

9 Steps to Healing adapted from Dr. Mikael Adams' 7 steps to healing

- **STEP 1: Identify & Eliminate all sources of environmental toxicity:**
 - a) Fill out the Biotherapeutic Drainage Questionnaire, use other websites on this page to help you identify how you are putting toxins in your body.
 - b) What have you had a history of?
 - c) Educate yourself on; glyphosphate & remove non-organic/sprayed beans, grains, potatoes.
- **STEP 2: Complementary, non-suppressive, palliative treatment to help symptoms improve while identifying the cause of their symptoms:**
 - a) Facilitate drainage and movement in direction of healing.
 - b) Use Unda plex remedies.
 - c) Phyto-therapy Remedies & herbal teas, tinctures.
- **STEP 3: Identify blockages that prevent body from self-healing & auto regulating:**
 - a) CAT Scan.
 - b) MRI.
 - c) Biopsy.
 - d) Blood Test.
 - e) PET Scan.
 - f) Ultrasound.
 - g) Tissue analysis.
 - h) BioEnergetic testing.
 - i) Acupuncture.
 - j) Auricular medicine.
- **STEP 4: Open emunctories (organs of elimination) & drain:**
 - a) Globally draining liver/kidneys, then locally for a specific area:
 - b) Energetic toxicity from EMF's from phones, cellphone towers etc.
 - c) Humoral toxicity.
 - d) Connective Tissue toxicity.
 - e) Lymphatic toxicity UNDA numbered compounds-elimination, function & organ level.
 - f) Gemmotherapy.
 - g) Schuessler Tissue Salts 6X.
 - h) Phytotherapy.
 - i) Single, low potency homeopathic remedies.
 - j) Colon hydrotherapy/Colonics or high enemas.
- **STEP 5: Gut therapy to get rid of dysbiosis, gut bacteria imbalance:**
 - 1) Strengthen the environment and the underlying foundation that supports it.
 - 2) Displace, inhibit, destroy pathogens.
 - 3) Replace & restore Normal Flora.
 - a) UNDA Numbered Compounds.
 - b) Human Microflora Formulas.
 - c) High Doses of Specific Nutrients (Ie. CoQ10, IP6).
 - d) Gemmotherapy.
 - e) Phytotherapy Combinations.
 - f) Herbs, homeopathy.
- **STEP 6: Eliminate foci/areas of disturbance-Treat the miasms/reactional modes(constitutional tendencies)-Discharge cellular toxins:**
 - 1) Surgically.
 - 2) Immunologically.

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- 3) **Cell toxicity** - dislocation then bind then excretion (release from cells, then bind, then body excretes it.)
- a) UNDA Numbered Compounds- Miasm (Reactional Mode/Diathesis-constitutional tendencies) level.
- b) Oligo/Trace Elements (Gammadyn).
- c) Refer for Surgery.
- d) Nosodes-homeopathic remedies made from micro-organisms.
- e) Cilantro & other remedies to help pull out heavy metals & other environmental toxins.
- f) Immune Programs (RNA/DNA).
- g) Sodium Alginate, Methyl M, Chlorogen/ Chlorella, Vitamin C, other enviro-toxin binders.

• **STEP 7: Tonification & Nutritional Therapy-specific diets.**

- Tonics actually help organs function normally, it is like getting your car engine tuned up.
- Foods, juices, glandular extracts, low potency vitamin/mineral supplements.
- Herbal Therapy Combinations.
- Gemmotherapy.
- Schuessler Tissue Salts (6x).
- Homeopathy.
- Organotherapy. (stimulates the function of specific organs)

• **STEP 8: Organ & enzyme substitution, stimulation & regeneration:**

- a) Replace.
- b) Supplement.
- c) Stimulate.
- Enzyme supplements.
- Tissue salts.
- Gemmotherapy.
- UNDA Numbered Compounds.
- Homeopathic organotherapy...which stimulates the organs to work.
- Oligo/Trace elements (minerals).

• **STEP 9: Constitutional & Psychological & Spiritual healing:**

- a) Epiphysis - Feel emotions.
- b) Cerebellum - Express emotions in a positive way.
- Note: Stop "suppression" of emotions!
- Herbal/Phytotherapy combinations.
- Glandular therapy.
- Flower essences/Gem elixirs.
- Single Homeopathic Remedies (30k-cmk).
- Homeopathic Organotherapy.
- Deliverance from addictions, bad habits & strongholds in your mind.

NOTE: Avoidance of environmental toxins as much as possible..., exercise regularly, avoid caffeine or at least limit it, avoid nicotine, and drink purified water either with the minerals in it or without if you are advised like; r/o water or distilled water.

Also, please note, some of these steps may be going on simultaneously they are not necessarily in chronological order.