

Tyler Tolman - Heal Thy Self at Home

The #1 Health Program For Natural Healing At Home.

IF YOU ARE TIRED OF ALL THE CONFLICTING INFORMATION AND WANT REAL SOLUTIONS, THIS PROGRAM IS FOR YOU...

WHY YOU NEED IT...

Some people would have you believe that you need some kind of miracle pill or supplement or vaccine or antibiotic to enjoy good health. I believe that's simply not true. Doctors are saying one thing, nutritionists are saying another; not to mention all of the different diets and diet products available on the market. It isn't any wonder people are confused.

I like to wipe the slate clean and bring it back to simplicity. Our bodies have the innate intelligence and capacity to heal and regenerate. Our cells are doing it ALL the time. Deep down, we already know what we need. And, when you create a plan that YOU know to be true, and then you implement that over time, you will receive the results. It is that simple.

When you take the Heal Thy Self @ Home journey, you will transform your understanding of health. The power to change your life and your body is in your hands.

WHAT'S INVOLVED

Heal Thy Self @ Home is delivered over 8 weeks with all the information broken down into 'bite-sized' pieces your brain can easily digest and absorb.

WEEK 1: AWARENESS

Awareness is needed before we can achieve any real change. This module will introduce you to what you are putting in and on your body. You will learn about cancer and diabetes, GMO foods, artificial colours and sweeteners, chemical preservatives, gelatin, MSG, hydrogenated oils, proteins, supplements and the low down on smoking and alcohol.

WEEK 2: THE TRUTH ON PHARMACEUTICALS, DRUGS AND CANCER

Be empowered with information about how to heal yourself and loved ones naturally when illness strikes. Learn about antibiotics, vaccinations, pharmaceuticals and the common drugs to avoid. When you have a clear understanding of all the options available to you, you can make an informed decision without guilt, pressure or overwhelm.

WEEK 3: UNDERSTANDING THE PRINCIPLES OF HEALTH

Nourishment is about more than the food you eat. In this module, you will learn how to take a holistic approach to leading a happy and healthy life. Feel alive and energised when you make passion a health priority and learn simple daily habits that make the biggest difference.

WEEK 4: KNOWING THE 7 BODY SYSTEMS

In this module, you'll learn about the 7 systems of the body: Reproductive; Musculoskeletal; Lymphatic; Digestive; Respiratory; Circulatory; and Nervous Systems. You will learn how they function and the best foods for cleansing and rebuilding each of the 7 systems. Feel empowered by knowing how your body works and how to listen and respond to it.

WEEK 5: CLEANING OUT YOUR BODY

Are you ready for the best digestive cleanse you've ever done in your life?! When the colon gets too backed up, the liver becomes overworked and toxins start escaping into your body. It's time to say goodbye to heavy metals, pesticides, other toxins and parasites. You will learn how to do a colon cleanse at home as well as an Ancient Egyptian ritual to completely clean the digestive system, lose weight and feel mentally clearer.

WEEK 6: WATER FASTING AND HEALING SERIOUS DISEASE

This week, learn the steps of healing disease through one of the best self healing methods on the planet – water fasting. You will also learn about vibrational healing and other techniques I use to facilitate optimal recovery, including what to remove from your diet and environment and what to introduce.

WEEK 7: WHOLEFOODS

Get ready for a fresh food detox you're going to love! In this module you won't only learn about mouthwateringly delicious raw and cooked healthy foods, but you'll come to understand the origins and evolutions of food that brought us to where we are today. After completing this week you'll feel a renewed connection with food and won't want to buy anything pre-made or manufactured again!

WEEK 8: MOVING FORWARD WITH DIVINE HEALTH

Throughout the course of these eight weeks, you'll have been introduced to ancient techniques and ways to identify stress, blockages and many forms of diseases years in advance so you take preventative action through simple lifestyle changes. Through mastering simple yet profound actions you can take each day, you are well on your way to the divine health you were born to enjoy