



How Can Fresh Start Help You Get a Fresh Start AND RESTORE EMOTIONAL WELLNESS

Note: Not all Custom Protocols and One-on-One Therapies you'll see below will be in your package, as there is limitation to the budget and you cannot do everything at once. Your program will be planned based on your individual needs, goals and health assessments findings.

Emotional Wellness Challenges	Core Program Activities & Nutrition	Deeper Healing Custom Protocols	Advanced One-on-One Therapies & Counselling
1. Emotional –Energetic			
1.1. Post-Trauma Recovery (PTSD, Sexual, Childhood) 1.2. Constant Negative Thought Patterns 1.3. Low Self-Esteem and Body Image 1.4. Feeling of Hopelessness, Sadness & Anger 1.5. Difficulty to Release and Let Go of Emotions 1.6. Social Isolation and Fear	<ul style="list-style-type: none"> - Emotional Wellness Workshops. Sample Topics: Trauma Recovery, Post-Trauma Growth, Nervous System, Vulnerability and others. - Group Time and Support - Small Group Environment 	<p>- n/a</p>	<ul style="list-style-type: none"> - One-on-one Heart Healing Sessions - Sound Therapy - Somatic Therapy
1.7. Lowered Emotional Resilience and Coping Mechanisms	<ul style="list-style-type: none"> - Guided Nature Walks and Excursions - Semi-Flexible Program Structure - Guided Meditations - Fun and nourishing activities, such as body care classes, bonfires, movie and games nights, art/ craft classes 	<p>- n/a</p>	<ul style="list-style-type: none"> - Nourishing Aura and Energetic Bodies via Aromatherapy, Hydrotherapy Treatments, various topical applications and relaxation treatments

	Core Program Activities & Nutrition	Deeper Healing Custom Protocols	Advanced One-on-One Therapies & Counselling
2. Mental Health Challenges			
2.1 Brain Chemicals Imbalance (Low serotonin, oxytocin, GABA, dopamine and melatonin levels) 2.2 Lack of Mental Clarity, Brain Fog 2.3 Difficulty to Concentrate and Make Decisions, Forgetfulness 2.4 Mental Exhaustion	<ul style="list-style-type: none"> - Whole Body Detoxification - Therapeutic Organic Vegan Meals, Health Drinks and Supplements 	<ul style="list-style-type: none"> - Advanced Brain Nourishment Protocols - GABA and L-theanine supplements 	<ul style="list-style-type: none"> - Cranio-Sacral Therapy - Head, Hair and Scalp Therapy - Indian Head Massage - Shiatsu
2.5 Disconnect from one's feelings/soul (de-realization, numbness, boredom)	<ul style="list-style-type: none"> - Group Support and Interaction 	- n/a	<ul style="list-style-type: none"> - Energy Work - Acupressure and Acupuncture - Somatic Therapy - Sound Therapy
2.6 Soul Medicating (Anti-Depressants)	- n/a	- n/a	<ul style="list-style-type: none"> - Work with ND starting to decrease anti-depressants, when stabilized and safe. Note: We do not wean off opiates and do not support adjustments when unstable.
3. Bad Habits, Soul and Spiritual Issues			
3.1. Emotional Eating and Unhealthy Eating Habits	<ul style="list-style-type: none"> - Educational health lectures - Healthy meal prep demos - Menu planning classes - Health Videos - Immersion into healthy eating routine 	<ul style="list-style-type: none"> - Fresh Start Recipe Book with over 60 Recipes - Handouts to take home 	<ul style="list-style-type: none"> - Private Classes with a Chef
3.2. Social and Closet Drinking, Marihuana and Tobacco Addictions	<ul style="list-style-type: none"> - Lymph and Entire GI Cleanses - Daily Steam Bath and Cold Water Treatments - Daily Liver Activation Shots 	<ul style="list-style-type: none"> - Advanced Liver, Lung Cleansing - Quit Smoking Packages - Antioxidant Enhancing and Toxins Pulling Protocols 	<ul style="list-style-type: none"> - Habits Re-patterning Sessions - Biofeedback Treatment - Advanced Detox Therapies
3.3. Addictions to Work, Exercise, Shopping, Digital Devices and Sex	<ul style="list-style-type: none"> - Digital Free Zone 	- n/a	<ul style="list-style-type: none"> - Habits Re-patterning Sessions - Biofeedback Treatments - Hypnotherapy

	Core Program Activities & Nutrition	Deeper Healing Custom Protocols	Advanced One-on-One Therapies & Counselling
4. Physical Symptoms			
4.4. Adrenal Burnout, Thyroid Issues and Chronic Fatigue	<ul style="list-style-type: none"> - Scheduled Rest Periods - Yoga - Walking on the beach 	<ul style="list-style-type: none"> - B-12 S- Adrenal Shot, B and B-12 Shots - Advanced Adrenal and Thyroid Protocols 	<ul style="list-style-type: none"> - Reiki Sessions - Topical Green Nourishment Treatments - Hot Stone and Relaxation Massages
4.5. Sleep, Hormonal and Nervous System Disorders	<ul style="list-style-type: none"> - Good Night Tea - Magnesium Citrate Supplement – relaxes muscles, mind and enhances sleep - Early and Light Suppers – to allow the GI and Nervous system to rest at night - Early Bedtime Routine and Program Structure 	<ul style="list-style-type: none"> - Advanced Sleep Protocol - Nervous System Tonic - Hormonal Rebalancing Protocols - Liver Detoxification 	<ul style="list-style-type: none"> - Aromatherapy - Royal Jelly Treatments - Foot Reflexology
4.6. Digestive Issues (IBS, Colitis, Constipation, Diarrhea, Nausea, Difficulty Digesting Foods, Lack of Appetite, Acid Reflux, Ulcer, Food Allergies etc.)	<ul style="list-style-type: none"> - Thorough flush of the entire Digestive Track - Parasite Cleanse - Fibre-rich and non-mucous producing vegetarian meals; - Digestive Enzymes, Probiotic Supplements - Digestive Tune-up Shots - GI Rebuilding Shots 	<ul style="list-style-type: none"> - Advanced Digestive Cleansing and Rebuilding Protocols 	<ul style="list-style-type: none"> - Colon Hydrotherapy Treatments
4.7. Respiratory Issues (lowered immunity, bronchitis, pneumonia, frequent cough, tightness in chest, difficulty breathing, asthma, environmental allergies)	<ul style="list-style-type: none"> - Daily Steam and Cold Water Treatments 	<ul style="list-style-type: none"> - Advanced Respiratory Cleansing and Rebuilding Protocols 	<ul style="list-style-type: none"> - Hot and Cold Fomentations to the Chest

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4. Physical Symptoms (continued)			
4.8. Headaches and Migraines	<ul style="list-style-type: none"> - Entire Digestive Track Flush - Re-hydration with purified Hexahedron 999 Water, Lemon Juice and a variety of herbal teas 	<ul style="list-style-type: none"> - Absorbent Charcoal Drinks - Buffered Vitamin C Protocol - Heavy Metal Detoxification Protocol 	<ul style="list-style-type: none"> - Detoxification Baths with Nettle and Clay - Heavy Metal Extractions Foot Baths with Seaweed
4.9. Overweight and Obesity	<ul style="list-style-type: none"> - Detoxification and Healthy Nutrition - Exercise Classes 	<ul style="list-style-type: none"> - Enhancing Metabolism Protocol - Advance Liver Detox Protocol 	<ul style="list-style-type: none"> - Lymphatic Drainage Massage - Kelp Wraps
4.10. Structural Issues, Body Inflammation	<ul style="list-style-type: none"> - Enhanced Cellular Hydration with Lemon and Hexahedron 999 water - Anti-inflammatory Foods 	<ul style="list-style-type: none"> - Joint Cleansing Protocol - Anti-Inflammatory Protocol 	<ul style="list-style-type: none"> - Structural Health Treatments - Bowen Therapy - Deep Tissues Massage - Myofascial Therapy - Visceral Manipulation - Acupuncture - Chi Nei Tsang (organ massage) - Tui Na (Chinese physio) - Kinesiology
4.11. Skin Issues (Psoriasis, Eczema, Acne)	<ul style="list-style-type: none"> - Daily Steam Bath and Cold Water Treatments 	<ul style="list-style-type: none"> - Dry Skin Brushing - Anti-Inflammatory Cream 	<ul style="list-style-type: none"> - Sea Salt Scrubs - Chlorophyll Treatments - Herbal and Clay Wraps
4.12. Cardio-Vascular Issues (post heart-attack, post-stroke, HBP, high cholesterol, high pulse)	<ul style="list-style-type: none"> - Entire Digestive Track Flush 	<ul style="list-style-type: none"> - Advance Blood Cleanse - Green Nourishing Protocol - Heart and Kidney Support Protocol 	<ul style="list-style-type: none"> - Relaxation and other body therapies

Disclaimer: Not all therapies included in this document may be available at all times and are subject to specific therapists' availability. We will be able to offer you only the therapies and protocols that are available during your program session.