

DO NOTHING



UNPLUG SLEEP NAP MEDITATE

COLLECT INFO



LOOK FOR REFERENCE BOOKS & SUPPORT GROUPS LOW-TECH DIAGNOSIS

ENGAGE THE ENERGY  
COLOUR RITUALS  
PRAYER  
LAUGHTER  
AROMATHERAPY  
VISUALIZATION  
HOMEOPATHICS



STIMULATE/SEDATE



ACUPUNCTURE MASSAGE HERBAL TINCTURES HOT/COLD WATER

NOURISH & TONIFY



HERBAL INFUSION LOVE PHYSICAL ACTIVITIES MOXIBUSTION

# 6 STEPS OF HEALING

USE SUPPLEMENTS



VITAMINS MINERALS ROYAL JELLY SPECIAL FOODS

USE DRUGS



HIGH DILUTION HOMEOPATHICS ALKALOIDS ORAL AND INJECTABLE HORMONES

BREAK AND ENTER



PSYCHOACTIVE DRUGS INVASIVE DIAGNOSIS SURGERY