

Client Name: Julia Ann

### **Primary Acceptance Questionnaire**

Can the Global Nurture Project help this person? Yes

Does this person want to be helped and is he or she willing? Yes

Does this person trust the process? Yes

Does this person benefit more from micro dosing or a flood dose (ceremony)?

This person can take Iboga (micro dose) but doesn't necessarily need it, because her vibration is high enough to receive healing energy from plants devas directly.

### **Personalized Intuitive Evaluation**

Physical:

Physical issues come or came from low vibration foods or actions. Her body stays healthy if she takes care of it with healthy food and connection with nature and her inside. Sometimes stress symptoms from living situation but this comes and goes and is a normal sign for what is needed for this person in this moment. If the person wants to know if there are any damages from younger age it's no. There is not a lot left except the lungs that sometimes need more oxygen. There is an energetic blockage on her lungs that is related to her relation-ship and her living situation. Should take more space or even sleep sometimes in a different room or apartment if possible. Is very interested in her energetic health. The only chakra that is not spinning freely is the sacral chakra. There is some confusion in.

Emotional:

Very joyful soul, came with a free spirit and doesn't come for a reason like to resolve karma. This person is able to create her life with no limits and is incarnated to experience to most possible joy, bliss and lightness. The more she connects with her higher self and purpose she will be able to manifest abundance for herself and everyone around her. All the emotional issues are "left overs" of a believe in pain and suffer that we all actually just create with our ego. A lot of emotional issues are taken on from other people because

she wants to help. Sometimes gets in a stress with relation-ship or children, which is absolutely normal. Has a happy and healthy life and is able to support a lot of other people.

Should take care of her sensitive system by doing cleaning meditations. Energies from other people can manifest itself in thoughts, feelings or physical issues. Has a much more sensitive system than her lover/partner. Her emotional body is healthy and she is more and more connected with her inner power. Very much interested in spiritual growth.

Iboga Dosage: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 19 20

Notes: Iboga is not necessary anymore but person can take it with any intention or wish for support. Iboga recommends that person should learn how to connect with spirits and devas directly.

### **Optimal Health Protocol**

The following optimal health protocol offers suggestions on how you can improve your wellbeing on five main aspects. We invite you to listen to your inner feelings while reading the protocol and following through on any suggestions that feel absolutely right for you. These suggestions have been selected using our unique, Kinesiology based methods to best support your current situation. These are also not exclusive. Some things might not be included in this protocol yet that does not mean they are not good for the optimization of your health. It simply means that they did not come up specifically for your current state of mind/health that we have conducted for your optimal health protocol.

- **Nutrition**
  - Food that is particularly and specifically beneficial to your body:

Vegan would be best for this person. Take care of where you get the food from. Best would be out of your own garden or organic.

Rainbow diet is requested for 7 days to optimize her system.

Eat 7 times in a day. (You can still eat three full meals and then 4 snacks between like smoothies). Eat the colors of the chakras and start with red in the morning. Red-orange-yellow-green-blue/purple-white. Prepare your food with full attention and do a prayer for your optimization. Ask for joy and lightness and support for this chakra that you “eat”. Have a lot of fun by doing your diet and if it makes you happy do it again ☺. This is a diet that should make fun and allows you to experiment a lot. Go with the flow and don't be too strict with yourself.

Examples...

Red: Apples, Strawberries, Tomatoes, Watermelon, Red Peppers, Red Carrots, Cherries, Pomegranites, Red Grapefruit, Cranberries, Raspberries, Red Potatoes, Rhubarb.

Orange: Oranges, Persimmons, Pumpkin, Squash, Pink Grapefruit, Carrots, Orange Peppers, Peach, Apricot, Mango, Sweet Potatoe.

Yellow: Lemons, Pineapple, Bananas, Corn, Yellow Squash, Yellow Peppers, Yellow Tomatoes, Yellow Pole Beans.

Green: Leafy greens!! Green Grapes, Zucchini, Broccoli, Celery, Cabbage, Asparagus, Lime, Cucumber, Avocado, Peas, Beans, Green Peppers, Green Apples, Pears.

Blue/Purple: Purple Cabbage, Purple Grapes, “red” Onions, Blueberries, Eggplant, Purple potatoes, Figs, Blackberries, Plums, Purple Carrots, Purple Peppers, Purple Asparagus, Raisins, Prunes, Currants.

Brown (counts as white) and White: Nuts&Seeds, Potatoes, Mushrooms, Cauliflower, Onions, Garlic, Rice, Could also count healthy grains as brown.

- Food that is not currently ideal for your body's health and wellbeing:  
All sorts of low vibration food (Sugar, alcohol, coffee (sometimes is ok)  
Meat and fish. Try to cook in your home and eat more regularly. Breakfast,  
Lunch, Dinner if possible always at the same time.

- **Supplements**

These are suggestions, not prescriptions. They will be selected from an extensive list of world renowned supplements in accordance with maximizing your body's health. We invite you to listen to your inner feelings while going through the list of supplements as well.

- Essential Oils or other Herbs/Woods/Flowers  
Use with food and put it on your chakra or around you while you eat the food and do the prayers. You can be very creative same like with the food. The motto is: Follow your intuition! Use the essential oil of the plant, the flower of it or the smoke. Put the flower or herb on your chakra. This is for the 7-days-diet!!!  
Root Chakra: Sandalwood  
Sacral Chakra: YlangYland  
Solar plexus: Lemongrass  
Heart Chakra: Rose  
Throat Chakra: Lemon  
Third Eye: Rosemary  
Crown Chakra: Lavender
- Chlorella
- Ginger and Curcuma Tea with lemon and honey: Cook ginger and curcuma and honey in hot water and let it become a little bit colder before you put the lemon inside because it can become bitter. Very good for vitamin C
- Zeolit powder
- Alkali salts (powder before you go to bed)
- Lots of fun!

- **Physical Activity**

- These physical activities will be known to have the most beneficial effect on your body, mind, and spirit. You can participate in them for as long or as rigorously as you'd like but it's best to listen to your body and to not overdo any activity.

- Swimming, Yoga, Dance, Walking, Hiking, Horsebackriding, funny games with kids (soccer, beachball s. o.) Everything that brings your etheric body in connection with your physical body (Ski, Snowboard, Surf, Windsurf, even skydiving, or diving in the water like snorkling. So that you can feel light and free.

- **Healing Modalities**

You can try out every healing modality that has something to do with energy work. By doing it you can also learn it. Highly recommended are:

- Soundhealing.
  - Reiki
  - Channeling
  - Intuitive writing or painting

- **Environment**

Clean your house daily from strange energies! Try to use Feng Shui and other supportive modalities for your house and garden. Check waterlines s.o. Bring love into your house. Your system reacts very much on the energy around you.