



The **ABC+D** Body Systems Approach

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GENERAL THERAPY FOR PREVENTION & RECOVERY

SPECIFIC BODY SYSTEM AND TERRAIN SUPPORT

A - ACTIVATE

- ✓ Stimulate the healing response with positive attitudes, faith, affirmations, visualization, prayer and meditation
- ✓ Learn to stress management skills
- ✓ Identify and address unresolved emotional conflicts
- ✓ Use energetic remedies that balance the mind and body



- Flower Essences
- Essential Oils
- Affirmations and Visualizations
- Faith and Prayer

B - BUILD

- ✓ Hydrate the body with an adequate intake of pure water
- ✓ Eat a low-glycemic diet
- ✓ Avoid refined and processed foods
- ✓ Avoid foods that cause allergies or sensitivities
- ✓ Eat natural, locally-grown and/or organic foods
- ✓ Use appropriate basic nutritional supplements



- Multiple Vitamin and Mineral or Superfood Supplements
 - Trace Minerals
 - Digestive Enzymes
 - Probiotics
 - Fiber
- Essential Fatty Acids
- Antioxidants

C - CLEANSE

- ✓ Do a general cleanse at least twice each year
- ✓ Avoid chemicals such as food additives and pesticides
- ✓ Use nontoxic, household cleaning and personal care products
- ✓ Avoid drugs, minimize alcohol or caffeine consumption
- ✓ Use other cleansing procedures, below as needed



- Liver Detoxification
- Oral Chelation
- Heavy Metal Detoxification
- Hydrotherapy: Sweat Baths, Drawing Baths, Enemas, Colonics, Foot Baths
- Water or Juice Fasting

D - DIRECT AID

- ✓ Identify the key body systems that need support using the Body System's Questionnaire or other tools
- „ Determine how each body system is energetically out of balance using the six tissue terrains and the appropriate body system's chart(s)
- „ Use the chart(s) to select appropriate direct aids to support the specific body system(s)

Six Tissue Terrains

Irritation, Depression, Stagnation, Atrophy, Constriction, Relaxation



- | | |
|----------------------|-----------------------|
| • Digestive System | • Circulatory System |
| • Hepatic System | • Nervous System |
| • Respiratory System | • Structural System |
| • Intestinal System | • Glandular System |
| • Immune System | • Reproductive System |
| • Urinary System | |