

ADVANCED THERAPEUTIC VOMITING

Advanced Therapeutic Vomiting is one of the most powerful tools for restoring your health on an emotional and physical level. Advanced Therapeutic Vomiting affects your nose to the tip of your toes when it comes to stiffness, inflammation, pain and swelling. Advanced Therapeutic Vomiting dates back 3000 years, it is rooted in ancient East Indian medicine, known as Ayurveda.

Most people, yes, and even myself have grown to dislike vomiting due to the burn in the throat, lungs and sinuses, not to mention the stigma of bulimia. Very few people know or understand how to perform the art of Advanced Therapeutic Vomiting without the symptoms - but that ends today.

So, why do I believe that people need to embrace Advanced Therapeutic Vomiting? We have had so much B.S. shoved down our throats and so many dysfunctional belief systems force-fed into our minds, that if we do not get rid of these toxic programs, just know whatever you feed gets bigger and if it's a negative belief it will turn into a monster and eat you up.

If you cannot properly address your emotions then you must suppress them, otherwise swallow them. This is where issues in your tissues come in. The invisible creates the physical. The psychological creates the biological. Those issues in your tissues, joints and organs all started with a negative thought that could not be properly processed because you were never given the tools or the strategies of Self Care and Self Love. We have all said these sayings at some time in our life, "I can't stomach this, you make me sick, my stomach is in knots, I can't digest this."

Believe it or not, most food poisoning was not due to the food but due to the emotions that attached themselves to the food while you were eating. Remember the last time you were eating but something was already eating you up from the inside out on an emotional level? Yes, the invisible creates the physical. Yes, the psychological overrules the biological.

Let's talk about your stomach. Your stomach is the guard dog that protects you from bad bacteria, viruses, parasites, fungus and mold if your hydrochloric acid is strong enough to neutralize the parasitic invaders. Yes, the stomach is the first line of defense for the highway to health known as your digestive tract. So if the hydrochloric acid in your stomach is not strong enough due to the swallowing of emotional B.S., inflammatory toxic foods, the mis-combining of your foods and other bad habits, you will end up with a guard dog with no teeth - which means weak or contaminated hydrochloric acid which will open you up to 30 feet of discomfort known as your digestive tract.

Just know this, the hydrochloric acid in your stomach does not just digest your food, it helps to destroy parasitic invaders so that they do not gain entry into the small intestine because this is where all hell-th will break loose when your guard dog is in a coma.

When you are out of control with your brain, it makes you out of control with your stomach. When love is not a self-serve job, you will get heartburn, heart disease, heart attacks and even GERD (Gastroesophageal reflux disease). If this continues, your muscles, joints and organs will become stiff due to the overflow of acidity from your stomach which travels throughout your body causing internal scar tissue formation, crystallization and calcification due to the pulling of calcium from your bones to buffer down the acidity that creates an acid pH which leads to auto-immune diseases. First, we attack our cells on an emotional level, then a physical level. Remember what auto-immune disease means - the body is attacking itself, with you being the instigator.

All this acid indigestion will cause heartburn, all the way to heart problems, lung problems (making it hard to breathe), brain problems, and yes - even stage 4 inflammation (cancer) in the throat and lungs if we don't take massive personal action emotionally and physically (Advanced Therapeutic Vomiting).

Before embarking on the Advanced Therapeutic Vomiting journey, it is recommended to do Belly Button Therapy to put yourself into a parasympathetic state.



Therapeutic Vomiting Benefits

- ♥ To get rid of the uneasy feelings (negative emotions trapped in the stomach)
- ♥ Deep cleansing of the extra mucus (mucoïd) built up in the stomach over the years
- ♥ To increase the quality of the hydrochloric acid and pepsin which are crucial to protecting your health and digesting your food
- ♥ to eliminate headaches, insomnia, muscle and joint pain, inflammation, and swelling throughout the body
- ♥ to support and increase the healing of any and all autoimmune diseases
- ♥ Lightness and ease of body, especially the heart, thorax, and head
- ♥ To relieve tightness in the chest or an achy feeling all over the body (even in the feet)
- ♥ Reduced phlegm, easier breathing, improved digestion, assimilation and elimination
- ♥ Improved skin tone and color
- ♥ helps to reverse insomnia and create better sleep
- ♥ More energy and stamina due to less acidity
- ♥ Mental clarity, improved memory and a sense of peace and calm.

How to do Advanced Therapeutic Vomiting

Never do Advanced Therapeutic Vomiting on a full stomach. Wait until at least 30 minutes after all food has left the stomach.

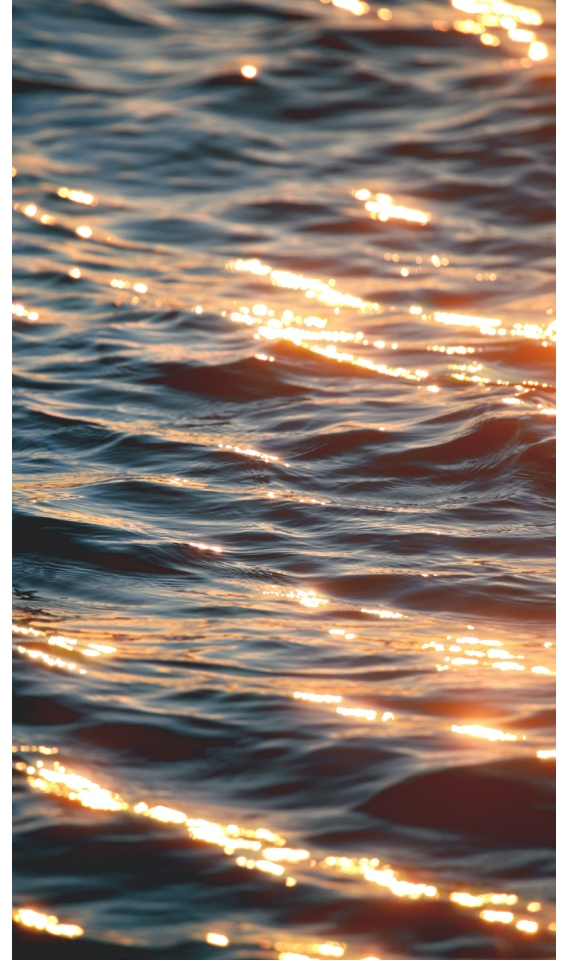
Before starting Advanced Therapeutic Vomiting, it is recommended to do 5 minutes of Belly Button Therapy to put you into a calm parasympathetic state, this will ensure far better results for your Advanced Therapeutic Vomiting.

The first thing we should do is to turn off our phones and the rest of the world – do not bring your phone into the bathroom with you. Let everyone in your household know you will be self-caring for up to 2 hours. The next thing we want to do is create a beautiful, comfortable space - get yourself a nightlight or candles to create a peaceful environment along with soft calming meditation music. Put a towel, blankets or pillows down on the floor in front of the toilet for your total comfort.

Prepare at least three 16oz glasses of warm to hot structured water with 1/16 of a tsp of Black Diamond in each glass. When you structure water the hydration goes up 1000%, along with the detoxification because it has little to no surface tension. Structured Water erases the memory of others who have drank it while having a protective frequency around any toxins present whether it be heavy metals, negative microbes or chemicals.

The warm to hot structured water creates expansion and relaxation of tissues along with the ability to loosen and liquefy built-up mucus congestion within your tissues. Our Black Diamond is the only Humic/Fulvic that is processed without chemicals. This is a nano humic/fulvic that has the ability to cross the blood-brain barrier - meaning it can enter the brain, the blood and the cells. when it enters the body, it releases 70+ micronutrients to fortify the cells and any fluid it comes in contact with such as intercellular/extracellular fluid and blood. As soon as the Black Diamond releases these 70+ micronutrients, it then loads itself up with heavy metals, acidity and negative microorganisms such as bad bacteria, parasites and viruses which are immediately locked down so there are no symptoms experienced from detoxifying any of this toxic waste. As you can see the combination of structured warm to hot water with black diamond will ensure the greatest results with your Advanced Therapeutic Vomiting.

Black Diamond will capture 300% to 600% of its weight in toxic residue when you use it during your Advanced Therapeutic Vomiting. Lighten the Load and increase your healing time. Strategy is everything.



So now you have everything you need to begin this amazing wellness journey.

If you have long hair, pull it back into a ponytail so it will not get in your way. Let's turn on some calm and relaxing meditative music to create the vibration of peacefulness and letting go. It is not essential but always helpful to do belly button therapy prior to Advanced Therapeutic Vomiting to put you into a parasympathetic healing state. While doing your Belly Button Therapy, wear a slight smile, connect to your Lion Heart Breathing and picture this process as a peaceful river letting go of everything that no longer serves you.

Kneel or sit down, and make yourself comfortable - your comfort matters. Slowly and calmly begin drinking the first glass of your enhanced water until your stomach feels like it is 60% to 75% full. If you begin feeling nauseous and you've only drank ½ of the first glass of water, connect to your breath and calm your body down. Once you feel at ease then continue drinking until you've reached the 60% to 75% mark.

The key to Advanced Therapeutic Vomiting is having enough of the warm enhanced water in your stomach long enough to dilute, loosen and absorb the acid and mucus within your stomach tissues. This ensures that your Advanced Therapeutic Vomiting will be smooth and almost painless. We all know that hydrochloric acid can burn the throat and irritate the lungs, so having enough warm enhanced water in the stomach to dilute it before you begin your Advanced Therapeutic Vomiting is the key to preventing this and having a life-changing experience.

Once you feel the enhanced warm water fill your stomach 60% to 75%, this is when you can start jiggling your stomach with an up and down motion with your hand or use a hand massager to agitate and invigorate the liquid in your stomach. The base of the stomach is on the left side just under the floating ribs.

As you agitate and stimulate the stomach, you will hear the water splashing around. We want to put enough water in the stomach to create enough action for the water to loosen the mucus (mucoid), and the Black Diamond to absorb the toxic waste and parasites. Do not rush this procedure, if you begin to feel a little bit nauseous or your mouth begins to water, connect to your lion heart breathing and calm your body down so that you have a longer soaking and absorption period to make sure you're getting the most out of this life-changing, life-saving process known as Advanced Therapeutic Vomiting. But at the same point, just know your body knows better - this is not a test to see how long you can hold onto this water within your stomach, so let it go, go with the flow and follow your gut instinct when its time to release. Just know, practice makes perfect.

You may find the first go around is 3 to 15 minutes long and nothing comes out, but let me make this perfectly clear, there's lots in there to come out but your subconscious may not be ready to let it go. Everything is emotional first and foremost, and then physical. With Advanced Therapeutic Vomiting, you are not only releasing toxins, but emotional chokeholds. Please see BraveHeart Emotional Intelligence Masterclass or the 12 BraveHeart Loving Steps at BHNlibrary.com.

So you might have to repeat the process of one to three 16oz glasses of warm structured enhanced water 3 or more times for the results that you desire. Just know that even when the water comes out clear, emotional toxicity and other microscopic toxins are coming out with it - so stick to it. Three rounds of Advanced Therapeutic Vomiting is usually the magic number that sets you free.



I would like to share a personal story with you. I had not done Advanced Therapeutic Vomiting for many years but I felt the need in the pit of my stomach that it was time to revisit this therapeutic healing. This is when we were preparing to leave for our World Tour, shut down Ixtapa World Healing & Training Center and open up BHNUniversity in Puerto Rico. Instead of tying my stomach up in knots, it was time to let it go and grow. I did nine rounds of Advanced Therapeutic Vomiting, so I think I hold the world record for this procedure. Remember, your stomach is the front door while you're large intestine is the back door. When you understand that you need to lighten the load at the front door and the back door, 22 feet of small intestine will not just heal but bring your health to the highest level. If we allow a chokehold to take place in the stomach and a cork to remain up our butt, we will blow up. believe it or not, colon cancer is the fastest-growing cancer in society today and that is because people do not know how to let go on an emotional and physical level.



When you begin your Advanced Therapeutic Vomiting sometimes you might have to jiggle for 5 to 10 minutes. Do not be in a hurry, stay calm, connect to your LionHeart Breathing, put a slight smile on your face and take small breaks from agitating your stomach when you need to. If you wish not to become or remain a patient, then you must find patience and compassion for yourself. You may only drink half a glass of water whereas someone else will drink up to 3 glasses of water before the urge of therapeutic vomiting is triggered. Everyone is different because we all have different personalities and process our emotions differently.

When you feel it's time, you will know it. Your mouth may start to water, nausea will come on quickly, and you feel the need to let it go, just allow nature to take its course. We have all experienced the urge to throw up, now you can without harming yourself, and now you're on the road to healing yourself, not hurting yourself. So here comes the feeling, this now is the time to let go of what no longer serves us - the invisible and physical toxicity.

When the nausea starts to become overwhelming, the very next step is to place two to three fingers in the back of your throat slightly pushing your tongue down, and hold your fingers firmly but lovingly with your thumb under your chin to lock your fingers in. Do not push your fingers so far back that you gag yourself, but keep them back as far as you can without triggering the gag reflex. When you start to feel like you are going to throw up you need to leave your fingers in your mouth until this process is completed and your stomach is empty. Do not take your fingers out during this beautiful process or you will interrupt the true art of detoxification and whole-body restoration.

Wait until the natural course of elimination stops on its own before you remove your fingers from the back of your throat. You know the old saying 'practice makes perfect'. Just know, that the first time that you do Advanced Therapeutic Vomiting, your subconscious will try to block it. The reason for this is - your subconscious is programmed to block anything new, whether it is good or bad for you. Let us never forget, the main program of the subconscious is based on fear unless you've had your coconut cracked and you've reprogrammed your subconscious. Just know, your subconscious is just a computer that runs programs, it's now time for you to become the master programmer. Your subconscious is the most powerful creator on this planet when your belief systems are based on unconditional love and care for you. Once you've perfected that, then you can become the light for the ones you love.

In the first round of Advanced Therapeutic Vomiting, you might have released some of the mucus and acid buildup inside the stomach from the stomach lining. As I stated earlier, you may have to repeat this 2 to 3 more times. But you will feel so much better; the aches and pains throughout your body will leave, and if you have a headache it will diminish. Yes, if you have a migraine headache and you do Advanced Therapeutic Vomiting, it will be gone if you are thorough and stay the course. If you have a little bit of blood that comes out with your vomit, do not be alarmed; this can happen because of slight bacterial problems in the stomach. If this continues, then discontinue and allow time (7 to 10 days) for your stomach to heal from the cleansing, or contact your local physician if you have any concerns.



Just know that you matter, your questions matter. Call us with any and all questions at 1-855-900-4544 or call Dr. Darrell Wolfe directly at ext. 5. We are here to serve.

Once you are done with Advanced Therapeutic Vomiting it is advisable to take 30 minutes to an hour of complete rest in a quiet and dark space, along with a shower before or after that beautiful restful nap.

Sometimes this process needs to be repeated a few times (2 to 3 days in a row) to reach your goal but do not let your mind dictate, go by your gut instinct, otherwise, love and care for yourself, be patient and show compassion. You are worth it. you will know when it is time to do another Advanced Therapeutic Vomiting. Remember the golden rule - Gentle, loving baby steps will get you there.

Remember to always stay connected to your body and your breath.

Suggested Support:

Take a good look at the BraveHeart Emotional Intelligence Masterclass and BraveHeart Healing Circle at BraveHeartNation.com to reprogram your subconscious which is at the root of all dis-ease and suffering.

