



THE POWER TO HEAL

TRANSFORMING TRAUMA INTO
HEALTH, BALANCE, AND VITALITY

**Comprehensive 3-Day Event Workbook
Including Self-Care, Nutrition, and Supplements for Optimal Healing**

DAY 1: THE HIDDEN IMPACT OF TRAUMA ON YOUR HEALTH

Discover how trauma affects your physical, emotional, mental, and spiritual well-being.

Reflection Questions:

What physical symptoms might be linked to unresolved trauma?

How has trauma shaped your emotional reactions?



DAY 1: THE HIDDEN IMPACT OF TRAUMA ON YOUR HEALTH

Discover how trauma affects your physical, emotional, mental, and spiritual well-being.

Reflection Questions:

Do you notice negative thought patterns or limiting beliefs?

Are you feeling disconnected from your purpose or higher self?



DAY 1: THE HIDDEN IMPACT OF TRAUMA ON YOUR HEALTH

Discover how trauma affects your physical, emotional, mental, and spiritual well-being.

Activity: Body Scan and Emotional Mapping

Close your eyes and focus on your body.

Where do you feel tension or pain? What emotions are tied to those areas? Write your observations and connections.

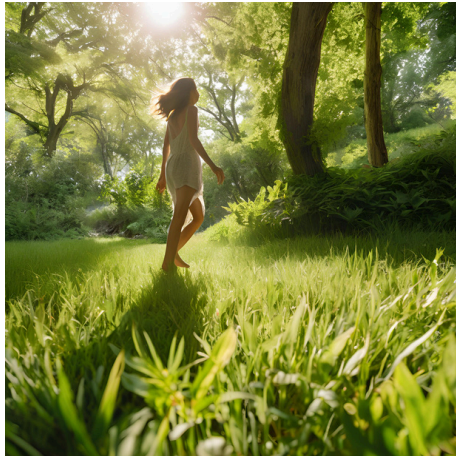


DAY 2: TOOLS AND TECHNOLOGIES TO HEAL TRAUMA

Explore cutting-edge modalities and actionable steps for healing.

Self-Care Practices for Healing:

Grounding Techniques



Walk barefoot on natural surfaces to stabilize your nervous system.

Daily Breathwork



Practice diaphragmatic breathing to release tension and calm the mind.

Journaling



Write daily to process emotions and gain clarity.

Meditation



Use guided meditations to connect with your higher self.

Movement



Gentle yoga or tai chi to release stored trauma from the body.



DAY 2: TOOLS AND TECHNOLOGIES TO HEAL TRAUMA

Explore cutting-edge modalities and actionable steps for healing.

Nutrition and Supplements:

Anti-Inflammatory Foods



Incorporate turmeric, ginger, leafy greens, and omega-3 rich foods.

Gut Health Support



Probiotic-rich foods like kefir, sauerkraut, and supplements such as L-glutamine.

Nervous System Support



Magnesium glycinate and adaptogens like ashwagandha.

Brain Health Boosters



DHA/EPA omega-3s and phosphatidylserine.

Hormone Balancers



Chasteberry, DIM (diindolylmethane), and maca root.



DAY 2: TOOLS AND TECHNOLOGIES TO HEAL TRAUMA

Explore cutting-edge modalities and actionable steps for healing.

Activity: Create Your Self-Care Plan

Write down 3 self-care practices and 3 nutrition changes you commit to implementing this week.



DAY 3: YOUR ROADMAP TO HEALING AND FREEDOM

Develop your personal plan for sustainable healing and transformation.

Self-Care Integration Checklist:

Morning Routine
Include mindfulness,
hydration,
and breathwork.

Evening Wind-Down
Reflect,
journal,
and practice gratitude.

Weekly Detox
Include mindfulness,
hydration,
and breathwork.

Activity: Design Your Healing Schedule

Create a weekly schedule that includes:
Self-care practices
Nutrition goals
Emotional release activities
Time for reflection and celebration



ADDITIONAL RESOURCES



Sustainable Nutrition

- Suggested Supplements: High-quality brands like Pure Encapsulations or Thorne.
- Guided Practices: Links to meditation apps and breathwork videos.
- Reading Recommendations: 'The Body Keeps the Score' by Bessel van der Kolk, 'Healing Is the New High' by Vex King.

Take the Next Step

Your healing journey begins now. Implement these practices, engage with the tools, and commit to your transformation. To go deeper:

- Schedule a consultation to personalize your plan.
- Join our full trauma healing program.
- Stay connected through our supportive community.

