

Quick Start Your Healing with the Medical Medium Information

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What if?



My Story



What we will cover today

- Why we get chronic illness
- The 6 foundational pieces to focus on to get your health turned around
- Most beneficial beverages and foods for healing
- Foods to avoid while healing
- New way to look at fats and proteins to enable healing
- Samples and Raffle
- How to "Quick Start" Your Healing!

Who is Medical Medium?

- NY Times best selling author of 8 books
- Expert on healing chronic illness
- Born with a gift to see people's conditions and how to heal them.
- Diagnosed his grandmother with lung cancer at age 4.
- Helped millions of people to heal from chronic illness and get off mattress island.



Contributing factors I recognized to get chronic illness

- Viruses
- Bacteria
- Toxic heavy metals
- Environmental toxins
- Lifetime accumulated toxins
- Generational toxins
- Bodies get overloaded
- Low functioning organs – especially the liver
- Bio individuality

Do you recognize what might be chronic in you?

- List your symptoms

- What would being healthy allow you to do?

- How would you feel?

Beneficial steps to heal from chronic illness

- Proper nutrition
- Supportive supplements
- Detoxing
- Belief in healing



The 6 Foundational Pieces

- Chronic dehydration
- Adrenal fatigue
- Liver functioning
- Herpetic viruses
- Bacteria out of balance
- Toxic heavy metals



#1 - Chronic Dehydration Hydration for Health



Most Beneficial Water for Hydration

- Not tap water
- Well water
- Filtered water
- Bottled water
- Spring water
- Living water
- Fiji water



My Favorite Beverage for Hydration



Lemon, honey, ginger water

Hydrating Beverages & Foods

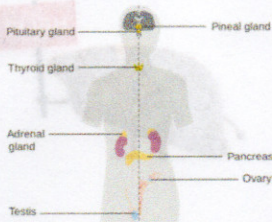


- Excess to heavy liver functioning
- Decreased consciousness on body
- Emergency states when the body is in a state of shock
- Low water intake and dehydration
- High sugar intake

How I stay hydrated when out and about

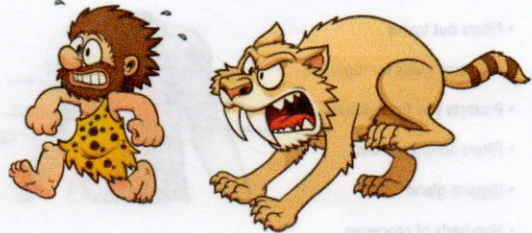


#2 - Adrenal Fatigue Adrenal Health and Adrenal Glands



- Glands on top of kidneys
- Part of endocrine system
- Many jobs
 - Regulate metabolism
 - Regulate blood pressure
 - Produce hormones cortisol and adrenaline

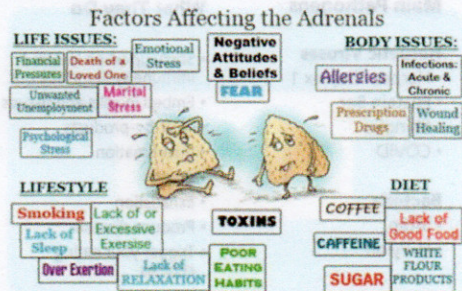
Do you have chronic stress? Fight or Flight Glands



Signs of Adrenal Fatigue

- Sleep
- Craving for stimulants
- Mid-morning or mid-afternoon crash!
- Lack of energy
- Weakness
- Trouble concentrating
- Thinning Hair
- Poor digestion & erratic blood sugar
- Always thirsty – dry mouth
- Excessive underarm sweating
- Blurry vision or difficulty focusing the eyes
- Extreme cases – infertility or can't get out of bed

What Causes Adrenal Fatigue?



How to Support Your Adrenals

- Eat adrenal snacks every 1 – ½ hours
- Eat adrenal snack before bed
 - Sugar (Glucose) - Banana
 - Sodium - Cucumber
 - Potassium - Orange
- Avoid stimulants (coffee, chocolate, caffeine)
- Surround yourself with positive, loving, supportive people
- Learn to say yes to yourself more
- Earthing
- Meditation
- Keep Environmental quieter - EMFs
- Awareness of your thoughts

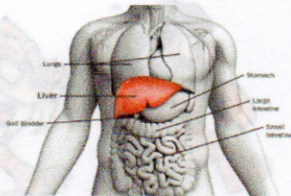
Benefits of Supporting Your Adrenals

- Easier to recover liver functioning
- Decreased corrosiveness on body
- Emergency stores when needed
- Feel more rested and stable
- Handle stressors better



#3 - Liver Functioning The Liver is our hero!

- Stores and transforms nutrients
- Filters out toxins
- Produces fluids for digestion
- Protects you from disease
- Filters adrenaline out
- Biggest gland
- Hundreds of processes



What causes an overloaded liver?

- Chronic dehydration
- Overactive adrenals
- Pathogens and pathogen by-products (viruses, bacteria)
- Toxic heavy metals
- Weakened immune system
- Eating non-beneficial foods
- Stored emotions



#4 - Herpetic Viruses & #5 - Bacteria Out of Balance

Main Pathogens

Herpetic Viruses

- Herpes Simplex 1
- Epstein Bar
- Shingles
- COVID

Bacteria

- Strep
- H-Pylori

What They Do

- Show up when lowered immune system/hide out
- Embed in cells and tissues
- Toxic by-products
- Inflammation
- Aging
- Exhaustion
- Produce disease
- Trigger your eating choices

#6 - Toxic Heavy Metals

Heavy Metals

- Mercury
- Aluminum
- Lead
- Copper
- Cadmium
- Arsenic
- Nickel
- Chrome
- Alloy
- Steel

Health Issues

- Lower immune system
- Feed viruses
- Autism, ADD, ADHD
- Neurological Disorders
- Dementia & Alzheimer's
- Depression & Anxiety
- Migraines
- Gut Issues
- Chronic Fatigue
- Autoimmune issues

Where do toxic heavy metals come from?

- Water
- Air
- Foods
- Pharmaceuticals
- Skin and beauty products
- Household products
- Passed generationally



5 Fabulous Foods for Detoxing Heavy Metals



Spirulina



Wild blueberries



Green barley grass juice powder



Atlantic dulse flakes



Cilantro

In Review - The 6 Foundational Pieces

- Chronic dehydration
- Adrenal fatigue
- Liver functioning
- Herpetic viruses
- Bacteria out of balance
- Toxic heavy metals

Open the Detox Pathways

Why?

- Get sicker or very sick
- Liver is overloaded
- Lymph is overloaded
- Dumping a lot of trash in there
- Increased toxicity getting rid of viruses and bacteria

How?

- Avoid the "Foods to Avoid"
- Avoid too many supplements
- Get lymphatic system moving
 - Exercise
 - Lymphatic massage
 - Ditch the bra
 - Epsom salt baths
 - Dry brushing
 - Skin and household products

Foods to Avoid While Healing or at least significantly reduce!

- Promotes lack of health, especially your liver
- Feeds pathogens
- Harder to digest
- Not clean fuel
- Lack of nutrients or empty calories
- Toxins from are hard on nervous system
- Make it sustainable
- Body will start asking for different foods

Foods to Avoid While Healing

Eat Beneficial Healing Foods

- Supply the body with high density nutrition for healing
- Supports your liver functioning so it can cleanse accumulated toxins
- Eliminate pathogens
- Reverse chronic dehydration
- Slow and even reverse aging
- Eliminate excess weight

Where do toxic heavy metals come from?



Beneficial Foods

- Water
- Air
- Foods
- Pharmaceuticals
- Skin and beauty products
- Household products
- Pesticides

3 Simple Things to Quick Start Your Health Today

- Quick start your hydration – **Living water**
- Quick start supporting your adrenals – **Adrenal snacks**
- Quick start eating **more "beneficial foods"** and eating **fewer "foods to avoid"** while healing

Quick Start Your Healing with the Medical Medium Information

For more information visit my website at:
nancyperلمانhealth.com

Raffle Prizes

Questions?

**Taste Samples of
the Medical Medium Beneficial Foods**

