

AUTISM TURNAROUND SUCCESS PATH

MOVING THROUGH THE 5 MESSAGES BEHIND SYMPTOMS

PATHWAY

ACTIONS

	PHASE 1: MINDSET & CONSCIOUSNESS SHIFT	PHASE 2: FIXING NATURE DEFICIENCY Circadian Living	PHASE 3: PHYSICAL & EMOTIONAL HEALING				PHASE 4: CHANGE ENVIRONMENT	PHASE 5: COMPLETION & BIOINDIVIDUAL NUTRITION
			Healing & Bodytype	Intuitive Eating & Living	Inner Child & Self Sabotage	Love & Relating		
PATHWAY	Awakening consciousness test. You get clear on your consciousness level mindset and how to walk in integrity. You heal your stresstype & turnaround blockers and know what needs to change.	You plug into nature and master the healing tools of water, electro-magnetism, light and body clocks. Sleep, mood and appetite are regulated for health and metabolism.	You know and understand you and your child's biotype and get clearer on what to eat and why you haven't seen results before now. You heal old body issues.	You're getting good at intuitively choosing the right food and movement for you and your child. Yo-yos in mood, energy, behavior and appetite are replaced by balance.	Message: You integrate and heal on a deep level to enter the higher levels of consciousness. You let go of the past and the self sabotage.	Message: You build the foundation for healthy, lifelong soulmate love and monogamy. You deepen your relationships and eliminate drama and unconscious family conflicts/arguments.	You optimize the temple (body) for healing and optimize learning behavior by changing the environment that got you sick.	You "complete the healing puzzle". You understand why everything you have been through had a purpose. You know it; you need more specialized nutrition & biomed and how.
ACTIONS	<input type="checkbox"/> View lessons <input type="checkbox"/> Read & download PDFs worksheets <input type="checkbox"/> Join/listen to a zoom call for support <input type="checkbox"/> Take before pictures (you & child) <input type="checkbox"/> Decide what needs to change <input type="checkbox"/> Test & heal your stresstype <input type="checkbox"/> Use meditations/prayers <input type="checkbox"/> Complete reflection guide	<input type="checkbox"/> View lessons <input type="checkbox"/> Get outdoor daylight and grounding daily <input type="checkbox"/> Journal for 3-4 weeks <input type="checkbox"/> Drink enough EZ water everyday <input type="checkbox"/> Pray in nature <input type="checkbox"/> Adjust eating and sleeping windows <input type="checkbox"/> Complete reflection guide	<input type="checkbox"/> View lessons <input type="checkbox"/> Practice the 911 method <input type="checkbox"/> Determine you and your child's metabolic type <input type="checkbox"/> Non-judgement / non-performance body practice <input type="checkbox"/> Understand body's story <input type="checkbox"/> Sit & pray in nature <input type="checkbox"/> Complete reflection guide	<input type="checkbox"/> View lessons <input type="checkbox"/> Practice intuitive eating <input type="checkbox"/> Practice your non-judgement and curious approach to body and symptoms <input type="checkbox"/> Practice cake therapy <input type="checkbox"/> Complete reflection guide <input type="checkbox"/> Sit & pray in nature	<input type="checkbox"/> View lessons <input type="checkbox"/> Go on a date with your inner child <input type="checkbox"/> Use nervous system healing <input type="checkbox"/> Complete the self sabotage exercises and mirror work <input type="checkbox"/> Complete emotional healing audio <input type="checkbox"/> Notice distractions	<input type="checkbox"/> View lessons <input type="checkbox"/> Complete the bullshit exercise <input type="checkbox"/> Live a week in your most feminine energy <input type="checkbox"/> Complete reflection exercise	<input type="checkbox"/> View lessons <input type="checkbox"/> Create a role for each member of the tribe (family) <input type="checkbox"/> Journal for 3-4 weeks <input type="checkbox"/> Outdoor prayer time is a habit	<input type="checkbox"/> View lessons <input type="checkbox"/> Go through your journal and red flags/green flags <input type="checkbox"/> Set a new intention and declare your new purpose <input type="checkbox"/> Take after pictures <input type="checkbox"/> Test your level of awareness <input type="checkbox"/> Complete reflections PDF

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've determined your stress type & know how to balance it.
 You understand why mindset matters.
 You understand your additions and how to shift turnaround blockers.
 You've started prayer practice.
 You understand your red and green flags.
 You are motivated and excited.
 Clarity and motivation.
 You know why nothing has worked before & how it will now.

You've determined your eating windows.
 You're well hydrated.
 You're seeing change in sleep, behavior, mood, appetite or symptoms in you and your child.
 You understand your body/your child's symptoms and how to regulate by adapting to circadian rhythm.
 You know what to do and become less dependent on outside sources.

You know the signs of not eating right for your type (and child's type) and how to adjust.
 You no longer judge, battle with or fixate on results as relates to your body and your child's symptoms.
 You heal your body issues and your child changes as well as your body, appetite and symptoms.
 Cravings and self criticism are minimal.

You know how to check any food, supplement, exercise or choice to see if it is good for you and your child.
 You understand what to do to sharpen your senses if you struggle with intuitive eating.
 You feel good and begin to see real change.
 You rely less on the journal because you know more.

You feel safe enough to access old pain and are no longer controlled by self sabotage.
 You feel mature and strong.
 You feel good and begin to see real change.
 You stand by your values and defend them always.
 You don't care about people's judgment and feel free. Your child changes more.

Conflicts, jealousy, arguments, drama, doubt, neediness and addictions disappear.
 You know exactly how to transmute conflicts and get the support you need.
 You become a strong, magnetic partner and wonderful mother.
 You balance the feminine/masculine to replace stress/control with pleasure/harmony.

You understand the importance of environment and have made changes to your environment.
 You all feel change, change in you, your child, your body, the tribe dynamic.
 Life gets simpler.
 When you have problems/setbacks you use the journal, red/green flags, to find your own solutions.

Everything falls into place.
 You understand why everything happened for a reason.
 You understand how to individualize nutrition and signs you need a more specialized / individualized approach.
 You understand what to do next if you still see symptoms.
 Your life, body, relationship and child are changed.
 You know how to be a leader and change the lives of others & your next step.