

# ALCHEMY OF HEALTH AND FITNESS

Dear .....,

I have created you some supportive documentation to understand the process you need to follow with the herbs. Trauma Healing herbs has been programed and energized by the Crystal bed from Brazil. Please ensure the following process is completed with the Trauma healing herbs. This beautiful ritual is done every morning 30 days.

## MORNING WITH HERBS

**PLEASE ENSURE THAT WHEN YOU TAKE THE HERBS IN THE MORNING THAT YOU SET YOUR INTENTION.**

### **Step 1:**

**In the morning with your tea – imagine that the tea you are drinking is filled with love – close your eyes and see how every organ is fed and nourished.**

### **Step 2:**

**Please think of the emotion that might arise and see how the herbs are placing happiness and joy in the space of negative feelings.**

### **Step 3:**

**Red affirmations. Best to read them out loud to teach you how to use your voice. Be assertive and believe in what you are saying.**

### **Step 4:**

**Enjoy your day and your food plan.**