

### **Regenerative Detoxification appointment:**

**I am a Certified Detoxification Specialist, Stress Management Specialist, Biofeedback Specialist, and MindNRG Coach here to serve you and support your goals towards regeneration, better stress management, and VITALITY so that you can REALLY LIVE WELL!!!**

1. Health Self-Assessment (must be filled out in order to receive coaching)
2. Basal Temperature (must be done for four days in a row to receive coaching)
3. Blood pressure both arms, buy a cuff will need to take daily at times. (must receive prior to coaching)
4. Urine in a jar first thing in the am, observe later in the day for sediment, mucous, cloudy looking, or clear. (Report required prior to coaching)
5. Blood-glucose monitoring if diabetic. Must work with doctor on titrating blood sugar medication if necessary.
6. If on synthetic pharmaceutical medications and natural medicine, must work with doctor to titrate down, if necessary.

### **At initial appointment with Biofeedback (2 hour appointment \$140):**

1. Check glands, elimination organs, genetic weakness, and emotions. Where is stress being stored?
2. Go over Reasons for inflammation, lymph system, kidneys, digestive system, lungs, and skin.
3. Go over health assessment and other readings.
4. Plan regenerative road map for first eight weeks.
  - a. Diet recommendations
  - b. Budget herbal plans for 8 weeks.
  - c. Detox support tools.
  - d. Glandulars and teas
5. Follow up coaching appointment in four weeks, one hour (included in initial session).
  - a. Text BP, report on urine, and basal temp and/or glucose at least 3x a week for first 8 weeks.
  - b. Encourage stress reduction biofeedback sessions weekly or bi-weekly the first 8 weeks.

### **Regenerative Detoxification Focus:**

1. Cells, chemistry, and energy
2. Two Fluids: blood (the kitchen) and lymph (the sewer)
3. Function (includes BP, Basal Temperature, filtering kidneys, lungs, skin, and digestion, absorption, utilization, and elimination)
4. Structure (genetic weakness, bones, and muscles)
5. Support (food, herbs, oils, flowers, and methods to allow the body to regenerate by removing weaknesses and rebuilding nice and strong)

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