

### **3 Copies to revise:**

## **2 Miracles in 2 days in Costa Rica**

These days in Costa Rica I've learned about 2 miracles that anonymous Ticos performed with just their good heart. This is why I love Costa Rican kindness and good will.

One 'cowboy tico' just helped a man who was about to die from a Rattle snake bite. He cut the string that was put 'to hold the poison' with his machete. Then, at the hospital, they recognized that that move saved the man's life. None found him yet to thank him.

A car got stuck into a road hole, there was no phone signal. An old man stops with a board to pull it out. Instantly after the car gets out he vanishes. A whole sequence of events got back on track thanks to this uninterested assistance.

We are living in a place so set for miracles...

This inspired me to act up and keep supporting this culture and kindness.

I've witnessed many persons change the course of disease.

Preventing the misery and then having to hope for a miracle.

In this way, at this moment, I can help. I decided to give back to the locals a free class and coaching:

'Salud y Responsabilidad.' 

It is for Ticos, in Spanish, about the main health causes I've found in their lifestyle and good simple habits to make their life better.

They really need it. They are just accustomed to bad habits and no self care. They have so much kindness and goodness that we should uplift their well-being.

Here is the link to invite them into the free class and live coaching:

<https://forms.gle/8vrXzUVdFcWnx1yZA>

Share it with the Locals and Ticos you know and care for 


(This copy is for getting the gringos to get their known locals and Spanish speaking people, living in Costa Rica, to join my Free class that is a lead magnet to sell my Healthy Coaching, analysis and accessories.) I posted it in 2 gringo groups of whatsapp. And it got 6 leads + Interest that I do the class in English.

## **Watch out for pesticides in your greens! Wash them this way.**

### **(Attached photo of a bowl with greens soaking).**

Costa Rica despite its 'eco/healthy fame' is one of the top pesticide user countries.

I clear all my greens soaking them in vinegar 3-5 minutes and then, rinsing.

It's an extra step, but the studies I do with my health machines now show all OK in the toxic pesticides in blood. 


Also, baking soda removes most of them. And the more dedicated people use both: vinegar+baking soda. I just do 1 and it's working quite well.

Other important thing that has been showing up in my clients here is the high aluminum and arsenic. Please check your water and cooking elements...

The Tico diet also lead many persons to have their pancreas inflamated and stones in their gallbladder...

I'm educating the most locals possible to prevent serious upcoming problems and underlying causes.



You can message me for joining the clases on conscious health habits in Costa Rica. 

(This copy is for leading more people to the link but they had to ask for the form to join since I had to be more careful in the groups I posted it in FB. they didn't allow links so I had to give value and raise interest.)

## **I lost the peak health I bragged so much about these months. 🙄**

(With a Picture of me quite well 6 pack and all but with a lump in my armpit)

Life happened (break up, family stress, work trips...) and I kept pushing myself hard.

A scary lump came out of my armpit. . At the begging I thought it was a bacteria that got me these discomfort in my lymph system, all my arm was swollen.

My therapist told me to do bloodwork, 'the body is definitely clearing something.'

I checked with the Resonance machines and it was true, it was lymphatic. I could confirm, no tumor.



I couldn't stop my life for this. I had family visiting and missions to fulfill. Plus, Driving to San Jose with all the 'Presas' and accidents is a fucking odyssey.

All missions were fulfilled but at the cost of my optimal health. It's ok. Some sacrifices for special times. But, now my resilience now it's at a level I never experience before. ✅

These years of self care and healthy habits embodiment + the quantum card supporting me constantly got me back on track 💪

I'm so happy to know many of you and your families have them. These Cards made a huge difference in my resilience and regeneration. 🌀

EMF is not to be underestimated. The effects of EMF affect us in many levels, specially when in the city and or driving with the phone. Now they are no longer an underlying problem for me and my family. Also I have more confidence to move around this matrix. It's a powerful shield for this matrix.



I'll be ordering more to bring to Nosara these days. Let me know if you want yours. ✉️