



Brain – Gut Connection

www.louiseswartswalter.com

There are 5 steps (SECRETS) to a Beautiful Amazing You-- whole body- brain-spiritual health:

B.R.A.I.N. system

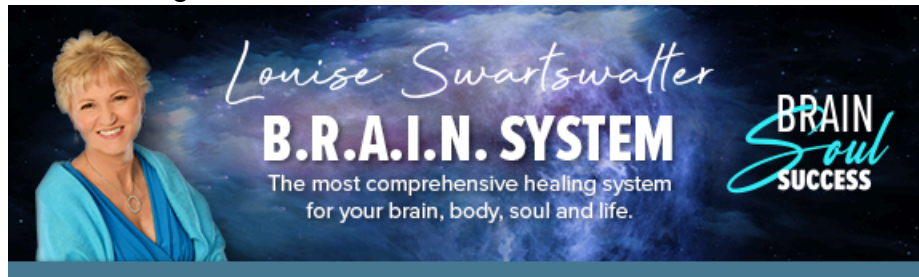
B= body, physical body, nutrition, supplements, environmental

R= release old patterns that keep you toxic

A= align with God, spirit,

I= integrate old ancestral programs

N= new Program – transform the old and in with the new.



BODY:

body detox & brain-balancing frequencies to rewire your success mechanism.

RELEASE:

relase mental chatter & emotional baggage.

ALIGN:

align spiritually & raise your frequency to attract success and prosperity.

INTEGRATE:

integrate your new brain frequencies to your soul's true purpose.

NEW PROGRAM:

new programming - a "software" upgrade to lock in health and vitality.

A program of detox is not complete without all the above steps.

The Skin is the Largest Organ in Your Body

Did you know that your skin *always* tells the truth? Beautiful skin is a reflection of healthy insides. It is said that the skin is the second kidney. Poor nutrition, ineffective cleansing habits and lack of quality sleep show up on the face. Inflammation contributes to lines and wrinkles, ruddy or uneven looking skin, dark circles and blemishes along with a host of other conditions.

- Eat organic foods- start with dairy and meats because non organic contain the artificial hormones which put your hormones out of balance.
- Probiotics- acidophilus, yogurt, kefir and cultured vegetables
- Omega 3 oils and Vitamin E (Nordic Naturals) salad dressing
- Minerals- VERY Important! Dehydration ex: zinc enables 200 enzymes in the body. Celtic sea salt, rock salt, liquid mins, organo Minerals, ANHC Complete Minerals
- Full spectrum enzymes with meals -- Digest, ANHC Digest Zyme
- Betaine HCL with meals
- Lysine, magnesium and B-6 help make HCL
- Zinc- helps taste and smell and builds immune, good for skin.
- Vitamin A and C strengthen epithelial tissue
- Liquid Chlorophyll – healing and oxygenating
- L-Glutamine - this is the single most important nutrient- amino acid that helps to regenerate mucus membranes
- Green drink- Tonic Alchemy -super whole food 172 greens plus probiotics – Alkalizing
- Protein powders to make shakes to begin your day
- (Rice, whey, No soy for most individuals)
- Sugar substitutes- stevia, honey, agave nectar, maple syrup, brown rice syrup.
- Milk substitutes – rice milk, almond, coconut, hemp,
- Wheat substitutes (rice, spelt, teff, quinoa, sprouted grains).

Here's just a short list of some of the benefits probiotics have been clinically shown to yield:

- smoother digestion
- reduced gas & bloating
- less constipation or diarrhea
- boosted energy
- improved mood
- clearer, healthier skin
- weight management
- boosted immune system

You may also already know that **probiotics are found in a number of different food sources**, such as: kimchee, kefir, tempeh and kombucha tea.

Allow Self Love

1. What gift can you give yourself?
2. What self-care do you want to implement this week?
3. What makes you super happy?

4. I love my gift of _____. I love that I can _____.
5. I am _____.



Dr. Louise Swartswalter's
B.R.A.I.N. SYSTEM
The most comprehensive healing system for your brain, body, soul & life



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NEW PROGRAM
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