



## Essential #3 – Balance Your Energy

### Your Healing Journey Action Steps

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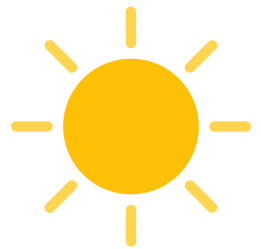
\_\_\_ Schedule an appointment with a professional and licensed Massage therapist who has experience with whole-body healing.



\_\_\_ Research the benefits of Earthing and PEMF. Take time to connect to the earth.

\_\_\_ Listen to calming meditative music.

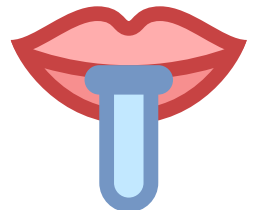
\_\_\_ Spend at least 45 minutes every day exposed to sunlight.



\_\_\_ Become conscious of Xeno-estrogens and minimize your exposure.

\_\_\_ Check your hormone balance with saliva testing.

\_\_\_ Discover if you have an estrogen methylation issue by doing a urine test or a DNA test.





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\_\_\_ Consider increasing your melatonin dosage.

\_\_\_ Examine your sleep patterns. If you are not getting 7-8 hours of restful, revitalizing sleep then take action steps to correct this. (Saliva testing and herbal support)

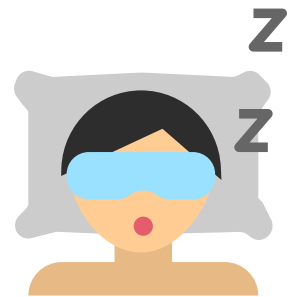
\_\_\_ If you are relying on sleeping pills, get professional help to break that addiction.

\_\_\_ Commit to turning off your electronics at least 1 hour before bedtime.

\_\_\_ Use protective blue light glasses in the evening or when you are on the computer.

\_\_\_ The most rejuvenating sleep is between 10 pm and midnight. Commit to being in the bed no later than 10 pm.

\_\_\_ Move your body for at least 30 minutes EVERY DAY.





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\_\_\_ Find a Bio-energetic practitioner and get tested

\_\_\_ Support your adrenal glands with nutritional support.

\_\_\_ Learn how to check your heart coherence with Heart Math and calm your Nerve System

\_\_\_ Consider seeing a Chiropractor such as those associated with Maximized Living or The Activator Method.

\_\_\_ Include acupuncture in your healing journey.

\_\_\_ Investigate the benefits of Block Therapy to break up adhesions, especially in the upper torso.

