

Module 2: The Physical Body



Questions about the Physical Body



What is the best diet?

How do I know this protocol will work?

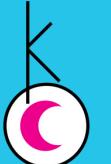
Who should I trust?

What foods and supplements will help mitigate symptoms and conditions?

How do I get my child to eat healthy?

What is the best routine for my child's day?

How do I support my child's needs at school, other people's homes, sports, and extracurricular activities?



Old Paradigm Beliefs

"I am going to clear these limiting beliefs. I know they are not true or who I am."

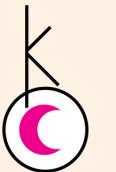
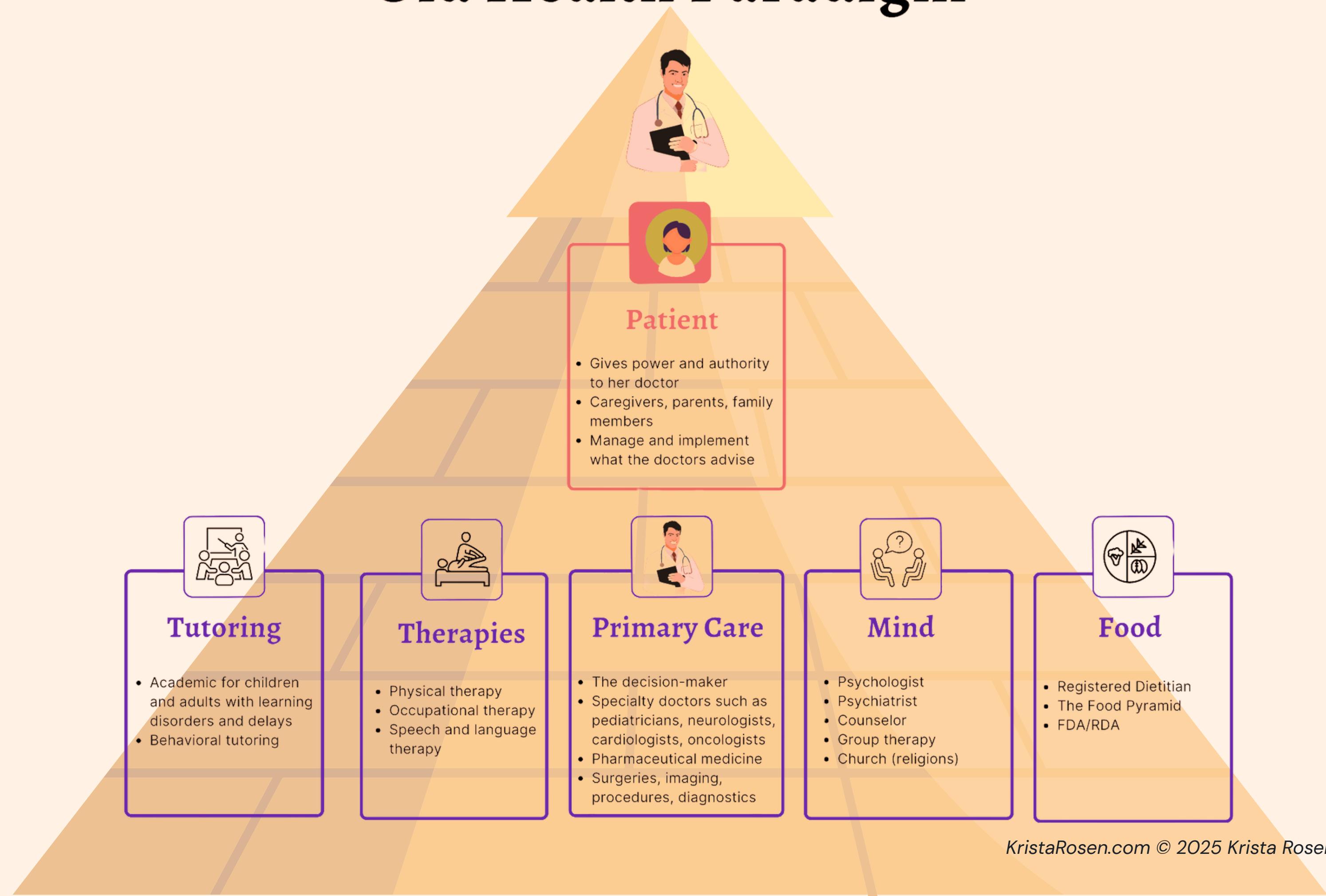
Limiting Beliefs



- I am not good enough to make decisions about my children's health and well-being
- I must follow directives from outside of myself to be included in my communities
- Doctors know more than I do about my child
- Mainstream doctors are responsible for my child's health and well-being
- Shame is an acceptable emotion to feel about my child's struggle to thrive and succeed
- My doctors, neighbors, family, friends, and community know more than I do
- I can't understand research, the reading, medical stuff, and what doctors tell me
- The only way to stay healthy is through handwashing, disinfectants, avoiding sick people, and vaccines



Old Health Paradigm



New Paradigm Beliefs

"I am going to download replacement beliefs. I am mentally saying yes and may tap along."

Replacement Beliefs

I confidently decide what is best for my children

I'm the best person to make these decisions

I am the wisdom keeper of my family

I know how to research, evaluate, and advocate for my children

I am the best person for the job because I know my children better than anyone

I make a difference in my child's health and well-being

I know what to do and when to do it

I know the truth

It's safe and appropriate to question authority and the status quo

Healthcare practitioners know their own specialties

I am a good citizen

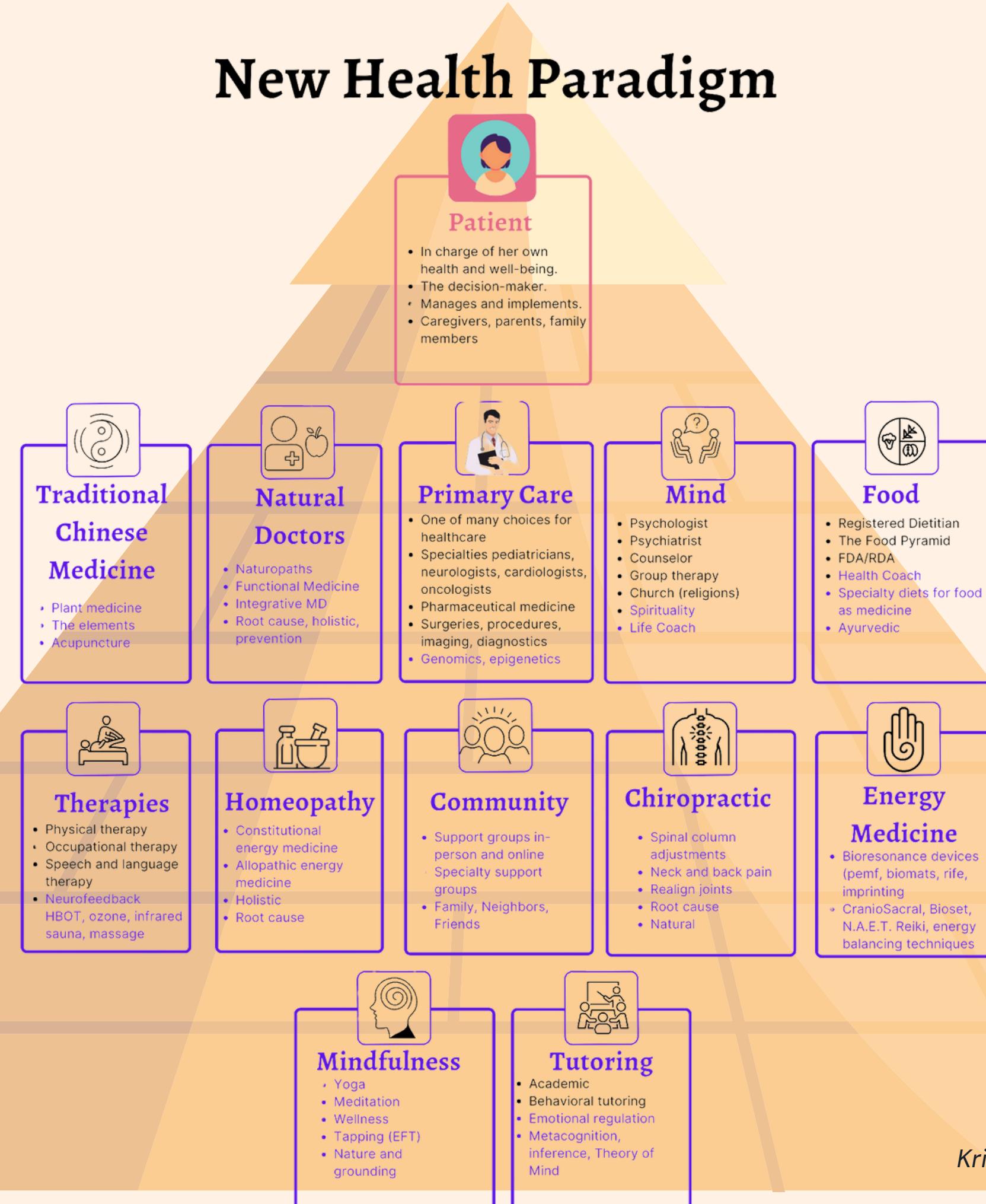
My perspective evolves with new information and experiences

I understand what I read, research, and what people tell me

I allow world events, loss, and uncertainty to be so



New Health Paradigm



Belief Work

Old Paradigm Beliefs or beliefs I want to let go of:



New Paradigm Beliefs or beliefs I want to acquire and live by in my life:

Notes:



Limiting Beliefs

Replacement Beliefs







Health Template

This is **STEP 1 of the Informed Intuition Method**. Sift and sort through the Old and New Health Paradigm information and Soul Drivers. Identify the important pieces that cultivate your health template. 2) Categories and examples to consider: 3) Create your own health template for you to use in daily life.



Goal/Objective

For the Highest and Best Good
In the Highest and Best Way
Overall health and well-being
For targeted goals – sports, conditions, symptoms, optimization, green living, healthy home, clothing, products
For today's plans
Enjoyment
Social
Recovery goals, reversing a dx

Criteria

Financial
Convenience
Organic
Discount
Holistic
Integrative
Healthy
Local
Gluten free
Parve
Stability/Food Insecurity
Sustainability

Type

High protein
Paleo/Low Carb/Keto
Vegan/Plant based
Vegetarian
Calorie dense, mass builder
Fits constitution





Example Health Template

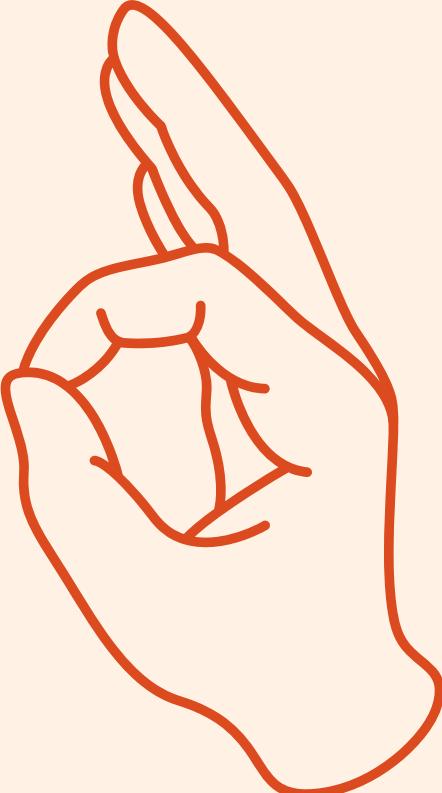


Organic
Whole foods
Local
Dirty Dozen
GF
Produce with every meal
High protein low carb
4 meals a day (2 dinners)
Don't eat past 7p or in front of TV except on yoga nights
Eat as much as I want before 2p
Protein every meal or snack (a few nuts or a piece of cheese)
Vibrant looking
Farmers mkt if possible
Wine/chocolate, baked goods in moderation
Balance enjoyment, nutritional, and calorie needs
Less filling the void, to numb, to avoid, with grace



The Muscle Testing Method

Choose a muscle testing method that works best for you. See Bonus Video to learn how to do the O-Ring method



- 1) Do your homework with the Health Template and Soul Drivers (step 1 of the Informed Intuition Method)
- 2) Narrow down your options to 2-3 choices for those quick questions during your day: grocery store, medical appointment, school, your kitchen, etc
- 3) Muscle test. The next slide will take you through the steps. For an even more detailed explanation, refer to the Bonus PDF.





Mantra

"I'm ready to support myself using this technique. I trust myself and the love I have for my child to lead the way"



Health Template

Goals and Objectives:



Criteria:

Type:

Notes:

