

AUTISM TURNAROUND SUCESS PATH

MOVING THROUGH THE 5 MESSAGES BEHIND SYMPTOMS

| PATHWAY | PHASE 1: STRESS HEALING AND NERVOUS SYSTEM | PHASE 2: FIXING NATURE DEFICIENCY Circadian Living | PHASE 3: PHYSICAL & EMOTIONAL HEALING | | | | PHASE 4: ENVIRONMENT & EMOTIONAL ENVIRONMENT | PHASE 5: COMPLETION & BIOINDIVIDUAL NUTRITION |
|--|--|---|--|---|--|--|--|---|
| | PHASE 3a: Body typing, body score and eating | PHASE 3b: Wounds & Self Sabotage | PHASE 3c: Effortless Eating & Exercise | PHASE 3d: Love & Relating | | | | |
| | You have completed the Mindset Foundation Course & its Reflection Guide. You understand peace stealers and distractions + start to heal your nervous system + you prepare for change. | You move closer to God's design for health and healing. This creates: peace = optimal state for health & healing You use light, nature, circadian rhythm and timing to regulate sleep, mood and behaviour plus appetite. | You understand your body type, acknowledge the load on your nervous system and heart from carried stress & trauma. The healing begins. You learn how it feels to be nourished. You are becoming a reliable parent to yourself and others. | You shift from blind spots, hidden self-sabotage to walking in integrity with God self and others. You're no longer ((unknowingly)) blocking change. You dive deeper into trauma healing aspects and spot hitherto hidden peace stealers Your response time reduces | You make peace with food, body and movement. You'll crave the nutritious food you need and choose food based on the right instruction (Holy Spirit). You let go of restrictive diets, addictions, punishment, cravings, food fear and binges. You can enjoy ALL foods without yo-yo diets, mood and energy. | You build the foundation for healthy and peaceful marriage/partnership. You learn how to avoid drama, conflicts and grow stronger together to avoid separation. | You understand that for the body to heal and behaviour to change, you need to change the environment that got you sick. You understand epigenetics from God's perspective and practically. You change the environment that made you unwell (emotionally and practically). | You complete the healing puzzle and the purpose/plan God gave you. You spend 4-6 weeks in each module to become the nutritional expert for your child that you'll never find in the world. |
| ACTIONS | <input type="checkbox"/> Complete daily FOUNDATION WORK | <input type="checkbox"/> Complete daily FOUNDATION WORK | <input type="checkbox"/> Complete daily FOUNDATION WORK | <input type="checkbox"/> Complete daily FOUNDATION WORK | <input type="checkbox"/> Complete daily FOUNDATION WORK | <input type="checkbox"/> Complete daily FOUNDATION WORK | <input type="checkbox"/> Complete daily FOUNDATION WORK | <input type="checkbox"/> Complete daily FOUNDATION WORK |
| | <input type="checkbox"/> Print PDFs, view, listen & Complete all Lessons and Applications | <input type="checkbox"/> Print PDFs, view, listen & Complete all Lessons and Applications | <input type="checkbox"/> Print PDFs, view, listen & Complete all Lessons and Applications | <input type="checkbox"/> Print PDFs, view, listen & Complete all Lessons and Applications | <input type="checkbox"/> Print PDFs, view, listen & Complete all Lessons and Applications | <input type="checkbox"/> Print PDFs, view, listen & Complete all Lessons and Applications | <input type="checkbox"/> Print PDFs, view, listen & Complete all Lessons and Applications | <input type="checkbox"/> Print PDFs, view, listen & Complete all Lessons and Applications |
| | <input type="checkbox"/> Read and Complete all PDF's | <input type="checkbox"/> Purify water and drink 1,8l daily | <input type="checkbox"/> Map out your body's story to reconnect and heal | <input type="checkbox"/> Journal for 4 weeks | <input type="checkbox"/> Heal your stress type & relationship with food and movement | <input type="checkbox"/> Complete written exercises | <input type="checkbox"/> Complete written exercises | <input type="checkbox"/> Go through your journal and red flags/green flags |
| | <input type="checkbox"/> Take before pictures (you + child) | <input type="checkbox"/> Read and Complete all PDF's | <input type="checkbox"/> Read and Complete all PDF's | <input type="checkbox"/> Read and Complete all PDF's | <input type="checkbox"/> Read and Complete all PDF's | <input type="checkbox"/> Read and Complete all PDF's | <input type="checkbox"/> Read and Complete all PDF's | <input type="checkbox"/> Read and Complete all PDF's |
| | <input type="checkbox"/> Complete Stress Type Test | <input type="checkbox"/> Get outdoor AM Daylight and Dusk Light | <input type="checkbox"/> Determine your + your child's metabolic type | <input type="checkbox"/> Complete emotional healing process | <input type="checkbox"/> Practise cake therapy | <input type="checkbox"/> Practise feminine, Godly behaviour & gentle leadership | <input type="checkbox"/> Journaling requirements shift | <input type="checkbox"/> Take "after" photos (you + child) |
| | <input type="checkbox"/> Journal for 4 weeks | <input type="checkbox"/> Adjust eating and sleeping windows | <input type="checkbox"/> Practice the 911 method | <input type="checkbox"/> Complete the self-sabotage exercise | <input type="checkbox"/> Respect & understand hunger levels | <input type="checkbox"/> Practise integrity in all your relationships | <input type="checkbox"/> Create Godly habits and values for the family | <input type="checkbox"/> Journaling requirements shift |
| | <input type="checkbox"/> Use nervous system healing Test & Begin healing your stress type | <input type="checkbox"/> Journal for 4 weeks | <input type="checkbox"/> Check if you're eating right for your body-type | <input type="checkbox"/> Read, distraction sheet read distractions and self-sabotage, PDF | <input type="checkbox"/> Practice Intuitive Holy Spirit eating. Use the "Pray over the food" prayer. | <input type="checkbox"/> Journal for 4 weeks | <input type="checkbox"/> Complete the level of awareness exercise | <input type="checkbox"/> Keep a check on your integrity, self-care and awareness levels |
| | <input type="checkbox"/> Complete the level of awareness exercise | <input type="checkbox"/> Complete the level of awareness exercise | <input type="checkbox"/> Journal for 4 weeks | <input type="checkbox"/> Complete the level of awareness exercise | <input type="checkbox"/> Check signs you're offtrack and resist temptations | <input type="checkbox"/> Complete the level of awareness exercise | <input type="checkbox"/> Check red/green flags and Complete the Reflection Guide | <input type="checkbox"/> Complete the level of awareness exercise |
| <input type="checkbox"/> Check red/green flags and Complete the Reflection Guide | <input type="checkbox"/> Check red/green flags and Complete the Reflection Guide | <input type="checkbox"/> Complete the level of awareness exercise Check red/green flags and complete the Reflection Guide | <input type="checkbox"/> Complete the level of awareness exercise Check red/green flags and Complete the Reflection Guide | <input type="checkbox"/> Check and respect your hunger levels Complete the level of awareness exercise Check red/green flags and Complete the Reflection Guide | <input type="checkbox"/> Check red/green flags and Complete the Reflection Guide | | <input type="checkbox"/> Review all red/green flags and Complete the Reflection Guide | |
| LEVEL OF AWARENESS, HEALTH & TURNAROUND 1 | | LEVEL OF AWARENESS, HEALTH & TURNAROUND 2 | | LEVEL OF AWARENESS, HEALTH & TURNAROUND 3 | | LEVEL OF AWARENESS, HEALTH & TURNAROUND 4 | | |
| MILESTONES & CHARACTERISTICS | You understand why mindset matters. | You've determined your eating windows. | You know the signs of not eating right for your type of what you want to do or self (and child's type) and how to adjust. | You no longer do the opposite sabotage WITHOUT KNOWING why. | You are able to check and make good daily choices of foods, supplements and exercise for you and your child with joy. | Conflicts, jealousy, arguments, drama, doubt, neediness and addictions disappear. | You understand the importance of environment and have made changes to your environment. | Everything falls into place. |
| | You know about your distractions, self sabotage patterns & escape mechanisms. | You're well hydrated. | More compassion for yourself. Setbacks are gifts to be celebrated. Symptoms and issues are investigated with compassion and curiosity. Not blame. | You understand that any set back or self sabotage pattern is an opportunity to understand yourself, your boundaries and needs spiritually, emotionally and physically. | You step into food freedom (God given) & away from fear and restrictions (enemy created lies). | You know how to transmute conflicts and get the support you need. | You all feel change, change in you, your child, your body, the tribe dynamic. | You understand how to individualize nutrition and know the signs for when a more specialized / individualized approach is needed. |
| | You've got a good routine going for brain primers (&/or BBBR), grounding, prayer meditations, time outside, scripture/bible- your foundation work. | You understand your body/your child's symptoms and how to regulate by adapting to circadian rhythm. | Improved appetite, satiety, metabolism, and digestion. More peaceful eating. | Your child no longer picks up on (and express) your lack of self-knowledge and peace. This shows changes in their mood, health and behaviour. | | You become a reliable, consistent, & loving partner. | Life gets simpler. | You understand what to do next if you still see symptoms. |
| | You've determined your stress type & are learning how to balance it. | You know what to do and become less dependent on outside sources. | You understand your body's symptoms and needs more. | You understand the difference between distractions & Truth + God's plan | | You balance the feminine/masculine to replace stress/ control with harmony. | When you have problems/setbacks you use the journal, red/green flags & the membership phases to find your own solutions. | You finally let go of confusion around symptoms, triggers, tests, regressions, plateaux and supplements WITHOUT depending on Practitioners. |
| | You understand the difference between distractions & being 'on track'. (Peace giver vs. Peace stealer) | | | | You start to rely less on journal, because you know more. | | | |