCCESSFUL
JOURNEY**

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Dear Readers,

Welcome to a journey of renewal and resilience!

In these pages, you'll discover the tools to transform stress into strength, turning challenges into opportunities for growth.

Together, we'll explore pathways to peace, clarity, and a life lived with purpose and vitality.

Embrace this moment as the beginning of your stress-free revolution —because you deserve to thrive, not merely survive.

— Mariya

Transform Perform Holistic Centre

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BAD STRESS VS. GOOD STRESS!

EXERCISE is a perfect example of how positive acute stress can benefit the immune system.

If you exercise moderately for thirty to sixty minutes, there will be significant increases in your body of circulating immunoglobulins, neutrophils, NK cells, cytotoxic T cells, and macrophages. This level of exercise is key for honing our immune function for things like improved surveillance of cancer cells and decreasing inflammation' over time, not to mention the cardiovascular, metabolic, and mood-enhancing effects that exercise has on our bodies.



Bad stress is a completely different ball of wax, and even low-level DAILY UNRELENTING STRESS has deleterious effects 24/7.

This is a problem because many of us lack a good work-life balance. Chronic stress is linked to higher likelihood of metabolic syndrome, characterized by obesity, high blood pressure, insulin resistance, and high triglycerides.

As we know, all of this ups your risk for heart attacks, diabetes, and strokes - the major reasons for death statistically.

Even stress early in life, both psychological and physical, can leave an imprint on our immune system. Adverse childhood events impact health later in life by changing how our immune system responds to stress in adulthood.

In conclusion:

We can't say stress is all "bad," because in certain situations it's adaptive, necessary, and even positive. It all comes down to the chronicity, timing, and intensity of the stressor.

And the way our brain perceives stress can change our biologic response.

Some of us are genetically wired to withstand and deal with stress better, but it's a skill that the rest of us can hone with practice. How? By working to build resilience, which is really the ability to adapt well when facing challenges, adversity, trauma, and tragedy.



Stanford psychologist Kelly McGonigal writes in her book. The Upside of Stress that people who see stress as a challenge and just part of life fare better healthwise than those who fear and avoid stress.

Better resilience is attainable for all of us, and there are many ways to build resilience as well as manage your body's reactions to stressful events.

Here comes the role of practitioners like myself who help you create your own habits and life style practices which, if incorporated over time, will enhance your resilience. In addition, there is a myriad of natural ingredients that I can recommend that will help you eliminate the stress attacks on your brain and subsequently your immune system .

So while none of us can avoid all forms of negative stress, we have a lot more control over them than you've been led to believe!

Let's handle that together!





A Stress Reliever ...

MONITOR YOUR THOUGHTS

Cognitive behavioural therapy (CBT) is a method used by psychologists and mental health professionals to help with anxiety, depression, addiction, and many other mental health and even physical health issues.

And here's a secret: You don't need to see a therapist to take advantage of CBT. In fact, you can use it on yourself to help manage your responses to stressful events.

We tend to be wired to have a knee-jerk reaction to stressors; this response can be so automatic that our rational brain doesn't have a chance to actually process what's going on.

For example:

1. Do you always honk your horn and curse when someone cuts you off on the road?
2. Does your mind always go to the worst-case scenario when your phone rings?
3. Do you assume someone is mad at you if they don't smile or say hello?

If you answered YES to any or all of these questions, you're not alone.

There's a useful CBT exercise called the Think-Feel-Act Cycle that can halt these knee-jerk reactions and allow us to think about our emotions and feelings before acting.



Here's how to try it out:

The next time you feel an emotion in your body such as fear, worry, or anger, trace it back to the original thought you had in your brain. Maybe it's "I gave a bad presentation and I'm going to be fired" or "People will always let you down."

Then,

really think about where that thought came from, and more important, ask yourself if it's really true. Frequently, you find that it's not true at all. This may seem like a small change, but this exercise can transform your feelings about the situation and, therefore, your reaction to it as well.

Over time, you'll feel more in control, more positive, happier, and less at the mercy of the stressful events around you.



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A CASE STUDY: HEALING FROM WITHIN: A HOLISTIC APPROACH TO BOWEL INCONTINENCE

Transforming Lives through Personalized Care and Commitment



Sometimes life challenges us to show that anything is possible.

I had an appointment with a lovely woman, a potential client in her 60s. She reached out to me because, for the last six years, her health had been declining. Among the usual problems that women face as they approach retirement — thyroid issues, osteoporosis, some falls, neck degeneration, a lower back fracture, and bilateral carpal tunnel syndrome. — she also shared her deepest and most embarrassing pain: bowel incontinence.

This took me by surprise! It was something I had never worked with before. I had successfully helped resolve urine escapes and incontinence, but bowel incontinence... I had not come across anyone at such a young age having this issue.

When I researched this new case, I discovered that 2% of women in North America experience it—over 6 million women! And the number is increasing.

Empowering Women to Reclaim Their Lives and Confidence

These are women who find themselves avoiding socializing, whose primary goal is to always stay close to a washroom.

Women who silently suffer every day, probably asking themselves "Why me?" every moment their thoughts allow them too. My heart went out to this lady, after her relaying to me how this condition impacted her life, I felt an immediate need to help in any way possible.

I promised improvements, but how much and how fast depends on so many variables and differs for each individual. These questions are impossible to answer with any accuracy

Usually, when I get to know the client, their condition(s), and their history, I have an idea of how quickly we can achieve our goal — if they fully commit to following the protocol precisely. Bearing in mind the protocol is a dynamic procedure that is adjusted as the client progresses and how their condition responds.



What is bowel/fecal incontinence? It is "leakage of stool or gas that can't be controlled, urgency to have a bowel movement, and decreased awareness of the need to have a bowel movement or pass gas." Simply put, it means "you are not able to hold your stool until you get to a toilet."

Try to put yourself in this position and imagine the mental discomfort of wearing a diaper. The anxiety of having an accident, perhaps limited access to a washroom at a social event or even someone's home. The stress alone of this situation would negate any pleasure that you might derive from being with friends, at a concert or celebration. Can you possibly comprehend how you would feel and cope with this issue?

My heart ached when I tried to put myself in my client's shoes.

Despite all my training, experience and success I had that moment of fear that I might not be able to help this case settled in my chest for a while. What made me feel most insecure was that my client's mother also had this condition. Despite my typical resistance to the phrase "it is hereditary", I know that some conditions are so deeply rooted that little can be done to heal them, or it would take many years of 100% dedication.

Positive beliefs and faith in the body's strength are one thing; the practical realization of a dream is often an immense challenge.

Once my emotions settled, my first stop was to update myself on the latest research on this condition since my inauguration into holistic health care. I also reached out to medical specialists in this field to confirm the protocol I intended to implement, to leave no stone unturned.

I sat down to finalize my recovery plan for my client. Writing a comprehensive plan and protocol prescribing a recommended diet, exercises, and health techniques to assist the bodies integrated systems on a path to recovery and optimum health is a very demanding task, as every client has unique needs that must be considered.

These needs must be addressed individually and with care, a change in any one of the body's systems will affect or impact the other body's system to some degree.

Fecal incontinence was occurring, on average, every two weeks. My first task was to learn more about the mother-daughter relationship and understand why the daughter expected to be like her mother. This is a significant psychological roadblock to success. Then I had to guide the client to find her base nutrition, which we would build on later, and finally, address the movement factor and herbal support.

The lumbo-pelvic-hip core complex consists of musculoskeletal structures that stabilize the spine and pelvis. These structures move in over 22 axes. This area of our body is where life starts and where it begins to deteriorate due to dehydration and major misalignment or disease.

The solution is to concentrate on the lumbo-pelvic-hip mobilization,

specific lifestyle changes that will work for her needs, and vigilant attention to her physical and mental progress. Listening to every detail she relays to me and responding appropriately and immediately is essential to fine tune the protocol to obtain optimal progress.

For the 3.5 months working together we have achieved 3 months without a bowel incontinence accident and no falls at all!

I can't wait to see my client take the next step towards robust health. As a team, we have big dreams and great potential.

IS SALT BAD FOR YOU?



Have you ever heard that salt puts up our blood pressure which is a major factor when it comes to stroke, heart failure, and heart attack?

Have you read that salt also puts you at risk of being overweight or obese?

Unfortunately none of the authors describing the above explains what salt was.

Here is a simple chart that shows the differences between Table Salt and Sea Salt.

Land mind salt from Utah, for example, contains 98% sodium chloride and the remaining 2% is composed of iron, calcium and

smaller amounts of aluminum and strontium. Sodium chloride table salt is highly concentrated, denatured, and toxic to you.

Natural Sea Salt is far superior to chemically-treated iodized table salts.

Celtic Sea Salt, for example, offers over 80 trace minerals when consumed.

Celtic Sea Salt is a mineral-rich natural salt hand-harvested by salt farmers in Brittany, France.

Sea water contains natural trace minerals such as ionized sodium, magnesium, calcium, potassium, and selenium, plus trace elements such as copper, iron, zinc, manganese, and chromium. The human body uses these minerals and trace elements to create electrolytes, and maintain bodily fluids.

I put a few crystals in my water when I drink filtered water with lower ppm ("parts per million" or quantity of dissoluble minerals or "mg/L") than 330.

Processing method	Land-mind	Evaporated Sea Water
Sodium Chloride content	97.5 – 99%	78%
Over 80 Trace Minerals	NO	YES
Additives:	YES	NONE
Potassium Iodide (KI)	YES	NONE
Dextrose (prevents KI oxidation)	YES	NONE
Sodium Bicarbonate (prevents color change)	YES	NONE
Na Si Aluminate (prevents clumping)	YES	NONE
Health Promoting	NO	YES

BENEFITS OF SALT

(Quoting “How to eat,
move and be healthy”
by Paul CHEK)

1. Salt is vital to the extraction of excess acidity from the cells of the body, particularly the brain cells.
2. Salt aids in balancing the blood sugar levels.
3. Salt is needed for the absorption of food particles through the intestinal tract.
4. Salt clears the lungs of mucus plugs and sticky phlegm, particularly in those suffering from asthma and cystic fibrosis.
5. Salt is a strong, natural antihistamine.
6. Salt can aid in the prevention of muscle cramps.
7. Salt is needed in order to make the structure of the bones firm.



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THE BODY IS ONE UNIT, SAYS ELDOA!

Without getting too technical, I want to report that the ELDOA method is my primary approach for clients who want to become healthier, decrease or eliminate their need for pills, and live independently.

What does ELDOA mean? Due to the fact that it was invented by the French osteopath Guy Voyer, the method is known with its French acronym. The English acronym is LOADS which means Longitudinal Osteo Articular Decoaptation Stretches.

Here is the main philosophy of the method: "In a global view, the body is one unit. This concept means that there isn't a bone, a muscle, an organ or nerve that is not interconnected in the body."

For example, the Pancreas is connected to the upper portion of the Left Rectus Abdominis muscle, which is attached to the Thoracic Spine from T5 to T9. The viscerosensory of this organ is at the back of the body.

The pancreas is commonly associated (through meridian pathways) with the first molars (both upper and lower) and the premolars.

"Therefore we must consider the links among all those structures. **The link is the fascia.**"

There are local and global effects of the ELDOA method according to one of the greatest therapist of our times Dan Hellman:

LOCAL

1. Normalization of muscle tone at the vertebral functional unit (the targeted joint).
2. Improved venous return.
3. Decompression of the facet.
4. Decompression of the foramen and vertebral canal.
5. Inhibition of the discs.
6. Improved proprioception of the segments.
7. Improved kinetic sense.

GLOBAL

1. Improved muscle tone and normalization throughout the body.
2. Improved posture.
3. Overall sense of well-being.
4. Improvement in the psychomotor barrier to being injured again.

ELDOA posture for decoaptation at L3L4 spinal level

by Dan Hellman



ASTAXANTHIN

Astaxanthin is known for its potent antioxidant properties, which are significantly stronger than those of other well-known antioxidants, such as vitamin C and vitamin E.

It is responsible for the reddish color in many seafoods, such as salmon, shrimp, and lobster.

Here are Some Key Points About Astaxanthin:

Source:

- It is produced by microalgae, such as *Haematococcus pluvialis*, and consumed by marine animals, leading to its accumulation in their bodies.

Health Benefits:

- **Antioxidant:** Protects cells from damage caused by free radicals, potentially reducing inflammation and slowing the aging process.
- **Skin Health:** May improve skin elasticity, hydration, and protect against UV-induced damage.
- **Eye Health:** Can cross the blood-retina barrier, potentially helping in the prevention and treatment of eye conditions like macular degeneration.
- **Cardiovascular Health:** Supports heart health by improving blood lipid levels and reducing oxidative stress.
- **Exercise Recovery:** May reduce muscle damage and improve recovery time after exercise.

Forms of Consumption:

- Available as dietary supplements in the form of capsules, tablets, or soft gels.
- Found naturally in certain seafood, particularly those with a reddish hue.

Safety:

- Generally considered safe for consumption.

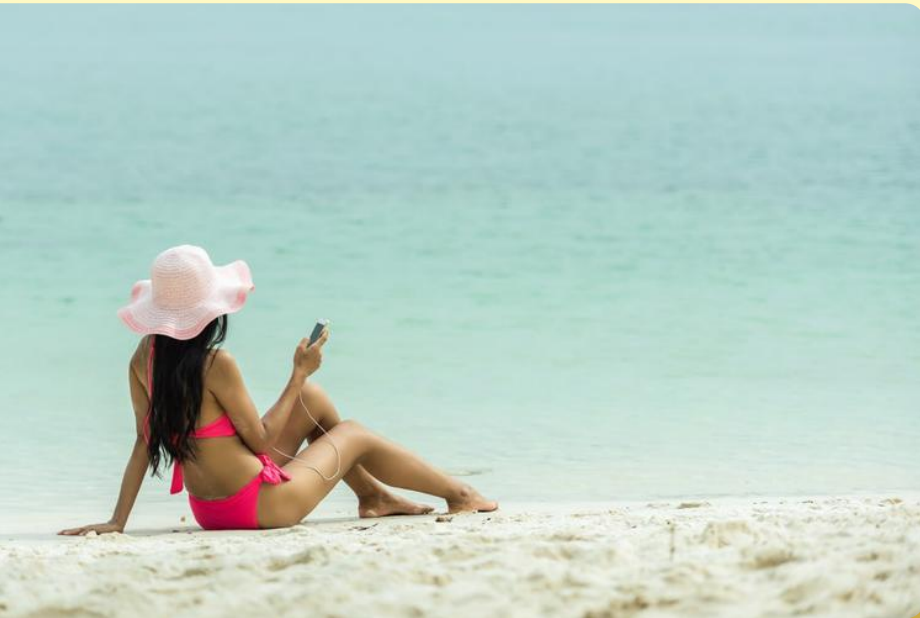


**THE SUPER POWERFUL
ANTIOXYDANT!**



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WHY SOME CLIENTS LOSE WEIGHT WITHOUT TRYING?

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Then, really think about where that thought came from, and more important, ask yourself if it's really true. Oftentimes, you find that it's not true at all. This may seem like a small change, but this exercise can transform your feelings about the situation and, therefore, your reaction to it as well.

Over time, you'll feel more in control, more positive, happier, and less at the mercy of the stressful events around you.



THE POWER OF GRAPE SEED EXTRACT:

Ancient Remedy, Modern Marvel



Discover How Grape Seed Extract Combines Ancient Secrets and Modern Wonders for Your Health

"Grapes are one of the most highly consumed fruits across the world. In ancient Europe the leaves and the sap of grape plants has been used in traditional treatment for ages. Besides being a wellspring for vitamins and fibre, the skin and seeds of grapes are highly rich in Polyphenols (specifically proanthocyanidins), which can be used as a functional ingredient to address various health issues by boosting the natural bio-processes of the body."

[ARTICLE LINK HERE](#)

My first exposure to Grape Seed Extract (GSE) was by Dr. McKinney - naturopathic oncologist from Victoria, BC. He told me that I should never stop taking it!

You can find GSE as a dietary supplement in a liquid form, tablets, or capsules. Supplements usually contain between 50 and 100 milligrams (mg) of the extract.

"Through different and various studies, it was proved that the proanthocyanidin rich

grape seed extract provides benefits against many diseases i.e. inflammation, cardiovascular disease, hypertension, diabetes, cancer, peptic ulcer, microbial infections, etc."

Grape seed **polyphenols (polyphenolic compounds are part of the flavonoid family)** have a higher antioxidant activity as compared to other well-known antioxidants (such as vitamin C, vitamin E, and β -carotene). Besides their antioxidant activity, it also contains some enzymes that catalyze the release of histamine during inflammation and allergies.



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Grape seed oil also contains a high amount fatty acids which are related to a reduction of cardiovascular disease, cancer, hypertension, and autoimmune disorders. The major fatty acid in GSE is linoleic acid followed by oleic acid and palmitic acid.

The seeds and peels of grapes also contain considerable portion of dietary fibre that lowers the risks of colon cancer, heart disease, diabetes and obesity.



AREN'T YOU CONVINCED YET?

GSE has beneficial effects against skin aging!

One of the very interesting properties is wound healing because GSEt has the potential to increase the speed that wounds heal.

Foods rich in **flavonoids** - apples, onions, dark chocolate, and red cabbage.

Foods highest in **polyphenols**?

- Berries
- Cocoa
- Coffee and tea
- Spices
- Nuts and seeds
- Red wine (Please, have your grape seed extract instead)
- Olives
- Beans

Flavonoids: These are found in colourful fruits, vegetables, tea, and wine.

Phenolic acid: These are found in the seeds, skins, and leaves of fruits and vegetables.

Resveratrol vs GSE

"Both resveratrol and GSE are derived from grapes, but unlike grape seed, resveratrol is extracted from grape skins like those used to make red wine. Although both substances have similar actions in the body, they each have some individual recommended medicinal uses."

VERY IMPORTANT FINDING!!!

"Resveratrol is a polyphenol found in GSE, suppresses the growth of *Helicobacter pylori*. It was found that **low dose of resveratrol** (2 mg kg⁻¹) exhibits ulcer healing activity, whereas, **in high dose** (10 mg kg⁻¹) it becomes ulcerogenic!

For example, **teeth** continuously expose to food, germs, bacteria etc., leads to different chemical reactions and the formation of harmful acids, results in demineralization of teeth. Additionally, GSE also increases the synthesis of collagen and the conversion of collagen from soluble into insoluble one.

GSE prevents cognitive decline due to the high amount of proanthocyanidins! ("a neuroprotectant in the hippocampus and in preventing cognitive loss")

Currently, there are studies on the effect of grape seed extract on Alzheimer's disease.

Side effects/reactions

Common side effects include:

- Headache
- Sore throat
- Dizziness
- Itchy scalp
- Stomach ache
- Nausea





It is important to talk to your doctor before taking grape seed extract as it can affect the way that certain medications are broken down in the liver.

Grape seed extract might also act as an anticoagulant, or blood-thinner. It could increase the risk of bleeding if taken with other blood-thinners such as warfarin, clopidogrel or aspirin.



“ Final and important words!

Some substances can be very powerful in laboratories; however, on the other hand, they appear to have poor bioavailability, which means the body may not absorb it efficiently enough to make it worth using. Also, we all have different supplemental needs. I suggest you consult a naturopathic doctor before investing in this miraculous substance.

When I suggest a supplement to a client, I ask them one to three weeks after they start taking it if they have noticed any positive changes. If not, this is not your dose, supplement, or need. We tried!

What is your experience
with Grape Seed Extract?





Yesteryday I made Dandelion Syrup!

(Why syrup? Because I used only 200g of sugar for 500ml of water. See the recipe below.)

Dandelion is Diuretic, Tonic, Asperient, Hepatic, Cholagogue, Antirheumatic, Laxative, Bitter.

According to Dr. David Hoffmann book Medical Herbalism Dandelion "is comparable to the drug Furosemide".

It stimulates the kidney and tones the liver. I don't think the added sugar adds to its good properties but it is fun to taste the dandelion flower taste.

I use it to impress guests 😊 while offering it as a toping for a home made ice cream. A conversation about the herb Dandelion starts and there comes the real deal ...the "healing" conversation!

Next Page is the jam recipe I am adding a healing recipe.

The original recipe I found it on-line is a jam recipe and it makes about 400-450ml.

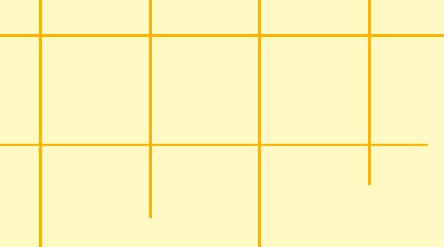
First get 200 beautiful big dandelion heads. Remove the stalks. Give each flower a little shake over a bowl to knock out any insects. I also soaked them into cold water for 5 min.

Then put the dandelions and 2 thin lemon slices in a small saucepan and pour over 500ml water. Slowly bring up to a simmer. Let the mixture simmer gently for **a couple of minutes** and then turn off the heat, cover the pan and **leave to steep for a couple of hours**.

The third step is to strain the dandelion mixture through a double folded piece of cheese cloth to remove the dandelion heads. The liquid you have extracted should be about 450ml.

After that put the liquid into a large saucepan as it will bubble up as it cooks and add the same amount of sugar, so if you have 450ml of liquid add 450g granulated sugar. Turn the heat onto medium-low and stir until all the sugar has dissolved.





Then turn up the heat to high and bring to the boil and boil the mixture for anything from 5-15 minutes, it really depends on the size of your pan and the ferocity of your hob. Test the honey frequently by taking a little bit on a spoon and putting it on a saucer or a plate, if it is thickening even a little it is ready. It will still look very liquid in the pan, but it will thicken considerably as it cools.

And lastly put the mixture into a warm sterilized jar, while it is still hot.

Because of the high sugar content, the dandelion honey will keep for at least 6 months but probably much longer.

A recipe for the **Dandelion root decoction** just put 2-3 teaspoons of the herb into a cold water and bring to boil. Simmer for 10-15 min. Drink 3 times a day between meals.



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BALANCING THE THROAT CHAKRA TO ALLEVIATE STRESS

I use the chakra system to better understand the client from a social, mental, and emotional point of view. What makes this system very elaborate is the fact that each chakra is represented in all other chakras. I focus on the idea that each chakra is an energy center related to a gland that governs specific body processes. I find this fascinating!

VISHUDDHA or the FIFTH or THROAT CHAKRA “is the center for communicating our truth to the world. It is about giving voice—or music or sound—to our inner heart, and in turn hearing what the world has to reply.”

The Subtle Body, by Cyndi Dale

This is the final chakra that processes the dense or physical elements. At this point, we prepare to ascend the ladder of consciousness and transition into the chakras focused on spirituality.

Many sources regard it as the center of dreams. At the fifth chakra, by identifying the truths we truly wish to embody, we can access our inner dreams and lead meaningful lives.

The main system controlled by this energy center is the **Endocrine system** which includes the **thyroid** and **parathyroid** glands, associated with the larynx and pharynx.

Its general function is to **regulate metabolism**. It is involved in communication with others and within oneself, **bridging the head and the heart**.

The thyroid gland commonly slows metabolism in response to elevated cortisol levels. (See the article about high cortisol levels and brain in this magazine.) One reason to slow down metabolism is to regulate the rate of detoxification.

ELDOA includes specific stretches to help the thyroid gland function at its optimum level. Due to their complexity, I suggest trying the yoga child's pose, which is very effective for managing high cortisol levels.

How to perform the child's pose:

1. Sit on your haunches with your arms relaxed at your sides.
2. Sit back onto your heels and bend forward, placing your forehead on the ground.
3. Rest your arms at your sides alongside your body, with your shoulders relaxed over your knees.

Continued below...



Options for your hands:

A. If you have high blood pressure, a heart condition, or any eye problem requiring the head to remain above the level of the heart, place one fist on top of the other and rest your forehead on your two fists.

B. Another option is to relax your arms at your sides and place your head on a cushion or a pile of books so that your head is supported in line with the rest of your spine.

C. If you are pregnant, spread your knees apart.

Caution: If you have varicose veins or problems with your knees, rather do Savasana (lying on your back with your arms and legs relaxed) or Apasana (lying on your back while hugging your knees).



Two Effective Techniques to Relieve Stress

“
The two best techniques to relieve stress, widely recognized for their effectiveness, are:

1. Mindfulness Meditation

Mindfulness meditation involves focusing your attention on the present moment and accepting it without judgment. It's better to make use of what you have rather than doing nothing while waiting for something you don't have. This practice can help reduce stress by promoting relaxation and providing a sense of inner peace. Here's how to do it:

- **Find a quiet space:** Sit or lie down in a comfortable position.
- **Focus on your breath:** Pay attention to the sensation of your breath as it enters and leaves your body.
- **Observe your thoughts:** When your mind wanders, gently bring your focus back to your breath without judgment.
- **Practice regularly:** Aim for at least 10-15 minutes a day.

Benefits include reduced anxiety, improved emotional regulation, and enhanced overall well-being.

2. Physical Exercise

Regular physical exercise is one of the most effective ways to combat stress. I have seen it recover people physically and mentally over and over again. Exercise helps reduce stress hormones like cortisol and releases endorphins,

which are natural mood lifters. Here are some tips:

- **Choose an activity you enjoy:** This could be walking, running, yoga, swimming, or cycling.
- **Set a routine:** Aim for at least 30 minutes of moderate exercise most days of the week.
- **Incorporate variety:** Mixing different types of exercise can keep it interesting and engage different muscle groups.
- **Stay consistent:** Regular physical activity is key to maintaining its stress-reducing benefits.

Exercise not only improves physical health but also boosts mental clarity, reduces fatigue, and enhances mood.

Both mindfulness meditation and physical exercise are effective, easy to implement, and can be adapted to fit into almost any lifestyle.



Imagine your cells as tiny superheroes, each with a special power to keep you healthy and vibrant. Every day, they face the challenge of battling various villains like toxins, stress, and wear and tear. But don't worry, they've got this covered with a self-repair system that's both amazing and entertaining!

THE CELL REPAIR CREW: AN EPIC TALE

Once upon a time, in the bustling metropolis of You-ville, lived millions of microscopic superheroes known as cells. Each cell had a dedicated repair crew ready to spring into action at the first sign of trouble.

The Cell's Detective: Detective DNA

Detective DNA, the brains of the operation, constantly scans the cell for any signs of damage. With an eye for detail sharper than Sherlock Holmes, Detective DNA spots even the tiniest of errors or breaks in the genetic code.

The First Responders: Repair Proteins

As soon as Detective DNA detects a problem, it signals the first responders, a team of repair proteins. These proteins rush to the scene like a squad of energetic, cheerful handymen, tools in hand, ready to fix any issue. They patch up breaks, replace faulty parts, and ensure everything is running smoothly.

The Cleanup Crew: Lysosome Larry

Enter Lysosome Larry, the cell's very own cleanup crew. Lysosome Larry is like the friendly janitor who whistles while he works, cleaning up debris, damaged organelles, and any unwanted intruders. With a mop and bucket, he makes sure the cell stays spick and span.

The Energy Boost: Mitochondria Max

After all the repair work, Mitochondria Max, the cell's power plant, steps in to give a much-needed energy boost. Max is like a tiny barista, brewing up fresh ATP lattes to recharge the cell and keep it running at full speed.

The Final Check: Quality Control Q

Finally, Quality Control Q inspects the repairs. With the precision of a meticulous teacher grading papers, Q ensures that all fixes meet the highest standards. Once the cell gets Q's stamp of approval, it's back to its superhero duties, ready to take on the world again!

So, next time you're feeling down, just remember the incredible team of superheroes working tirelessly inside you, repairing, cleaning, and recharging, all while having a good laugh and keeping you in tip-top shape. Cells may be small, but they've got mighty powers and a great sense of humour to boot!



WHAT IS GEOPATHIC STRESS?



It refers to the harmful effects of natural and artificial fields and radiation from physical and subtle fields.

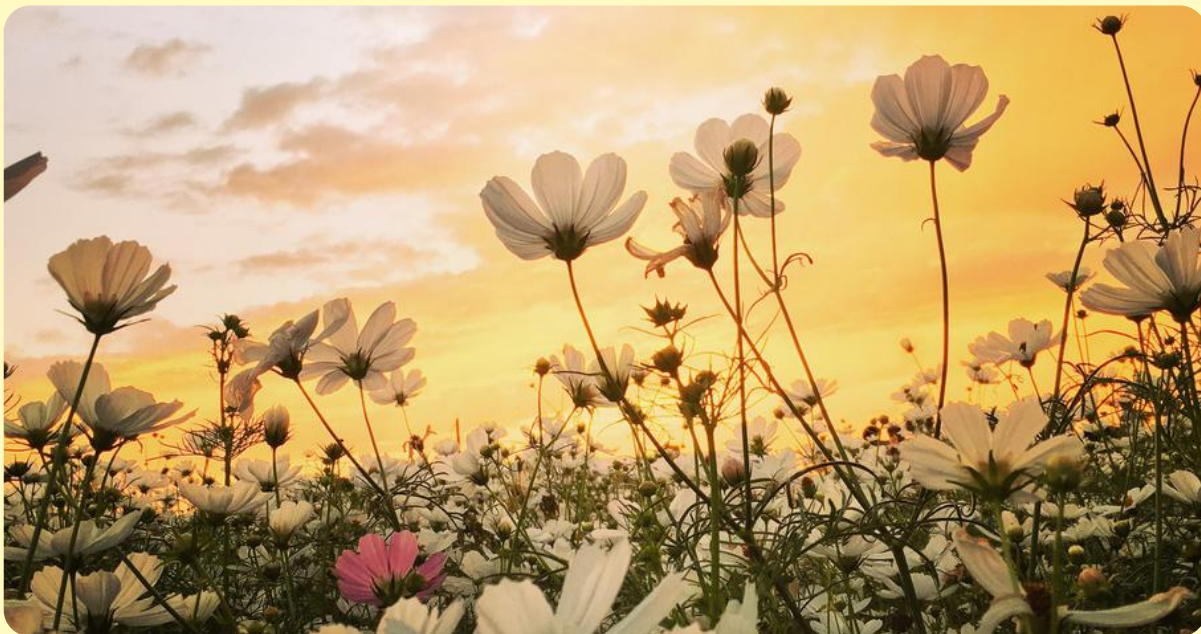
The existence of Geopathic stress is supported by scientific research, which has validated that constant or extreme exposure to Geopathic stress can result in mild to severe consequences in living beings exposed to them.

These problems most typically include body pains, chronic fatigue, insomnia, cardiovascular disorders, irritability, learning challenges, infertility and miscarriage, behavior problems in children, and even cancer and autoimmune disorders. Examples of research into Geopathic stress include studies conducted by Dr. Hans Nieper, a world-renowned cancer

and multiple sclerosis (MS) specialist, who showed that 92 percent of his cancer patients and 75 percent of his MS patients were geopathically stressed.

Dr. Hager determined that Geopathic stress was present in the 5,348 cancer patients he investigated, and German physicist Robert Endros, along with Professor K. E. Lotz of the School of Architecture in Biberach, analyzed 400 people who died of cancer to show that 383 had been exposed to geopathic faults or disturbances of the geomagnetic field."

From the book The Subtle Body by Cyndi Dale





A STRESSFUL CONDITION: URINE INCONTINENCE FOR MEN AND WOMEN

Almost every woman I work with had or has some kind of urinary incontinence. Could be only a few drops on the under ware or it could be quite an embarrassing flow.

Urinary incontinence, the involuntary leakage of urine, can be influenced by various factors, including inflammation. Understanding how inflammation pathways might contribute to urinary incontinence involves looking at how inflammation affects the urinary system and associated structures.

WHICH ARE THE INFLAMMATION PATHWAYS LEADING TO URINARY INCONTINENCE?

1. Urinary Tract Infections (UTIs):

- **Pathway:** Bacterial infection causes inflammation of the bladder (cystitis) and sometimes the urethra (urethritis).
- **Impact:** Inflammation irritates the bladder, increasing urgency and frequency of urination, and can lead to episodes of incontinence.

2. Pelvic Floor Inflammation:

- **Pathway:** Inflammation of the muscles and connective tissues in the pelvic floor can be caused by infections, trauma, or autoimmune conditions.
- **Impact:** Weakened pelvic floor muscles fail to support the bladder and urethra adequately, leading to stress incontinence (leakage during activities like coughing or sneezing).

3. Interstitial Cystitis/Bladder Pain Syndrome:

- **Pathway:** Chronic inflammation of the bladder wall without a clear infection, often of unknown origin.
- **Impact:** Causes frequent, urgent urination and bladder pain, sometimes leading to incontinence due to the constant urge to urinate.

4. Neurological Inflammation:

- **Pathway:** Inflammation affecting the nervous system (e.g., multiple sclerosis, spinal cord injuries) can disrupt the signals between the bladder and brain.
- **Impact:** Leads to neurogenic bladder, where the control over urination is impaired, resulting in urge incontinence or overflow incontinence.



5. Autoimmune Conditions:

- **Pathway:** Diseases like lupus or rheumatoid arthritis can cause systemic inflammation that affects various organs, including the bladder.
- **Impact:** Inflammatory processes can damage the bladder lining or pelvic floor muscles, contributing to incontinence.

6. Prostate Inflammation (Prostatitis):

- **Pathway:** Inflammation of the prostate gland in men, caused by infection or other factors.
- **Impact:** Can lead to urinary symptoms such as urgency, frequency, and incontinence due to the prostate's proximity to the bladder.

Conclusion:

Inflammation can lead to urinary incontinence through various pathways and mechanisms, affecting the bladder, pelvic floor muscles, nervous system, and associated structures. Addressing the underlying inflammation through appropriate medical/naturopathic treatment is crucial in managing and potentially alleviating/healing incontinence symptoms.

The following recipe can be successful as part of an Incontinence Healing Protocol.

Beth Root	7 grams (1/4 ounce)
Yarrow	7 grams (1/4 ounce)
Sumach Berries	7 grams (1/4 ounce)
Agrimony	7 grams (1/4 ounce)
St. John's wort	7 grams (1/4 ounce)

Simmer in 476 ml (a pint) of water ten minutes, strain and give 30-45 ml (2-3 tablespoons) three or four times daily according to age.

What else can we do about Urinary Incontinence ?

A massage over the lumbar region with St. John's wort infused oil will often help as this will stimulate the nerves to the bladder.

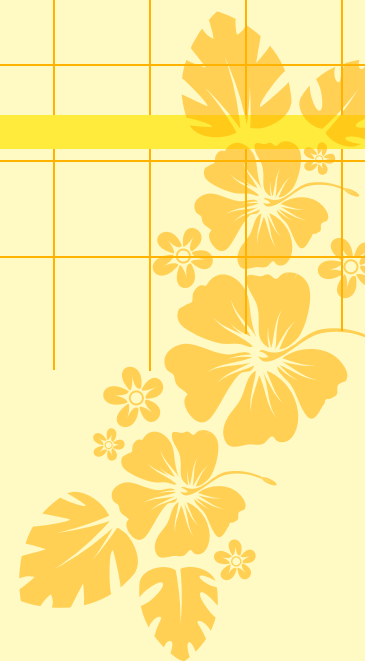




Here is how to make your own infused oil for **EXTERNAL USE ONLY!**

- St. Johns Wort flowering tops best picked at the peak of blossoming, in the sunshine to intensify the natural oils.
- Olive Oil (enough to cover the flowers).
- A jar with a lid.
- Make sure there are no little bugs on your St. John's Wort. You can do this by shaking the plants and leaving them to sit in a sunny area for an hour or so.
- Put the flowering tops in the jar. Press them down.
- Cover with olive oil. This is the trickiest part – **you have to have all of the plant covered with oil or it might mold!** As long as all of the flowers are covered with oil, you'll be fine.
- LABEL THE JAR. Always, always, always! You will forget what it is otherwise.
- Set in a sunny window for at least 2 weeks. 4 weeks is better. You want the oil to take on a bright red color.
- Now strain out the flowers over a bowl. First pour all the flowers into the strainer, then squeeze out the remaining oil with your hands. This is the fun part!
- Pour into clean, dark bottles. It's always best to store oil in a dark bottle, it preserves it better. Of course, if you don't have a dark bottle, just keep it in a dark cupboard.
- The oil should last for at least a year.
- How to use: just rub a small amount into affected area several times per day.
- **Remember: with any homemade product, you should test it on a small area first before applying to your whole body!! This oil is intended for external use only (just rub it on your skin – don't eat it!)**





ARTHRITIS

“

HI GUYS!

I was asked to compose an arthritis diet suggestions for a doctor's websites. I am reading quite a few books about it now. In the following posts I will publish some educational information about arthritis. If you have any questions ask.

The word arthritis means inflammation (redness, heat, swelling, tenderness) of the joints and is a general term used to describe over 100 diseases.

One in seven people and approximately one in three families are affected by arthritis. Women are affected twice as often as men. For the most part, arthritis lasts a lifetime.

Some types of arthritis affect body parts outside the joints (for example skin rashes).

In economic terms, arthritis is one of the most disabling diseases and a leading cause of job absenteeism and disability payments.

The warning signs of arthritis are any of the following symptoms which persist for more than two weeks:

- Swelling in one or more joints
- Persistent early morning stiffness
- Recurring pain or tenderness in any joint
- Inability to move joint normally
- Obvious redness and warmth in a joint
- Unexplained weight loss, fever, or decreased muscle strength with joint pain

The four most common types of arthritis are:

- Osteoarthritis- "wear and tear arthritis"
- Rheumatoid arthritis — an autoimmune arthritis (where the body attacks its own normal joint tissues)
- Ankylosing Spondylitis - spinal arthritis
- Gout - a deposit of uric acid crystals in the joints

To be continued ...



Arthritis and Body Degeneration:

Arthritis is a condition characterized by inflammation and deterioration of the joints, leading to pain, stiffness, and decreased mobility. The process of arthritis can be likened to the gradual degeneration of a flower.

Initial Bloom:

Just as a flower begins its life cycle as a vibrant, fully-bloomed entity, a healthy joint starts strong and functional. The cartilage cushions the bones, and synovial fluid provides lubrication, allowing smooth, pain-free movement.

Early Signs of Wear:

Over time, both the flower and the joint show the first signs of wear. For the flower, this might be a slight wilting of petals or a fading of color. In the joint, early signs of arthritis appear as occasional stiffness and minor discomfort. The cartilage begins to thin, and the synovial fluid may become less effective, leading to increased friction.

Progressive Degeneration:

As arthritis progresses, the joint undergoes more significant changes, similar to a flower's continued decline. The flower's petals may start to brown and fall off, and the stem might weaken. Similarly, in the joint, cartilage continues to erode, bones may begin to rub against each other, and inflammation increases. This stage is marked by more persistent pain, swelling, and reduced range of motion.

Advanced Decay:

In the final stages, the flower becomes a shadow of its former self, with most petals fallen and the stem possibly broken. The joint, too, experiences severe degeneration. Cartilage might be almost entirely worn away, bones can develop spurs, and the joint structure can become deformed. The pain becomes chronic, and mobility is greatly impaired.





Underlying Processes:

The underlying processes in both scenarios involve the breakdown of vital structures.

In a flower, cellular processes fail, leading to a loss of turgor pressure and nutrient transport. In arthritis, the breakdown of cartilage and synovial fluid leads to increased friction and inflammation, causing pain and further joint damage.

Factors Influencing Degeneration:

External factors influence the rate of degeneration in both cases. A flower may deteriorate faster due to lack of water, poor soil, or harsh weather conditions. Similarly, arthritis can worsen due to factors like genetics, overuse of joints, injury, obesity, and inflammatory diseases.

Interventions:

In the case of the flower, interventions might include watering, providing nutrients, and protecting it from harsh conditions, which can slow down or sometimes reverse early stages of wilting.

For arthritis, treatments might involve anti-inflammatory medications, physical therapy, lifestyle changes, and sometimes surgical interventions to manage symptoms and slow progression.

A Cycle of Renewal:

Interestingly, just as a flower can sometimes bloom again if given the right care and conditions, joints and overall health can improve with appropriate interventions.

This might not mean a full return to the original state but rather an improved quality of life and function. Early diagnosis, consistent care, and a holistic approach can make a significant difference in managing arthritis.

This analogy illustrates how both the natural process of a flower's lifecycle and the pathological process of arthritis involve stages of degeneration influenced by internal and external factors. While the specific details differ, the overarching theme of gradual decline and the potential for intervention are common to both.

NUTRITION AND ARTHRITIS

“

How arthritis can affect nutritional status?

Arthritis can affect the nutritional status of individuals in many ways. Morning stiffness may decrease appetite in the morning. Joint problems can interfere in the ability to shop, prepare, and eat foods. Arthritis in the jaws can affect chewing ability, and many of the drugs used to treat arthritis may cause nausea or diarrhea and have effects on nutrient absorption, metabolism, and bowel movements. All of these factors may place individuals with arthritis at a possible risk for nutrient deficiencies. It should also be realized that individuals with arthritis may be at risk for vitamin and mineral toxicity because of taking large amounts of vitamin and mineral preparations used as treatments or "curative" therapies.





EMOTIONS

“Unlocking Freedom. Emotional Awareness

This article was inspired by the book *The Emotion Code* by Dr. Bradley Nelson. The second chapter starts with the following quote by Thomas A. Edison:

“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.”

It makes sense for us to ask ourselves if we have trapped emotions. And as trivial as the answer is, yes, we do. Everyone has had challenging experiences in life, and an emotional residue from handling those experiences is undoubtedly trapped in our bodies.

What are those challenging experiences according to Dr. Nelson?

- Divorce or relationship problems
- Feelings of inferiority
- Financial hardship
- Home or work stress
- Internalization of feelings
- Long-term stress
- Loss of a loved one
- Miscarriage or abortion
- Negative feelings about yourself or others
- Negative self-talk
- Neglect or abandonment
- Physical trauma
- Physical illness of yourself or a loved one
- Physical or emotional combat
- Physical, mental, verbal, or sexual abuse
- Rejection

....And the list can go on and on...



Do you see yourself in some of these situations, or do you have a different one?

The good news is that we can ask our subconscious mind about it and act depending on the answer. The easiest way to do this is through muscle testing, which works perfectly because, as Dr. Nelson said, “all organisms, no matter how primitive, will respond to positive or negative stimuli... our bodies will normally be drawn toward positive things or thoughts and repelled by negative things or ideas.”

First of all, let's learn to communicate with our body through the **Sway Test**, a very simple method to communicate with our subconscious. When you are free of distractions, try to stand with your feet shoulder-width apart. Then close your eyes if you are safe and comfortable doing so.

While you are standing perfectly still, you will notice that the body moves slightly forward, backward, or side-to-side in all possible directions. These movements are not under your conscious control.



Then, when you make a positive or congruent statement, your body should begin to sway noticeably forward, usually within less than ten seconds.

Next, try the opposite: make a negative, **untrue**, or incongruent statement. Your body will sway backward within the same timeframe.

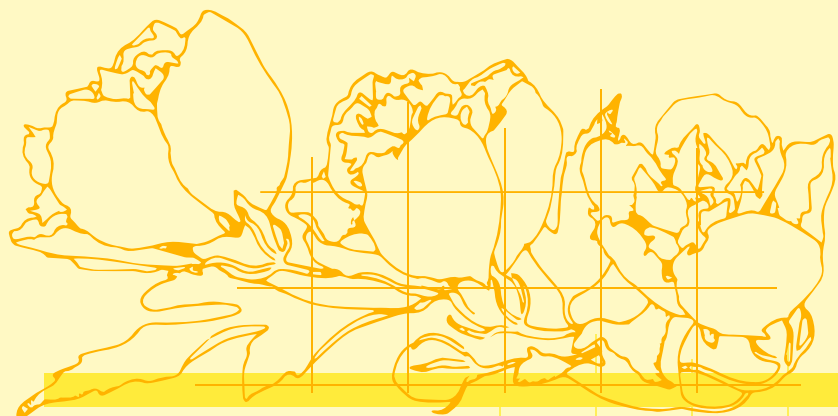
If you have no idea what positive thought to think, use the following as your **positive statement**: "My name is ... (include your name)." And watch the reaction of your body.

And use the opposite as your negative statement: "My name is ... (use your mother-in-law's name ;) I am joking. Just add a name different from yours and watch the reaction of your body.

You can follow this with the next question: **"Do I have a trapped emotion that can be released now?"**

The questions should always require "yes" or "no" answers.

Stay focused and good luck.





REFLUX HERBAL FORMULA

Today, I am offering a herbal formula for reflux. (Esophagitis and Gastroesophageal Reflux or GERD)

More precisely, "reflux of gastric contents into the esophagus leading to localized infection."

From my point of view the disturbing parts are two:

- The word "infection".
- The awkward moment when people are burping on the table.

I encourage you to investigate the main cause for the reflux and we can take it from there.

What we can do in this situation is to use:

- A Demulcent - to soothe and coat the tissue of the esophagus
- An Anti inflammatory - to reduce inflammation
- A Vulnerary - to aid the natural healing of ulcerations
- An Astringent - to lessen local bleeding
- An Alternative - to help the body dealing with any disease problems
- A Carminative - if there is a general disruption of digestive process

Here is a formula you can use:

Take equal parts of the following dry herbs Chamomile, St John Wort, Plantain, Sweet Flag (root), Marigold and Marshmallow.

Cover 2 tb spoons from the mix with 500ml boiling water and boil 3 to 5 min. Strain and take 1 cup before meal. It is the total of 3 cups a day.



ROBIN TESTIMONIAL



I worked with Mariya intensively for over 30 sessions over a 2-month period. My main issues are nervous system dysregulation, gastrointestinal issues and low back pain. We used Eldoa exercises, zone exercises, stretches, and strength training to work on several bodily systems: gastrointestinal, musculoskeletal, immune and nervous systems.

Mariya was a pleasure to work with. She is smart, compassionate, very knowledgeable, listens well, adjusts to her clients' needs, and always follows through with next steps.

Our work together has resulted in improved sacrum mobility and overall body openness and increased movement. I continue to work with the 4 home programs of 10 minutes each that Mariya developed for me.



BOOK A FREE CONSULTATION HERE! - 33

DEBBIE TESTIMONIAL



“

My name is Debbie. I am happy to say that I have been working with Mariya for four weeks now.

I used to be hunched over and have been like that my whole life. I have noticed that I am taller, just standing more erect. People around me are noticing it as well. So, that is a huge difference for me. My mobility is so much better now. I had such chronic neck pain, and now my neck is moving a lot more smoothly, and it does not hurt when I go to bed at night. My shoulder was almost frozen; it used to lock into place and hurt. It is so much better now.

She also started me on different herbs for various health problems I needed to work on. At first, I thought it was a lot, but now I am following my routine, and it works very well. I enjoy taking them now. Everything is quite simple. It is a very easy program and a perfect lifestyle change. I think everybody should give it a shot because I believe you will quite enjoy it. As we age, we need to look after ourselves.

”



Do you have elevated cortisol levels?

“

We have all heard about the negative effects cortisol has on the body, but what exactly happens when it is elevated?

So, what is the relationship between high levels of cortisol and brain cell death?

Cortisol and Stress: Cortisol is a hormone produced by the adrenal glands in response to stress. It is part of the body's "fight or flight" response, helping to manage how the body uses carbohydrates, fats, and proteins, and reducing inflammation.

Effects of Prolonged High Cortisol Levels:

While cortisol is essential for normal bodily functions, chronically high levels of cortisol, often due to prolonged stress, can have detrimental effects on the brain, particularly on brain cells.

Mechanisms of Brain Cell Damage:

1. Hippocampal Damage:

The hippocampus, a brain region critical for memory and learning, is highly sensitive to cortisol.

Prolonged exposure to high cortisol levels can lead to atrophy (shrinkage) of the hippocampus, impairing its function and leading to memory problems.

This atrophy is partly due to the fact that cortisol can interfere with the formation of new neurons (neurogenesis) in the hippocampus.

2 Glutamate Toxicity:

High cortisol levels can increase the release of glutamate, a neurotransmitter.

Excessive glutamate can lead to excitotoxicity, a process where neurons are damaged and killed due to overactivation.

3. Oxidative Stress:

Cortisol can increase oxidative stress in the brain by generating free radicals.

These free radicals can damage cellular components, including DNA, proteins, and cell membranes, leading to cell death.

4. Inflammation:

Chronic stress and elevated cortisol can lead to inflammation in the brain.

Inflammation can damage brain cells and contribute to neurodegenerative diseases.



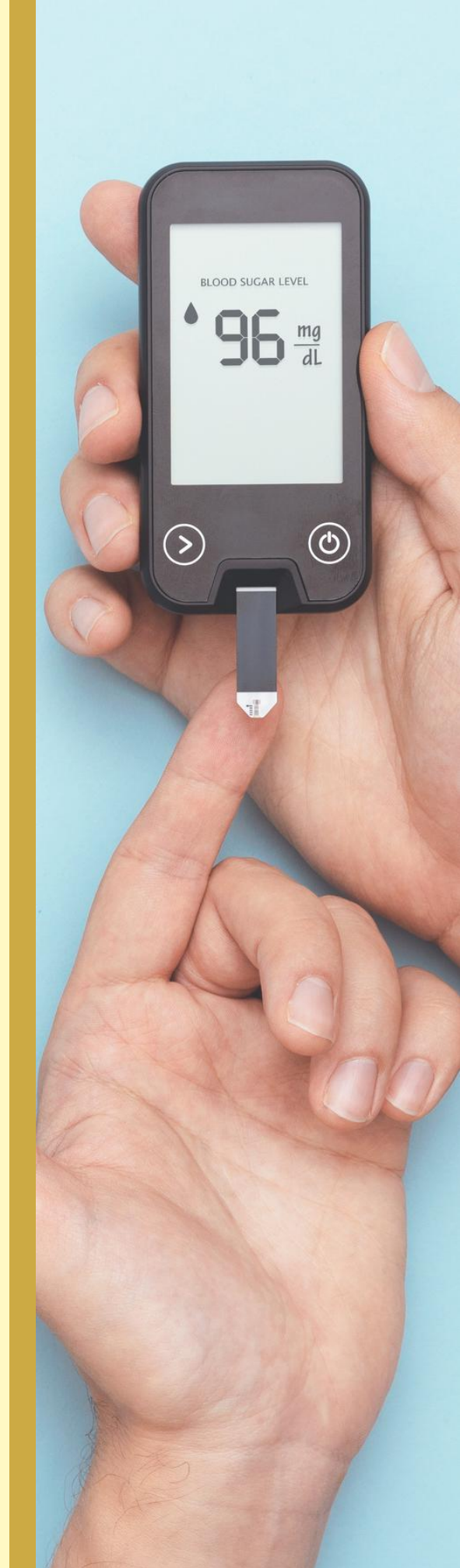
Consequences:

- The combination of hippocampal damage, excitotoxicity, oxidative stress, and inflammation can lead to the death of brain cells.
- This damage can manifest as cognitive decline, memory loss, and increased vulnerability to neurodegenerative diseases such as Alzheimer's disease.

What Protective Measures Can We Implement?

1. Managing stress through techniques like mindfulness, exercise, and proper sleep can help regulate cortisol levels.
2. Maintaining a healthy diet rich in antioxidants can help reduce oxidative stress.
3. Seeking professional help for chronic stress or mental health issues can also be beneficial.

In summary, chronically high levels of cortisol due to prolonged stress can lead to the death of brain cells through mechanisms such as hippocampal atrophy, glutamate toxicity, oxidative stress, and inflammation. Managing stress and maintaining a healthy lifestyle are key to protecting brain health.





“Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.” - Buddha

This quote by Buddha beautifully encapsulates the essence of a fulfilling and meaningful life. Let's break it down to understand its profound wisdom:

Health is the Greatest Gift

Health is the foundation upon which all other aspects of life are built. Without good health, it's challenging to enjoy or even pursue our dreams and goals. By taking care of our health we honour this greatest gift and enhance our chances of living a long and vibrant life.

Faithfulness the Best Relationship

Social life is equally important and much needed for our wellbeing. Faithfulness refers to loyalty, trust, and reliability in our relationships. Whether it's with family, friends, or ourselves, being faithful and trustworthy forms the cornerstone of meaningful and lasting connections. Strong relationships provide emotional support, reduce stress, and contribute significantly to our overall happiness and well-being. By nurturing faithfulness, we build a network of love and support that sustains us through life's ups and downs.



Dear Reader Just Imagine ...

In an era where advancements in science and medicine are extending the average lifespan, the quest for longevity, optimum health, and vitality has never been more relevant. Living a long life is not just about adding years to your life but

... Adding Life to Your Years!

Aging is a natural process influenced by genetic and environmental factors. While we can't change our genetic makeup, we can influence how we age through lifestyle choices and mostly we can control and generate our emotions.

1. Movement is Medicine.

If you consider only one benefit of movement, which is insulin regulation, you'll realize how crucial physical activity is for maintaining stable blood sugar levels and overall metabolic health.

2. Emotions Control How We Live Our Life.

Emotional health is the harmonious alignment of mind, body, and spirit, allowing you to embrace, understand, and express your emotions with grace and balance, fostering inner peace and resilience in the face of life's challenges.

“It is not always easy living inside.”

-Michael Singer

Emotions vs Thoughts

The combination of your thoughts and emotions makes up what can be called your “psyche” or your personal self, the non-physical world inside you.

Thoughts are generated in your mind, which is associated with your brain. Emotions are “felt” with your heart, or at least we associate them with this organ. When we go through a deep emotional experience, we tend to put our hands on our hearts, not on our butt cheeks. Depending on the emotion, we may curl up or open our chest. Thoughts are first and they create the emotions linked to them.

Thoughts come first and create the emotions linked to them. Your emotions do not communicate verbally. They are not simply a voice inside your head saying, “I feel so jealous.” The voice says that because you feel jealous.

You know you feel anger because you are aware of this emotion filling your mind. You know you feel love because your emotional energy from within changes to an extreme.

Gratitude for our social connections reminds us of the profound impact that relationships have on our lives. Cherishing the support, love, and joy we receive from family, friends, and our community deepens our appreciation for these bonds. Recognizing their value enriches our journey, bringing warmth and meaning to our daily experiences

3. Gratitude for Our Social Connections!

Deep, meaningful connections with others are essential for nurturing the soul. Cultivating and sustaining bonds with family, friends, and the community brings profound emotional support, eases life's burdens, and uplifts the spirit, enhancing your overall sense of well-being.



OUR FALL OFFER FOR PEOPLE ON THE GO!

From my work with people who have various health needs, I have learned that the preliminary assessment of the client's health, physical, mental, and spiritual condition is the most crucial step towards a successful individual protocol.

Fall is a season of transition and renewal, offering a chance to slow down, reflect, and embrace the healing that comes with change.

I am offering a special deal to those who want to take charge of their health on their own:

For only \$400US (550CAD), I will prepare a personalized healing herbal and exercise protocol for you, and we will meet for **three sessions** to discuss your goals and demonstrate your program. (My regular rate is \$100US (130CAD) per session).

The process:

1. Comment "want" below, and I will reach out to you with a Zoom link for our first meeting, where I will explain what I can do for you. (This initial meeting is FREE).
2. If we agree that I can help you, I will send you a fillable health questionnaire form to answer health-related questions. (You will need about an hour to fill out the form). You can send any additional medical information to my email: transformperform@gmail.com.
3. I will work on your protocols, including lifestyle changes, herbal recommendations, and a movement program. (This can take up to 4 hours of work for me).
4. We will meet to discuss the protocol and any necessary changes. I will also demonstrate the prescribed movements. (This is session #1 and usually lasts over an hour).
5. After a week of following your protocol, we will have a session where you can tell me about any difficulties you are experiencing, and I will adjust the prescription to work better for you. (I believe that well-educated people become their best gurus, and I trust and listen to their intuition). This is session #2.
6. We will meet again for session #3 to demonstrate the new changes or give you a good mobilization workout, so you know exactly how it should feel.

All email communications are included in the package.

If this sounds good to you, contact me or just write "want" below, and I will reach out to you.

LET'S HEAL NOW!

Much love,

Mariya

THRIVING, ALIVE AND AWARE

In the garden of life, where the wild things grow,
We plant seeds of hope, in the sunshine's glow.
With roots in the earth and heads in the skies,
We learn to stand tall, and keep our eyes on the prize.

Through storms and the rain, we sway but don't break,
We drink from the lessons, each challenge we take.

The wind may howl, and the night may fall,
But thriving is more than just standing tall.

It's dancing in the rain, with feet soaked and bare,
It's finding the light in moments unfair.
It's laughing at the odds, with a wink and a grin,
Knowing each struggle is a chance to begin.

We're flowers and trees, wild and free,
We thrive when we grow as we're meant to be.
Not just surviving, but bursting in bloom,
Filling the world with our colors, our tune.

So let the winds blow, let the seasons change,
We'll thrive through it all, in the wide open range.

For thriving is life's sweet, joyful song,
We're here to sing it, loud and strong.

Restore. Flourish. Thrive.

Your Journey To Rejuvenation

Ready to restore,
flourish, and thrive? Let
the journey begin!

Contact Us :

+778 779 1203

transformperform@gmail.com

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[@eliminatechroniccondition](https://www.youtube.com/channel/UC...)

ELIMINATE a CHRONIC HEALTH CONDITION

