

Sankofa's Heal Thyself System Blueprint

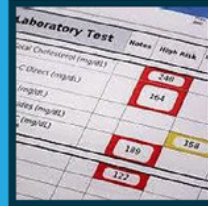
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HEALTHY SELF

Develop an understanding of why most people do not heal from chronic illness and how to activate your innate power to heal body, mind, heart, and soul. Begin the healing journey by first getting to Know Thyself.



ASSESS DON'T GUESS

Become a Health Detective by using different types of assessments, subjective and objective, to understand the root causes of challenges you are currently facing with chronic illness.

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HOLISTIC SEASONAL CLEANSE

Engage in periodic individualized cleansing and detoxification programs to rejuvenate the body, soothe the heart, clear the mind, and inspire the soul



BUILDING FOUNDATIONS

Strengthen the 7 Pillars of Holistic Health: Stress Management, Natural Rhythms, Relationships, Self Identity, Nutrition, Rest/Relaxation, Core Beliefs. These critical areas are often overlooked in attempts to heal chronic illnesses

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E.A.T. TO L.O.V.E.

Live Optimally with Vitality and Elation - Find out how to determine just the right foods that YOUR body needs. After all, one man's food can be another man's Poison.



REVITALIZE YOU

Your Path to Transforming Stress - the evolution of disease and thus the key to true healing begins with the emotional, mental, and spiritual aspects of a person. Build resilience by incorporating the healing practices, strategies, and tools of Heart Math

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HEARTSONG

Release from Emotional Trauma with SoulFood - Learn how to release emotional, mental and spiritual anchors that prevent us from actualizing the deep sense of healing we seek. Discover your authentic Heartsong.

