

MY

HOLISTIC PLAN FOR HEALTH AND HEALING

MY HEALING GOALS

1.

2.

3.

TAKING BACK MY POWER

DAILY AFFIRMATIONS

1. I am becoming my own healer, I am responsible for my health

2. I will be patient, I know true healing takes time, knowledge, and action

3. I will never give up, I will persevere until I heal, learning, improving and growing as I go

MINDSET

Inner peace is an absolutely essential part of my healing journey. Healing my body is only one portion of the process,

MY INTEGRATIVE SUCCESS TEAM

My Integrative, Functional, or Holistic MD:

My Naturopathic Doctor (ND):

healing my mind and emotions is just as important.

I am committed to my healing process. I know it can take time, and I know nothing is guaranteed, but I will stay focused and committed to the journey.

My Emotional Healing Expert:

MY FITNESS ROUTINE

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

HEALING & GROWING MY MIND AND EMOTIONS

DAILY MEDITATION/QIGONG/MINDFULNESS PRACTICE

Morning routine:

Afternoon routine:

Evening routine:

MY DAILY NUTRITION PLAN

Breakfast:

Lunch:

Dinner:

Juices:

Supplements:

MY DEEPER REASONS:

1.

- **Plastics.** All plastic cups, bowls, and water bottles - anything plastic that you put liquid into.
- **Bedding.** All non-natural, non-organic, polyester or other processed material bedding including pillows sheets and blankets, must go.
- **Body care products** that have chemicals, preservatives and dyes.

2.

- **Animal products.** Remove all meat and dairy from your diet.
- **Stop buying processed food.** All dried and packaged foods like cookies, crackers, chips, pasta, ice cream and pizzas, with preservatives or chemicals.

3.

- **Reduce sugar exponentially.** Only eat whole plant foods that have their natural healthy sugars intact.
- **Stop drinking processed drinks and alcohol.**
- **Reduce EMF exposure.** Turn off phone and Wifi router at night.
- **Reduce pollution exposure.** Add 1 plant per 100sqft to your home.
- **Remove pollutants from your water.** Use oxygenated and filtered water.
- **All chemical-based, fire-retardant, carpets and rugs** should eventually be replaced with natural woods, not chemical woods, or organic non-chemical carpets.

6 MONTH PROGRESS

12 MONTH PROGRESS

18 MONTH PROGRESS

24 MONTH PROGRESS

36 MONTH PROGRESS

48 MONTH PROGRESS

Disclaimer:

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