

## **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; Diptheria; 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 morphogenic 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, Proteolytic enzyme, Probiotics,  
NSP: Omega 3, Slippery Elm, Mullein, Pro B11, Proactazyme, Food Enzymes, Liquid Chlorophyll