

Cellular Health Menu

Cellular Health For the items that we are clearing we can find the present value as x 3, x4 etc of opt and ask to optimise. For the items we are optimising we can find this as a percentage of the optimal value.

Clear Switch off Emergency/ dehydration Alert Signal and give signal to 'stand down' and relax
Heal with colour blue or relaxing sound or other sensory input
Cellular toxicity / toxic load: Own/Inherited; Chemical/pathogenic/ parasites; Int/ext source
Cellular Memory: especially Fear and Stress causing dehydration or poor function
Build up of calcium and sodium inside cells
Cholesterol layer around cell
Negative resonance of: disease; illness; vaccination; surrogacy; debility; injury; dearth; misalignment; injury; unease; operations (anaesthetic, electrical charge of instruments)
Restore optimum genetic expression: virus/bacteria damage
Restore optimum genetic expression: ancestral influences (up to 7 generations back and all fwd) from
Illness: Chicken Pox; Meningitis; Mumps; Syphilis; Influenza; Gonorrhoea; Anthrax; Psora; Measles; AIDS; Black Death; Cholera; Tuberculosis; Carsinosin (cancer); Fungus; Animal Trauma in food; Planetary Logos; Polio; Alzheimer's; Parkinsons; Arthritis; Asthma; Blood Pressure; Other
Medication: Antibiotics; Anti-inflammatories; Statins; Sulphur; Arsenic; Other
Treatment: Magnetic disruption (MRI); CAT scan; Leeches; blood-letting; of humours; steroids
Vaccination: Chicken Pox; Cholera; Diphteria; Flu; German Measles; Hepatitis A/B/C; HIB; Malaria; Meningitis; Mumps; Polio; Smallpox; Tetanus; Tuberculosis; Typhoid; Whooping cough; Other
Radioactivity: Medical; War; Test Sites; Brazil nuts; Radon gas
Heavy metals: Aluminium/Arsenic/Cadmium/Copper/Mercury/Lead/Nickel/Platinum/Silver
affecting enzyme production:-Kinase; Telomerase; enzymes for NT; Digestive; Detoxification; Immune/Inflammatory; Energy/Glycolysis; Regeneration/Reproduction; other
Other

Optimise Cellular Self-Regulation

Cellular hydration: Switch off dehydration alert (colon); clear cellular memories of dehydration
Cellular pH (headaches and aches and pains are reflection of inappropriate cellular pH)
Temperature (connected to thyroid and iodine levels)
Cell membrane: structure; Fatty acid content; function; permeability
Cellular energy
Blood sugar levels
Ability to process EFAs (linked to ancestral TB)
Mineral balance in blood / cells (esp. opposing minerals: Mg/Ca; Zn/Cu; K/Na; other)
Day/night electrolyte movement in and out of cells (Sodium Pump: Na & Ca vs K & Mg)
Polarity / electrical charge in: intracellular (inside); extracellular (outside); intercellular (between) in fluids/solids
Membrane potential; Electron cloud around each cell membrane
Cellular oxygen / photons
Optimise sensory stimulus in cell membranes for appropriate protection and growth at all times
Transmutation of electrolytes / other minerals / other chemicals
Inflammation Response: hs-CRP, COX-1, COX-2, Kinase network, NF-kB, Cytokines, Interleukins 1,6, Colour Life Systems (utilisation of light photons): Single/Interaction: R; O; Y; G; B; I; V; White
Vibration Life Systems (utilisation of frequencies other than light)

Cellular Activation: Identify and Clear Cellular Feelings: Fears; Behavioural Barometer; Other
Talk to affected body part. Identify and release feelings and optimise cellular chemicals. Identify and Clear Feelings ↔ Optimise Cellular minerals
Identify and Clear Feelings ↔ Optimise Chemical activation of cells

Cellular Awakening

Ask every cell to resonate with one of the following energies;

Optimal balance and reaction to: electro-magnetic stress; AC/DC eddies, electrical circuits (home/work)
Optimum response to: the sun; moon; planetary movements; Aquarian changes; Earth's magnetic field;
Crossing magnetic zones (e.g. in plane); Earth's vibrational frequency (Schumann Res);
Photon activity; Earth's photon belt, solar flares; storms, winds, Chaos of earth's rebirth;
Earth's magma changes; Earth's kundalini shift:
Optimum balance and response to EVERYMAN energies and morphogenetic fields and channelling guidance
Optimise physical vibrational log (close to overall vibrational log)
Maintain Self-at-oneness
Physically resonating with the Absolute Rhythm of the Universe
Cellular connectedness to who we are and our place in the Universe
Optimise Cellular ability to receive, store and utilise light
Restore Cellular Joy: Transfiguration
Reconnect each cell with God's Love (through the heart)
Reconnect/ Reunite to Divine Love
Empowered to fulfil my Divine Purpose
Resonate with Pure Consciousness on all levels of my being
Cells resonate with *All That Is* or a Resonant Energy
Feel Celestial Presence / Celestial Harmony
At One with the Divine
Filled with Divine Illumination/Inspiration
I am Light I am Sound
Cognisance, Emergence, Realisation
Radiant and Filled with Love

Dietary and Other needs

Take good Curcumin supplement e.g. Drs Best or Good Health Naturally. These have about 20 times better absorption than the others (Meriva Formulation).

Increase Prostaglandin requirements: omega 3 (EPA, DHA), omega 6, magnesium, zinc, Vitamin B3, B6, C, E
Increase other nutrients e.g. potassium / magnesium / good protein / Take omega 3 with high sulphur protein / saturated fats

Take a green juice such as Nature's Living Superfood daily or lemon, honey and cayenne drink

Take Organic Food-state Vitamin e.g. NSP 1000g Timed Release

Increase organic foods and phytonutrients

Alkaline / Hay / Gluten-free / FODMAP / Paleo / other diet

Reduce wheat / other grain / gluten / dairy / sugar / fruits / root veg/ caffeine / alcohol

Reduce sweeteners / E numbers

Increase brown rice / millet / quinoa / seasonal vegetables / organic foods / raw foods / juicing / smoothies

Cook with butter, ghee, coconut oil rather than olive oil or unsaturated fats

Warn about possible detox symptoms

Support for the person as cellular healing occurs

Exercise. What type?/ How long? / How often?: Aerobic / Strength / Yoga / Walking / Swimming

Gut Inflammation: Saccharomyces Boulardii, Leaky Gut herbs, Humic Acid, Proteolitic enzyme, Probiotics,

NSP: Omega 3, Slippery Elm, Mullein, Pro B11, Proactazyme, Food Enzymes, Liquid Chlorophyll