



# ESSENTIAL WELLNESS

*aisha's journey ~ healing lyme*



# TODAY'S WEBINAR

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- *My Story*
- *Foundational Support*
- *Customized Needs*

*28 Day Anti-Microbial Protocol*

*Symphony of the Cells*

*Where to Begin*

[www.aishaharley.me](http://www.aishaharley.me)



*20 Years of.....*

Symptoms

A hand holding a red marker is shown in the lower right quadrant, circling the word 'Symptoms' which is written in a large, black, cursive font. The word is centered within a red oval that is drawn around it. The background is plain white.

# 20 YEARS OF SYMPTOMS

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- CHRONIC FATIGUE
- THYROID HYPO/HYPER
- HEART PALPITATIONS
- LIGHTHEADNESS/DIZZINESS
- FAINTING
- BODY JOINT ACHES & PAIN
- CHRONIC CANDIDA
- CHRONIC SINUS INFECTIONS
- DVT - BLOOD CLOTS
- DYSMENORRHEA
- ENDOMETRIOSIS
- LICHEN SCLEROSIS
- BRIAN FOG
- POOR MEMORY
- DEPRESSION/ANXIETY
- RACING THOUGHTS
- SUICIDAL THOUGHTS
- ANEMIA
- CYSTIC ACNE
- UTI'S
- ADRENAL FATIGUE
- INSOMNIA
- GASTROINTESTINAL SYMPTOMS

# STRESS TIMELINE

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## 2005

Failing Marriage

Father Diagnosed with Colon Cancer

Friend's Sudden Death

## 2006

Divorce

## 2007

Father Passed Away

Car Accident

Frozen Shoulder, Tear in Rotator Cuff

Bursitis /Tested for Bone Cancer

## 2008-2009

Depression/Anxiety/Grief/Suicidal Thoughts

Health Symptoms Worsen

Insomnia ( Lasted 3 years )

# AISHA & LARRY ~ 10.02.10

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**2010**

**EMERGENCY SURGERY**

**DVT**

**KIDNEY, UTERUS INFECTION**

**CANDIDA OVERGROWTH**

**BRAIN FOG**

**FATIGUE**

*Tested for: Bone Cancer, RA, Graves' Disease, Hashimoto's Disease*

**2011**

**DIAGNOSED WITH LYME**

*Dr. Daniele Newman MD. ND. LA.c*

# TREATMENT PLAN (PRE OILS)

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- Adrenal Complex 6 daily
- AL Complex ( garlic ) 12 drops - tid
- B12
- Vit D 12,000 units per day
- Calcium cit/mal 414 mg bid
- Vit C 1 gram tid
- Cod Live Oil 2 grams tid
- Vital Detox Nutrients ( Multi Vitamin )3 tid
- Engzygest ( Digestive Enzyme ) 1-2 tabs tid
- Evening Primrose Oil 1300mg qd
- Iron plex 56mg tid
- PHresh ( PH/Potassium balance ) 1scoop
- Proboost (Probiotic )
- Therelac ( endocrine support )
- Benfotamine 160 mg bid
- Amino Acid Detox Powder
- Chinese Herbs

## ***INSOMNIA***

Melatonin 3mg day, Tryptophan, Chinese Herbs, Homeopathy, Melazandra ( ITI ), Aleve

***Acupuncture, Massage, Yoga***

***Diet Changes ~ 10 yrs vegetarian ~ Primal Diet***

***Remove gluten ~ feeds biofilm***

***PHYSICAL ~ MENTAL ~ SPIRITUAL Healing***



# HERBAL LYME TREATMENT (PRE OILS)

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- *Lumbrokinase ( 40mg bid )*
- *Citracidal ( Grapefruit Seed Extract ) 15gtt bid*
- *Borrelia Homeopathic Series x 6 weeks*
- *Transfer Factor Lyme Plus*
- *Allimed ( Garlic ) 15 gtt tid*
- *Banderol ( anti Lyme herb ) 12 gtt tid*
- *Prima de gato ( Cats Claw anti Lyme ) 15 gtt tid ic*
- *Thunder + Lightning Pearls ( Chinese Herbs ) 3 caps tid each*
- *A&L complex ( Anti - Lyme )*
- ***IV Therapy***
- ***RIFE Treatments***
- ***Infrared Sauna***
- *Epsom salt baths*
- *Castor Oil packs*

# SLIM & SASSY ~ METABOLIC BLEND

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*Introduced to Slim & Sassy in 2011*

# HEALING FROM LYME

*Essential Daily Wellness*



# CPTG EO PHILOSOPHY

*The Therapeutic Model of Medicinal Essential Oil use is  
Small, Frequent, Daily Doses (SFDD)*



**DAILY FOUNDATIONS - CUSTOMIZED NEEDS - ANTI-MICROBIAL PROTOCOL**

# DAILY FOUNDATIONAL SUPPORT

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- **LifeLong Vitality Pack:** start with a 1/2 dose and work up to a full dose
- **Citrus Oil:** drink 1/2 your body weight in water oz add 1-3 drops citrus oil
- **Slim & Sassy:** 3-5 drops, 3-5x a day ~ directly under tongue, in water, or use the gel caps to support energy, blood sugar balance, and brain clarity
- **Frankincense:** 1-3 drops sublingual am/pm to support brain and nervous system. Also use topically back neck, and diffuse.
- **Terrazyme:** 2 before meals or as needed for digestive support
- **PB Assist:** As directed on the bottle



# CUSTOMIZE YOUR NEEDS

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- **Emotional/Mood Support:** *Adaptiv Gel Cap/Oil & Emotional Aromatherapy Oils*
- **Sleep:** *Serenity Sleep Complex and Essential oil*
- **Pain & Inflammation Topical:** *Deep Blue, Aroma Touch, Past Tense, Copaiba*
- **Pain & Inflammation Internal:** *Deep Blue Polyphenol Complex, Turmeric Gel Caps, Copaiba Gel Caps*
- **Cellular Support:** *DDR Prime Caps*
- **Energy/ Adrenal Support:** *Mito 2 Max*
- **Detox Support:** *Zendrocrine Oil/Gel Cap + Zendrocrine Herbal*



# 28 DAY ANTI-MICROBIAL PROTOCOL

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Take **one** of the 3 **Defense Formulas** below + the **Daily Sublingual Formula** for 14 days, then stop. Take PB Assist for 14 days, then stop. Repeat rotation for a minimum of 3-12 months or longer if needed. Continue to **alternate** between **different** Defense Formulas and PB Assist every 14 days. (Rotation through the formulas below is key)

**Defense Formulas** ~ 1-3 capsules in divided daily doses

- 1) **Clove, Oregano, Thyme, Cassia -or- Cinnamon** 3 drops each oil in a gel cap size 1 or 2 '00'
- 2) **Gx Assist Gel Cap: Oregano, Thyme, Melaleuca, Lemongrass, Lemon, Peppermint**
- 3) **On Guard Plus Gel Cap: Cinnamon, Clove, Rosemary, Eucalyptus, Wild Orange, Oregano, Melissa, Black Pepper**

**Daily Sublingual Formula** ~

**Melissa, Frankincense, Patchouli** 1-3 drops each under tongue 2x daily

*\*For example take **GX Assist** for two weeks then stop and take two weeks of **PB Assist**. Then take two weeks of **On Guard Plus** then stop and take two weeks of **PB Assist**. Then take two weeks of **Defense Formula #1** then stop and take two weeks of **PB Assist**. Take **Sublingual Formula** daily through Defense Formula rotations. Repeat for a minimum of 3-12 months and longer if needed.*

**\*\*PB Assist:** should be taken indefinitely when not taking the above Anti-Microbial Protocol. PB Assist should be taken 1 capsule am & pm during all protocols.



SYMPHONY  
OF THE CELLS

## Infectious Disease / ID

*Frankincense*

*Carrier Oil*

*Oregano*

*Thyme*

*OnGuard*

*Aromatouch*

*Lemongrass*

*TeaTree/Melaleuca*

*Arborvitae or Melissa*

*Peppermint*

*\*Layer oils one at a time up spine, on feet, and inhale*

<https://www.hellovisionary.life/soc>



# WHERE TO BEGIN

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- **Month 1:** Start with Healthy Habits Kit/ daily foundational support and add customized needs - Start slow 1-3 months or as needed
- **Month 2/3:** Do Symphony of the Cells - Infectious Disease Protocol: 3/5x per week or as often as possible
- **Month 3/4:** Begin anti-microbial protocol, repeat monthly for as long as needed.

*Your body's ability to heal is  
greater than anyone has  
permitted you to believe.*

*Trust Yourself!*



# HEALTHY HABITS KIT

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## *Healthy Habits Kit*

Item: 60217321

Size: Kit

**Retail: \$260.00**

Wholesale: \$195.00 [?](#)

# *Thriving in 2021*

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