

88 WAYS TO HEAL YOURSELF

WWW.EMERALDEMPOWERMENT.COM

Healthy Diet

1. FASTING/INTERMITTENT FASTING
2. THERAPEUTIC DIET
3. PLANT MEDICINE
4. ADAPTOGENS
5. ESSENTIAL OILS
6. CANNABIS/CBD
7. SUPERFOODS
8. BONE BROTH
9. HERBALISM
10. NON-TOXIC HOME & BEAUTY*
11. FOOD INTOLERANCE AWARENESS*
12. JUICING
13. CELERY JUICE DETOX
14. ANTI-DIET*
15. INTUITIVE EATING*
16. GLUTEN FREE DIET*
17. PLANT BASED DIET*
18. PROBIOTICS
19. MICROBIOME HEALTH FOR MENTAL HEALTH*
20. ALKALINE DIET/WATER

Movement

21. YOGA
22. INVERSIONS
23. SPINAL ALIGNMENT
24. DANCING
25. WALKING
26. VIGOROUS MOVEMENT (CARDIO)
27. WEIGHT BEARING EXERCISE
28. FASCIA RESTORATION
29. JOY OF MOVEMENT*
30. REST & REPAIR

Self Care

31. SAUNA
32. STEAM
33. HOT/COLD SHOWERS
34. MINERAL SOAKS
35. SKIN BRUSHING
36. WARM WATER ENEMA
37. SELF-MASSAGE
38. SELF-PLEASURE
39. ACUPRESSURE
40. SOLITUDE

Healing Services

41. EAR CANDLING
42. AYURVEDA
43. ACUPUNCTURE
44. GUA-SHA
45. CUPPING
46. NEURO LINGUISTIC PROGRAMMING*
47. HYPNOSIS
48. LIFE COACHING*
49. COUNSELLING
50. MUSCLE TESTING
51. COLONIC IRRIGATION
52. REIKI
53. MASSAGE
54. LYMPHATIC DRAINAGE
55. DNA TESTING

Higher Consciousness

74. ULTIMATE STATE OF RESOURCEFULNESS*
75. JOURNALING
76. UNCONDITIONAL SELF LOVE
77. TOXIC RELATIONSHIP SEVERING
78. SOCIAL MEDIA DETOX
79. ESTABLISHING BOUNDARIES
80. SELF WORTH INCREASE
81. GRATITUDE PRACTICE
82. PERSONAL MANTRAS
83. READING
84. CONTINUOUS LEARNING
85. SELF-EXPERIMENTATION
86. VISION CASTING*
87. TIME IN NATURE
88. UNAPOLOGETIC CREATOR ARCHETYPAL FRAMEWORK*

Personal Development

56. SPIRITUAL CONNECTION
57. RELIGIOUS PRACTICE
58. CEREMONIAL LIVING
59. RITUALS
60. CRYSTALS
61. CHAKRA BALANCING
62. MEDITATION
63. ENVISIONING
64. MANIFESTATION
65. LAW OF ATTRACTION/LAWS OF THE UNIVERSE
66. PENDULUM
67. HUMAN DESIGN
68. ASTROLOGY
69. TAROT
70. ANGEL NUMBERS
71. NUMEROLOGY
72. METAPHYSICAL STUDIES
73. ENERGY WORK/ ENERGETIC BOUNDARIES