

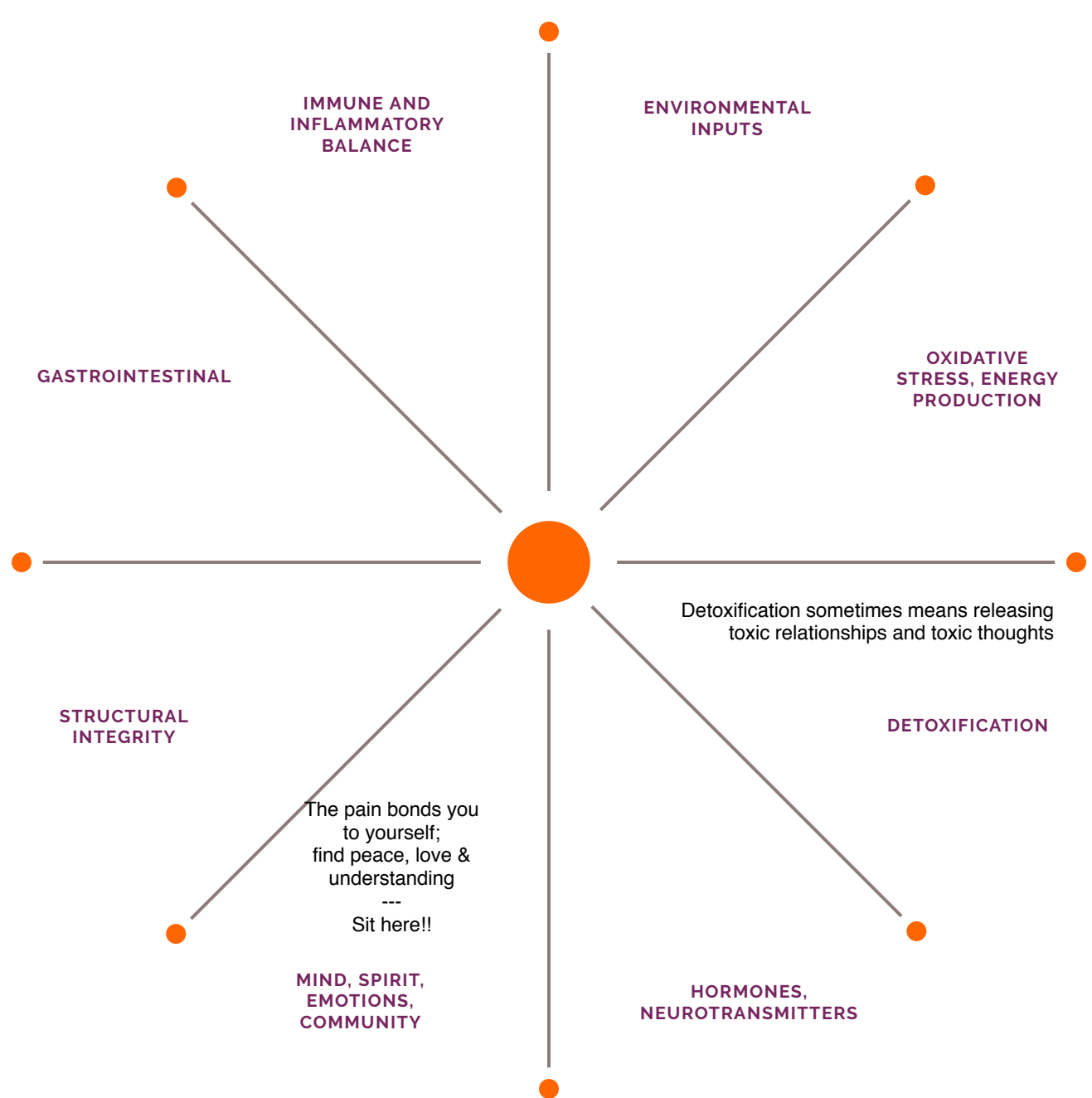
ANTECEDENTS

- Patients should know that nobody can be their savior. Patients need to stop looking at themselves as a "victim".
- The doctor/practitioner is the guide.
- Practitioners partner with your client. Hear them, listen to them and affirm their listening to themselves. Foster trust with the client and with themselves.

TRIGGERING EVENTS

MEDIATORS

- The pain brings patients to the reward of knowing themselves.
- Spiritual practice - mediation, ask questions, contemplation



SLEEP/RELAXATION

Teach patients to rest when tired (not to always push through)

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

Teach patients to listen to what foods work and which don't and notice their reactions to making changes

STRESS/RESILIENCE

- Encourage patients to spend time alone in nature + earthing.
- Take time for reflection.
- Share research about meditation

RELATIONSHIPS/NETWORKS

- Be in partnership with your life.
- When people feel safe, they feel love/d.
- Live in grace, love and laughter.

Detoxification sometimes means releasing toxic relationships and toxic thoughts

The pain bonds you to yourself;
find peace, love & understanding

Sit here!!