

Hormonal Blending of 9 Nutrients - Allah Rheinstein

Allah began to understand what the tonsil cyst taught her - that the body was storing nutrients -and taking them up and down the spine and protecting the thyroid. She understood that if she was able to take the same nutrients - it would resume healing and that's what happened. After being lead to the ingredients she was lead to find medical nutritional research that showed how these nutrients offer each other the optimal way to be absorbed - and she found by doing it... that when taking them together in a certain order they are able to offer their nutrients optimally - and because of the way we can adjust the amounts by taste - we discover how to give the body what it needs. With those she shared it with - everyone responded with positive results... some were very strong - but all felt a peaceful feeling, deep warmth that brought both energy and calmness. Allah sees how this offers new hope for hormonal issues because our hormonal needs are not the same everyday. They fluctuate a great deal this process takes that into account.

How To Take - The Hormonal Harmonization Blend of Natural Nutrients taken by taste for optimal dose for that moment. First, wash out your mixing bowl & your mouth. Oil Pulling - swishing all around for a few minutes - so that when you spit it out - it takes out much with it.

Use: coconut oil, olive oil, almond oil - any oil that connects well with your health & body type - oils make the hormonal juices and now take that oil and use it as the base of this Nutrient Blends that optimize each other: Step 1. Apx. 1 Teaspoon to 1 Tablespoon of Organic Raw Virgin 'Coconut Oil - this has nutrient #1 Selenium in it and our mouths have enzymes to help break it down - so swish it around - and when it is a smooth liquid. (You can also do Brazil Nut Oil... any oil high in Selenium.)

Step 2. Open each capsule & pour it in your mouth in the pool of oil - this is Nutrient # 2 Keratin (50mg. from 1-4 caps, each time - use self-muscle testing & taste to know # of caps to take.) Cyanine FLX is a new digestible Keratin now available from New Zealand - made from wool. It will have a slightly salty taste - keep swishing it around and you will find the salty taste leaves. This means you need more. So keep doing it until you have a little salty taste that stays in the blend of oil. The Keratin protein sets up the blood with protection and assimilation for the next ingredient Colloidal Iodine.

Step 3. Add a drop at a time of nutrient #3 Colloidal Iodine (Atomodine by Edgar Cayce) Continue Carefully in the pool of liquid - not on your tongue - adding more as needed. Do it one drop at a time until you can swish it around and it has a little bit of a Vit. C taste. Each drop when swished around absorbs the taste - when the Vit. C like taste stays with a little of a Vit. C taste - you've had enough. However, with thyroid conditions you may feel you need more than 4 drops - yet it is best to stop there and do it over time - doing it daily or as you feel it... you will need less. Mainly, you will feel the oil liquid breaking up in your mouth from the Colloidal Iodine- so wait for that sensation to know you have enough... the blend should taste pleasant balance of salty, vit. C, and oil that is a bit sweet. Then, the next ingredient makes it taste really good. And as you swallow... focus on a prayer or a vision that gives you a wonderful feeling. This whole process is a way to tune into your body and it will tell you what it needs if you learn to listen to it.

Summary. Selenium (Oil) breaks down Keratin (Cornell University Study link below) and Keratin is a protein that protect the body from the negative aspects of the Colloidal Iodine that breaks down Selenium that you can feel it happening in your mouth. This mixture helps to allow Calcium to be absorbed & optimized and even more so due to the mix also including Magnesium & Zinc. Calcium (making Neurotransmitters) and works together with Vit. D - then there is Sodium & Potassium that need to be balanced for pH balancing which makes immune systems health optimal. A Wellness Lifestyle allows for Hormonal Harmonization for Optimal Learning & Healing and improves both and over-all productivity in a way that allows for lifelong learning and a joyful healthy life. When we are lead to learn what we love and supported in the vision we see for our lives and now that brain scientist see that the order of what is learn is the pathway of the recall. And when we enjoy learning that memory stays with us - we have offered fun and interesting ways - of feeding our curiosity and passion for learning, which grows and connects dendrites optimally.

As we understand how to educate in a way that brings out the best in everyone towards solutions we all need. This is peaceful learning and learning peacefully can & will eventually - bring peace to our world.

Emotional Intelligence Raising can & will save our planet - when we understand just how cool it is to care & how good it feels inside when we cooperate. This is the way we also need to view the body... not as a war zone... where we attack the body to get what needs to be destroyed - instead - as a peaceful agricultural environment that seeks optimal healing & growth.