Mellie's Optimal Health and Wellness

Disclaimer: This content is provided for educational and spiritual guidance purposes only. It is not intended to diagnose, treat, prevent, or cure any medical condition. Always consult with a licensed healthcare professional before starting any health, wellness, detox, or supplement program—especially if you are pregnant, nursing, on medication, or have a medical condition. Any health-related decisions should be made in partnership with your trusted healthcare provider.

When considering optimal health and wellness. We must take into account, the key pillars of holistic wellbeing. As you cannot truly thrive in one area without nurturing the others. True balance is only achieved when each of these aspects, are aligned and harmonized.

These key pillars are:

1. **Emotional Health:** Understanding, processing, and expressing emotions in healthy ways. To create inner peace and emotional resilience.

   Ways to Overcome Emotional Expression Blocks & Deepen Emotional Healing:

   - **Practice Heart-Centered Presence:** By creating intentional moments of stillness each day and to sit with your emotions without distraction. Breathe into your heart space. Ask, *"What am I truly feeling beneath the surface?"* Allow emotions to arise without suppressing or judging them.
   - **Release Stubborn Patterns Through Compassionate Awareness:** Stubbornness is often self-protection. Instead of resisting it, observe it with compassion. Ask, *"What am I afraid will happen if I let go?"* Bring softness where there was rigidity and give yourself permission to shift gently.
   - **Active Listening in Relationships:** Practice being fully present when others speak. Reflect their feelings back to them without trying to fix or solve. This cultivates emotional safety and may help you feel more heard and supported in return.
   - **Practice Energetic Forgiveness:** Write a letter to someone who has hurt you ***but don't send it!!!*** Pour out every emotion without holding back. Then burn or bury the letter with the intention of releasing the emotional weight, transmuting it into healing.
   - **Use Breathwork to Move Stuck Emotions:** Conscious, rhythmic breathing (e.g., in for 4, hold for 4, out for 6) it regulate the nervous system and shift stagnant emotional energy.
   - **Reframe Forgiveness as Freedom:** Forgiveness isn't condoning harm. It is choosing your peace over carrying pain. View it as an energetic detox. Releasing cords of resentment so you can reclaim your power and open to love.
   - **Call in Higher Guidance:** Through meditation, prayer, or journaling. Ask your higher self to show you the root of emotional blockages. Trust what arises and allow what insight comes in, to lead your healing.
   - **Establish Sacred Boundaries With Love, Not Walls:** Boundaries are not barriers. They are bridges to healthy connection. Affirm your worth and clearly communicate needs without guilt. Healthy emotional flow starts with self-respect.
   - **Restorative Rest & Sleep:** Prioritize quality sleep as a foundation for mental function and emotional regulation. Establishing a calming nighttime routine (e.g., herbal tea, essential oils, screen detox). As well as considering hypnotherapy or binaural beats to support deeper subconscious rest.

2. **Energetic Health:** Balancing your life force and subtle energies. Through practices like; energy healing, breathwork, and grounding/earthing.

   Ways to Strengthen & Rebalance Energetic Health:

   - **Daily Energy Clearing:** Cleansing, sound healing/ music, or visualization (white/golden light) to clear stagnant energy. Imagine your aura being cleansed and revitalized with divine light.
   - **Shield Your Energy Intentionally:** Before entering social spaces, visualize a protective light (gold, violet, or crystalline white) surrounding you. Intend: *"Only energy that serves my highest good may enter my field."*
   - **Ground Into Earth's Frequency:** Walk barefoot on natural ground, use grounding crystals or practice grounding visualizations (roots extending from your feet into Earth's core). This stabilizes and strengthens your energy field.
   - **Cut Energetic Cords with Compassion:** Call upon your higher self to gently cut energetic cords from people or situations that feel heavy or draining. You can say: *"I release all cords that no longer serve me, with love and peace."*
   - **Honor Your Sensitivity as Sacred:** Rather than seeing your sensitivity as a weakness, view it as your soul's intuitive compass. Tune into it regularly. Ask what it needs and allow your energy to guide your path instead of reacting to external forces.
   - **Create High-Frequency Environments:** Surround yourself with uplifting music, natural light, crystals, or aromatherapy oils (lavender, frankincense, sandalwood). Your physical space deeply impacts your energetic flow.
   - **Limit Exposure to Low-Vibration Inputs:** This includes people, environments, digital content, or internal self-talk that pulls you down. Be mindful of what you allow into your field. Protect your peace as a sacred act.
   - **Schedule "Energy Recovery" Time:** Just like physical rest. Your energy body needs restoration. Allow quiet time for integration after sessions, social interactions, or intense emotional processing. This may help prevent burnout.

3. **Environmental Health:** Creating and maintaining a safe, supportive, and nourishing physical and energetic environment (in and around you).

   Ways to Restore & Elevate Environmental Health:

   - **Declutter with Sacred Intention:** Remove what no longer serves your vibration. Physically, emotionally, and energetically. Ask each item: *"Does this uplift my energy?"* If not, bless and release it with gratitude.
   - **Cleanse the Space Energetically:** Use cleansing, salt bowls, sound healing, or aura sprays to clear residual energy. Walk through each room and affirm: *"I release all stagnant energy. Only light and love remain."*
   - **Bring Nature Indoors**: Integrate plants, flowers, wood, stones, or water features to harmonize your space with Earth's frequencies. Nature recalibrates the energy field and brings grounding, balance, and life force into your environment.
   - **Use Light as a Healing Element:** Allow natural sunlight to flow through your space, or use soft, warm lighting during evenings. You can also incorporate colour therapy (e.g., calming blues, energizing golds, purifying whites) to shift room vibration.
   - **Be Mindful of Electromagnetic Fields (EMFs)**: Limit exposure to electronics, especially in your rest or sacred spaces. Use EMF-neutralizing tools like shungite, Himalayan salt lamps, or Orgonite to protect your energetic field.
   - **Set Energetic Boundaries for the Home:** Declare your space a sanctuary. Before guests enter, set the intention that only respectful, loving, high-vibration energy is welcome.
   - **Refresh Scents for Frequency Elevation:** Use aromatherapy or natural incense (lavender, sage, cedarwood, myrrh, lemon) to uplift and purify the air. Scent carries frequency. Choose those that align with peace, clarity, and joy.

- **Tune the Vibe with Music or Frequency Tones:** Play 432 Hz, 528 Hz, or solfeggio frequencies to harmonize the room's vibration. Soft instrumental music can also anchor serenity and spiritual presence.

4. **Mental Health:** Cultivating clarity, focus, and a resilient mind to support overall wellbeing and decision-making.

   Ways to Strengthen & Restore Mental Health:

   - **Practice Mindful Observation of Thought:** Instead of identifying with every thought, observe it. Ask, *"Is this my truth or a story I have inherited?"* Detach from mental loops and return to stillness. This creates space between thought and self.
   - **Use Thought Reframing & Higher Affirmations:** When a limiting belief arises, consciously reframe it:
     - *"I'm not enough"* → *"I am more than enough. I am infinite potential."*
     - *"I can't do this"* → *"I am supported, guided, and capable of miracles."*
   - **Anchor Mental Stillness Through Meditation:** Daily meditation clears mental clutter and reconnects you to the calm within. Focus on the breath, a mantra, or the stillness behind your thoughts. Even 10 minutes a day rewires mental patterns.
   - **Limit Mental Overload from Information Consumption:** Be discerning with what you feed your mind (news, social media, and opinions, etc). Choose content that uplifts, educates, and aligns with your frequency. Your mental space is sacred.
   - **Journal to Clarify and Release Thought Energy:** Write down looping thoughts, internal conflicts, or guidance you receive. Journaling moves energy from mind to paper, making room for peace, insight, and intuitive flow.
   - **Create Mental Boundaries with Compassion:** Practice saying "no" to mental overextension. Especially if you are overthinking others' emotions, decisions, or timelines. Redirect focus inward with grace and self-kindness.
   - **Incorporate Mental Detox Days:** Schedule digital-free time or silence periods where you allow your mind to reset. Let your nervous system breathe. These spaces are fertile ground for inner clarity and spiritual connections/ guidance.
   - **Balance the Mind with Body & Spirit Practices:** Movement, nature walks, breathwork, and sound healing can help harmonize scattered mental energy. When the mind is overactive, ground through the body and return to the heart.

5. **Nutritional Health:** Nourishing your body with whole, vibrant, and conscious foods. All which fuel both physical and energetic vitality.

   Ways to Restore & Support Nutritional Health:

   - **Eat Consciously and Intuitively:** Tune into your body before every meal. Ask, *"What do I truly need to feel nourished, energized, and aligned?"* Eat slowly, with presence. Let your body (not your habits) guide your choices.
   - **Choose High-Frequency, Living Foods:** Incorporate more fresh fruits, vegetables, greens, herbs, nuts, seeds, and plant-based meals. These foods carry the life force of the Earth and support cellular regeneration and spiritual clarity.
   - **Hydrate with Purpose:** Water is a sacred conductor of energy. Drink plenty of clean distilled/pure water. Hydration is key for optimal health and wellness.
   - **Limit Low-Vibration Foods:** Minimize processed foods, refined sugar, artificial additives, and heavy animal products. These can cloud your energetic field, slow digestion, and impact mood and mental clarity.
   - **Use Food as Medicine:** View meals as a time to honour your body, not just to fuel it. Make your kitchen a space of sacred preparation and joy.
   - **Balance Gut and Emotional Energy:** Your gut is really your 1st brain, and it is also deeply connected to intuition. Support it with probiotics, fermented foods, and calming herbs (e.g., chamomile, ginger, peppermint). Healing the gut heals emotional and energetic stability.

- **Detox Gently and Naturally:** Support your body's natural detoxification with lemon water, chlorophyll, dandelion, or fasting windows. Detoxing isn't punishment. It is a return to inner lightness. As long as it is done with mindfulness and care.

6. **Physical Health:** Caring for the body through movement, rest, and physical care. To maintain strength, vitality, and longevity.

   Ways to Restore & Empower Physical Health:

   - **Tune In and Listen to Your Body's Messages:** Your body speaks through sensation. Practice daily body scans or mindful check-ins. Ask, *"Where do I feel tension, fatigue, or imbalance?"* Listen with compassion and not judgment.
   - **Move With Purpose and Pleasure**: Choose movement that feels joyful and energizing. Dance, yoga, walking, stretching, tai chi, or strength training. Let movement become a moving meditation that reconnects you to your life force.
   - **Prioritize Rest and Regeneration:** Rest is sacred. Ensure you get enough restorative sleep and allow for downtime throughout your week. Rest is not a luxury. It is your integration space.
   - **Support the Body with Loving Nourishment:** Fuel your body with high-vibration foods, herbal allies, and hydration. Avoid skipping meals or running on empty. When you eat, do so with intention and reverence for the gift of physical life.
   - **Address Physical Pain as Emotional or Energetic Data:** Chronic pain or physical symptoms often carry emotional or spiritual roots. Explore their messages with curiosity. Use body-based healing tools such as reiki, somatic therapy, breathwork, or intuitive massage.
   - **Create a Daily Physical Ritual:** Begin or end each day with a simple ritual: stretch, oil your body, move your joints, breathe deeply. This anchors you into your body and opens your energy field for alignment.
   - **Maintain Strong Boundaries Around Physical Energy:** Avoid over-committing your time or body. Say no when your energy is low. Protect your physical vessel from burnout by honouring your personal rhythm and limits.
   - **Engage in Nature-Based Healing:** Spend time outdoors. Touch trees, walk barefoot, swim in natural water. The Earth is your greatest physical and energetic regulator. Mother Earth's rhythm will calibrate your own.
   - **Incorporate Holistic Body Support Tools:** Work with crystals, body brushing, energy-infused oils, sound healing, or light therapy to rejuvenate and realign your physical body.

7. **Spiritual Health:** Connecting with your higher self, divine source, and purpose. To experience meaning, alignment, and inner harmony.

   Ways to Restore & Elevate Spiritual Health:

   - **Create Daily Moments of Sacred Connection:** Whether through meditation, prayer, breathwork, stillness, or nature. Commit to a daily spiritual check-in. These are moments of remembrance and realignment.
   - **Nourish Your Relationship with the Divine:** Speak to your higher self or Source energy regularly. Ask for signs, support, and guidance. Trust that you are heard (even in silence). As well as trusting the process along the way.
   - **Ground Your Spiritual Practice in the Body:** Embodiment is the bridge to higher frequency. Dance, breathe, move, or tone to anchor your light into form.
   - **Practice Spiritual Hygiene and Energy Protection:** Clear your aura regularly through salt baths, smudging, visualisation, or sound healing. Call back your energy. Use protective light fields or shielding when working with others.
   - **Discern Spiritual Truth from Ego or Illusion:** Tune in: *Does this thought, or message expand my heart, or contract it?* Your truth will always feel like peace.
   - **Follow the Signs, Synchronicities & Inner Nudges:** The Universe is always communicating. Notice repeating numbers, dream messages, feathers, flashes of knowing, or intuitive hits. These are not coincidences. They are inner nudges and kind of like spiritual breadcrumbs.

- **Reignite Purpose Through Spiritual Creativity:** Write, channel, sing, paint, and something creative. These are sacred expressions of your inner truth.
- **Rest in the Void Without Resistance:** Spiritual quiet is not absence, it's incubation. When you feel disconnected, trust that deep integration is taking place. Be still. The next wave of clarity always follows.

Building on the 7 Key Pillars of Health and Wellness, it is important to explore how we can further support the body's natural systems for sustained vitality and longevity. By nurturing the foundational building blocks within the human body. We create the conditions for thriving health. In this section, we will explore key areas that contribute to deeper wellness and energetic alignment. In doing so, I will also consider the unique needs of individuals who have received COVID-19 injection. Supporting their journey towards balance and holistic wellbeing. However, please note that the information provided here is for educational and spiritual guidance only. It is not intended to diagnose, treat, prevent, or cure any medical condition, including those related to COVID-19 or vaccinations. Furthermore, this is not a detox for the vaccine, and there is no evidence these methods remove or counteract vaccines. This is general wellness support only. Always consult a licensed medical professional before making any changes to your health routine. This includes the use of supplements, herbs, or detox protocols, especially if you are pregnant, nursing, taking medication, or have existing health conditions.

Even though the body naturally detoxifies. It is important to gently support liver, lymph, and kidney pathways. Especially when supporting the removal of metabolic waste and immune byproducts. Here are some suggestions which can assist body detoxification. Suggestions include:

Lymphatic Support:

- Dry brushing, rebounding, & lymphatic drainage massage.
- Red Clover tea, & Cleavers herb.
- Essential Oil Detox Massage: Use grapefruit, rosemary, & cypress with a carrier oil to massage lymphatic areas.

Kidney Support:

- Nettles, Parsley, Goldenrod tea & Apple Cider vinegar (with the mother).
- Hydration with structured distilled or mineralized water.

Liver & Lymphatic Support:

- Castor oil packs (over liver & abdomen for lymphatic flow).
- Infrared sauna therapy (sweat-induced detoxification & circulation).
- Lymphatic Yoga or Kundalini (to move energy & lymph).
- Milk Thistle, Dandelion Root, Pine Needle & Burdock Root.
- NAC (N-acetylcysteine) precursor to Glutathione.
- Warm Lemon water or Celery juice daily.
- 100% Pure Cherry & 100% Pure Red Grape Juice.

In addition to detoxification. Some individuals have reported changes in their health post-COVID vaccination, including shifts in circulation or iron levels. While research is ongoing, the following wellness practices are shared from an educational perspective only. Always consult with your healthcare provider before introducing any protocol. Here is how to naturally support healthy, flowing blood. Suggestions include:

Natural Blood Thinners (Anti-Coagulants):

- Nattokinase (also called Nattō): This is an enzyme made from boiled Soybeans. Which has been fermented with a type of bacteria. It is traditionally used for cardiovascular support and may assist with healthy blood flow. However, it is important to note that it can affect blood pressure and should only be used under medical supervision. Consult your doctor, especially if on blood thinners.
- Serrapeptase: An enzyme that is used for pain and inflammation. It may also decrease risks of infections, prevent blood clots, and aid certain chronic respiratory diseases.

- Garlic, Turmeric, Ginger & Cayenne Pepper.

Herbs for Circulation:

- Ginkgo Biloba (microcirculation).
- Cayenne Pepper (blood flow & heat) – this one especially daily.
- Hawthorn Berry (heart tonic).
- Turmeric, Cinnamon, Thyme, Ginger & Oregano.

Low Ferritin is an iron storage protein in the blood. Ferritin reflects how much iron your body stores. And low ferritin can lead to fatigue, hair loss, and more. Here are some suggestions to naturally increase it. Suggestions include:

Iron-Rich Foods (Heme & Non-Heme):

Heme Iron (highly absorbable):

- Meats: Beef, Lamb, Venison, Kangaroo, Chicken, & Turkey.
- Seafood: Salmon, Sardines, Tuna, Trout & Cod Fish. Oysters, Clams, & Mussels are also excellent sources of iron.
- Organ Meats: Liver, Kidney, & Hearts.

Non-Heme Iron (plant-based):

- Beans (Kidney, navy/black), Lentils, Chickpeas, Lima beans, & Edamame.
- Dark Leafy Greens: Spinach, & Kale.
- Nuts and Seeds: Pumpkin seeds, Sesame seeds, Flaxseeds, Hemp seeds, Almonds, Cashews, & Walnuts.
- Other: Dried fruit (apricots), Tempeh & Blackstrap Molasses.

Vitamin C Boosters (Which Enhance Iron Absorption):

- Citrus fruits (Oranges, Lemons, & Grapefruits).
- Kiwi, Blackcurrant & Berries (Strawberries & Blueberries).
- Bell Peppers, Broccoli, & Tomatoes & various vegetables.
- Tip: Pair vitamin C with iron-rich meals for better absorption.

Avoid Iron Blockers When Eating:

- Coffee, Tea (tannins), calcium-rich foods or supplements & Wine (both alcoholic & non-alcoholic). If you are going to consume these. Take iron-rich foods or supplements away from these by 1–2 hours (is suggested).

Optional Natural Alternatives:

- Floradix (liquid plant-based iron tonic). Common side effects include constipation and black stools.
- Iron Bisglycinate (gentle on the stomach). Common side effects include constipation, diarrhea, stomach cramps, or upset stomach.
- Herbal Teas: Yellow Dock Root, Nettle Leaf, & Dandelion Root infusions.
- When taking supplements: Ensure they are free from fillers and binders. As these may hinder absorption or cause adverse effects.

To Naturally Increase Protein Intake: Ideal if you are looking to boost overall body protein for energy, muscle, hormone balance, and tissue repair. Here are some suggestions. Suggestions include:

High-Protein Whole Foods

Plant-based:

- Lentils, Chickpeas, Edamame, & Tempeh.
- Quinoa, Chia Seeds, Hemp Seeds, & Spirulina.
- Nut butters, Almonds, Walnuts & Pumpkin seeds.
- Peas & Mung Beans.

Animal-based (if consumed):

- Fish (especially Salmon & Tuna).
- Organic poultry, & grass-fed meats.
- Please note: Whilst eggs, and dairy products are available for source of protein. It is not recommended when considering iron absorption. As the proteins in dairy products, like casein and whey, can interfere with iron absorption.

Amino Acid-Rich Herbs: Moringa, Alfalfa, & Maca root (adaptogenic & protein-supportive).

Support Absorption & Utilization:

- Take digestive bitters before meals: It is suggested to take digestive bitters before meals to stimulate saliva production. They are a concentrated blends of bitter herbs, spices, barks, or roots, (infused in alcohol or vinegar).
- Stay properly hydrated for protein synthesis.
- Move your body (walking, strength training) to activate muscle uptake.

Optional Plant Protein Powders (Clean & Natural): Look for unsweetened, additive-free options.

- Organic Hemp protein, Pumpkin Seed protein, Fermented Pea protein, Brown Rice protein (non-GMO) & Fava bean Protein.

When considering optimal health and wellness. We also need to take into consideration mitochondrial and cellular health repair. Supporting the mitochondria, where immune repair and cellular energy happen. Here are some suggestions to assist this. Suggestions include:

Mitochondrial Support:

- CoQ10 (ubiquinol): Found naturally in oily fish. Such as Salmon, Mackerel, Yellowtail, Trout, and Sardines. Organ meats, such as heart, liver, and kidneys. As well as Brassica vegetables (Broccoli, Cabbage, Cauliflower, & Brussels Sprouts), legumes, nuts, & seeds.
- Alpha-lipoic acid (ALA): Found in organ meats like liver, heart, and kidney. As well as red meat. Plant sources include Spinach, Broccoli, Brussels Sprouts, Tomatoes, Peas.
- Magnesium: Found in leafy green vegetables, nuts, seeds, legumes, whole grains, Quinoa, Cashews and Avocado.
- Methylated B-complex vitamins: Found in leafy greens, cruciferous vegetables, fish, meat, nuts, legumes, whole grains & animal livers.
- PQQ (Pyrroloquinoline Quinone): A potent antioxidant that supports mitochondrial biogenesis, cellular repair, and cognitive function. Natural food sources include Fermented soybeans (Nattō), green tea, Parsley, Papaya, Kiwi, Spinach, Green Peppers, & Cabbage. Please Note: Although PQQ is present in small amounts in foods. Regular intake from whole sources may contribute to long-term mitochondrial and neurological resilience. If using supplements, please choose fermented or naturally derived PQQ (free from synthetic additives or unnecessary binders).
- Sulforaphane (Broccoli Sprout extract): Supports detox + mitochondrial health.
- Schisandra Berry: Adaptogen that aids liver & cellular protection.

Red Light Therapy:

- Near-infrared light promotes mitochondrial repair, circulation & reduces inflammation.

Intermittent Fasting / Autophagy:

- Fasting 14–16 hours daily. Can trigger cleanup of damaged proteins and cells. However, please fast responsibly.

Good Gut Health:

- Slippery Elm: Which is a powerful herb known for its soothing effect on the digestive tract. It does not directly increase iron or ferritin absorption. However, it may offer indirect benefits by improving gut health. Which is crucial for iron uptake.
- Marshmallow Root: Similar mucilaginous gut support to Slippery Elm.
- Fermented foods: Sauerkraut, Kimchi (non-vinegar, clean versions).
- Prebiotics: Chicory Root, Jerusalem Artichoke, green Bananas & Kefir.

Also, protecting the blood-brain barrier and the nervous system is just as important. As the nervous and blood systems, are deeply interconnected. Here are some suggestions to support good brain and nerve health. Suggestions include:

Nervous System & Brain Support:

- Lion's Mane, Reshi & Chaga Mushrooms.
- Omega-3s (from Algae or Fish Oil).
- Phosphatidylserine, L-theanine: Found in Soybeans, fish, and animal organs i.e. Liver. L-theanine is also primarily found in the green tea plant called Camellia sinensis. As well as found in some mushrooms.
- Glutathione, Iodine & Magnesium.
- Ashwagandha: Adaptogen that calms the nervous system.
- Bacopa Monnieri: Ayurvedic nootropic.
- Holy Basil (Tulsi): Nervous system & adrenal tonic.
- Rhodiola Rosea: For brain fog and fatigue recovery.
- Blue-green Algae: Brain nourishment.
- Cacao (raw): Improves circulation to the brain and supports emotional regulation. Also, it is magnesium-rich.

Additional Spiritual + Energetic Healing Modalities/Enhancers:

- Sound healing, hypnotherapy, or brainwave entrainment (theta). To promote emotional integration and subconscious healing.
- Scalar or Rife Frequencies: May assist in aligning cellular memory, & immune intelligence. As well as Tuning Fork Therapy (528 Hz for DNA repair).
- Meditative Detox: Guided visualizations to transmute any residual effects into light. Recalibrating the DNA template. As well as Quantum Healing Codes or Scalar Wave Meditations.
- You may also like to consider introduction Crystals. Suggestions by Organ/Energy System: Suggestions include:
    - Liver: Peridot or Citrine
    - Kidneys: Jade or Aquamarine
    - Brain: Amethyst, Lepidolite
- Auric Hygiene Practices: Smudging, flower baths, or aura combing with selenite. You are the healer, so you already know what you need. Just follow your intuition on this.
- Crystal Grids for Detox**:** Use Smoky Quartz, Black Tourmaline & Shungite.
- Earthing/Forest Bathing**:** Grounding via direct Earth contact (walking bare feet on Earth) enhances detox & mitochondrial function.
- Hydrotherapy is also suggested. As well as massage, Acupuncture, Cupping & Chinese Naturopathy/Herbalist.

Furthermore, you need to have consistent health check-ins: Ensuring regular self-monitoring or functional testing with a licence health professional. These tests may offer insights and can be discussed with a licensed medical professional if you have specific concerns or symptoms. They may monitor and test key areas such as:

- D-dimer (check clotting activity)
- Fibrinogen, CRP, ESR (inflammation)
- Ferritin, iron panels
- Live blood analysis (holistic practitioners often offer this)

Finally, the body is intelligent. With intentional nourishment, love, and spiritual coherence. It remembers how to heal. Any introduction into the system, medical or environmental. Can be neutralized, transmuted, or integrated through conscious support and connection to Source energy.

This is Mellie's Baseline Protocol For Optimal Health and Wellness:
Iodine, Bicarbonate soda, Distilled Water, Glutathione, Magnesium, Celtic salt, Spirulina, Flaxseed, Olive Left Extract, Celery Seed, Slippery Elm, Apple Cider Vinegar, Cayenne Pepper, Turmeric, Ginger, Chia Seeds, Bentonite Clay, Chusuwasi, Mistletoe, Activated Charcoal, Coconut Oil, Sea Moss, Hz Sound Frequencies, 100% Essential Oils, Fasting, Mushrooms (Chaga & Reshi), Mindfulness Eating, Energy Healing, Meditation & Crystals. Everything else from there really, is just an added bonus for the highest optimal health and wellness (for what I FEEL, My body needs). This is baseline and I work from there. It is an intuitive process as well, so, trust that… But also remember: The 7 key pillars of health and wellness. As you cannot have one without the others. PS: Please, have fun along the way is also important 😊.

Take Away Thoughts:

- Don't take on more than your body actually needs. Therefore, I always say, "less is more and keep it simple".
- Herbs, supplements, and energy practices can affect the body in different ways, and every individual responds uniquely. What supports one person may not be suitable for another. Always consult a qualified healthcare professional before starting any new wellness, detox, or supplement routine. Especially if you are pregnant, breastfeeding, managing a health condition, or taking medication. Remember, herbs act like medicine. They can help, but they can also harm if misused or taken in the wrong dose. Some may interact with medications or have side effects. It is essential to combine intuitive body awareness with expert medical guidance for safe and effective care.
- Process of limitation and reduced exposures (greatly assist).

"Dis-ease is not only a physical manifestation it is,
the spirit's call for recalibration.
When we return to harmony, nature rises within us.
As both, the teacher and the cure." – Mellie

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