



Pura Vida Health & Wellness Centers Worldwide

Dr. Ava Perez - *Foodologist* - NP MD PhD
Ensenada | Baja California | Mexico | Costa Rica

HOW TO CURE PCOS & ELIMINATE SYMPTOMS

Polycystic Ovarian Syndrome also known as Polycystic Ovarian Dis-ease is a very common condition over 70% of women around the realm have though most of us will never be properly diagnosed. Conservatively that's over 2 billion women realm-wide. You're not alone. Unfortunately, PCOS is not widely understood or even acknowledged by the majority of the allopathic community. Because many of the symptoms doctors know to look for vary between women, PCOS is frequently misdiagnosed as diabetes, thyroid dysfunctions, adrenal fatigue, chronic exhaustion or pituitary gland tumors.

Few doctors really know a lot about PCOS or nutrition because there is little profit in curing dis-ease so their pHARMaceutical company sponsored medical schools don't include it in their curriculum. Metformin is commonly prescribed, however, Metformin has been linked to cancer which is why it was recalled in 2021. It also NEVER actually treated the cause of your PCOS. It may have relieved some of your symptoms while causing others making you a REPEAT CUSTOMER. Not limited to PCOS, this censorship of education is a systematic problem within the medical community and as long as medical schools are funded by pHARMaceutical companies they will continue to produce drug dealers who prescribe harmful drugs instead of educating people on how to heal themselves.

Regrettably and inexcusably there is also quite a bit of patient / client shaming. Anyone who tells you there's just no reason why you are so tired or have "random" pains or that your experience is psychosomatic and all in your head so stop complaining should be fired immediately. What they are actually telling you is that it is out of the scope of their education and diagnostic tools meaning that they are unable to help you because they don't know how. Thank them and get out of there. Of course, invalidating your pain and experience with an ego trip instead of acknowledging the major gap in their education regarding hormones, fertility and food is unacceptable behavior.

They are trained to pills to temporarily relieve the pain associated with symptoms like cysts, irregular periods, heavy periods, ultra-light periods, severe cramping, bloating, gas, exhaustion, memory loss, chronic depression, infertility, insulin resistance, etc etc etc. This allopathic approach FAILS to address what is causing your symptoms and if you FAIL to stop the cause of your symptoms and give your body the reparative tools it needs you continue to have symptoms you take pills for making you a REPEAT CUSTOMER.

Remember, these often debilitating symptoms are a communication from your miraculous body to you telling you exactly what's wrong, where to go and how to fix it. So, what exactly is your miraculous body trying to communicate to you with all these wonky symptoms? Well, that's easy! Your miraculous body is telling you that your hormones are out of balance. Specifically, that your estrogen is low and you prolactin is high with normal testosterone production and thyroid function paired with insulin resistance. We use a simple fasting blood test to confirm this communication (diagnosis) where we test for very specific hormone markers then go over it with you in detail so you understand what's happening in your body. Our Pura Vida Blood & Urine Analysis Request is at the end of this document for you to take to your local lab or primary care physician for a lab referral.



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However, if you look on WebMd or Healthline they'll define PCOS as producing an excess of androgen hormones like testosterone. This is a misleading idea, though, not necessarily untrue... It's like this: if your body isn't producing enough estrogen than you would have an excess of testosterone because they would be out of balance. That doesn't mean that your body is producing more testosterone than it should though many of us experience symptoms associated with high testosterone like excessive body hair, squaring of the jaw and deepening of the voice. It mean your testosterone is high because your estrogen is too low. This means raise your estrogen instead of lowering your testosterone.

To date there are zero scientifically recognized studies regarding the cause of PCOS so officially we don't know (shoulder shrug emoji) because there are no profits in these studies. Here's what we do know: PCOS is an imbalance in female reproductive hormones caused from consuming pasteurized and ultra-pasteurized "Food Products" as well as hormones in commercially sold dairy products especially when consumed during developmental years.

Pasteurization kills ALL living bacteria and micro-organisms. Buuuuuut we need living bacterias and micro-organisms to break down food, absorb nutrients and release electrical signals to trigger different hormone productions. Consuming pasteurized foods kills off the bacteria in your digestive system that trigger estrogen production and regulation. When your body is not producing enough estrogen because the foods you are eating inhibit its production your body starts to over compensate by increasing your prolactin levels. When these are out of balance many women start to feel more masculine, start growing thick dark hair all over their bodies, deeper voice, skin discolorations and exhaustion. This stresses your thyroid, pancreas, liver and adrenal glands triggering your body to create more cortisol which causes weight gain, depression and many many health issues leading to increased insulin resistance. Insulin resistance is a "communication" your gut bacteria is sending you to let you know the foods you've been feeding your body are toxic and have accumulated over the years to levels your body is unable to break down and expel.

To be clear, not all bacterias are good bacterias, however, pasteurization kills all bacteria creating more problems than it solves. Your body needs a minimum of 2 tablespoons a day of the 9 Holy Probiotic Bacterial Strains for basic health maintenance and more when you are rebuilding your gut bacteria. These Holy 9 Probiotic Bacterial Strains are: lactobacillus gasseri, lactobacillus rhamnosus, lactobacillus fermentum, lactobacillus paracasei, lactobacillus plantarum, bifidobacterium bifidum, bifidobacterium longum and bifidobacterium breve. Individually, each of these strains is beneficial and when you eat foods and combinations of foods that get you ALL 9 you create the optimum environment for your digestive systems and ultimately your body gifting yourself with the tools your body needs to cure itself and thrive.

Below you will find our tried and true treatment protocol to cure PCOS for good. We have used this treatment protocol to help women all over the realm including myself. For years I hid how much pain I was in because I felt shamed and was told over and over no one could help me except to give me pills that made me sicker. I was told numerous times that my pain was all in my head and that I was being "dramatic" for "attention" and maybe, I just



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needed a boyfriend. I was misdiagnosed with type 1 diabetes and put on insulin for 3 years, misdiagnosed with borderline hypothyroidism and put on medication for 5 years then misdiagnosed with borderline hyperthyroidism and put on medication for 2 years. I was told by 5 different Harvard educated doctors that PCOS was simply a nicer sounding term for “female hysteria” and wasn’t “a real thing.” Three of those Harvard educated doctors were women.

I also saw chiropractors, massage therapists, acupuncturists, traditional Chinese doctors, Ayurvedic doctors, naturopaths, energy workers, witches, shamans and experimental inventors. There was a time when I was so desperate for relief I let an amateur inventor with a background in acupuncture, energy work and engineering cover my body in needles connected to wires hooked up to a series of car batteries that he used to repeatedly electrocute me. Yeah, that really happened.

I refused to accept that my PCOS was just something that I was going to have to manage until menopause. All dis-ease is caused by imbalance so I just had to figure out what was out of balance and what was causing the imbalance. Once I realized PCOS is an imbalance in reproductive hormones the cure was pretty obvious: balance your reproductive hormones. Ok, so how do we do that? A combination of: Foodology, BFR low impact isometrics, lymphatic stimulation, supplements, menstrual products and neurological rewiring.

Below I am going to teach you how to cure your PCOS, cure your infertility, cure your depression, rewire your brain, increase your energy, reduce your luxurious beard, eliminate pain associated with your cycle, eliminate the cause of why your body forms cysts, regulate your cycle and rewrite your DNA to be free of the causes, symptoms and affects of PCOS. There's no reason to suffer anymore.

It's not your fault that you have PCOS and NEVER listen to anyone who invalidates your experience. The past already happened. What's important now is what you choose to do with this information. I recommend changing how you eat instead of letting a guy electrocute you in his basement. That's just me. You do you.

May your life be full of great joy with the health and abundance to enjoy it.

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PCOS TREATMENT PROTOCOL

FOODOLOGY make food your medicine

- ✓ Whole Food is alive and free of toxins and carcinogens
- ✓ Whole Foods grows in the garden and in nature
- ✓ “Food Products” are dead “products” full of toxins and carcinogens that are engineered to look like, smell like, taste like and feel like Food. There are ZERO boxes of mac & cheese, bags of Doritos or Slim Jims that grow out of our earth.
- ✓ These are “products” someone is selling you for profit.
- ✓ **STOP** Eating Gluten!!!
- ✓ Yes, ALL Gluten even if it just has a little gluten or was made in a facility that processes gluten and YES that includes beer made from barley, wheat or rye
- ✓ **STOP** Eating meat
- ✓ Yes, ALL Meat including beef, chicken, turkey, wild game, exotic meats and most fish. ALL animal flesh has carcinogens. They are a byproduct of digesting food that is stored in muscle and fat tissue
- ✓ Before anyone thinks chicken or turkey or pork or ostrich or alligator or whatever are healthy choices remember they are still animals and all animals have carcinogens in their muscle tissue. Just a fact.
- ✓ **STOP** Eating ALL pasteurized and ultra-pasteurized Dairy, Eggs, Pickles and other prepared pasteurized foods
- ✓ **STOP** Eating “Food Products”
- ✓ **STOP** Eating ALL GMO foods
- ✓ **STOP** Eating ALL Bad Sugars
- ✓ **EAT** – Lots of Lacto-fermented Foods at least 2 tablespoons at a time once a day minimum. These are foods like pickles, sour kraut, tofu, tempe, miso, Japanese lacto-fermented vegetables without vinegar (there are 100s of styles), kombucha, kimchi, Tepache (Mexican pineapple probiotic drink), sour dough, kefir, yogurt with live cultures, Parmigiana Reggiano and extra-sharp cheddar that has been aged over 12 months preferably in the wetter style (Tillamook extra-sharp white cheddar is the best I've personally found)
- ✓ Cheeses need to be aged a minimum of 12 months to develop healthy levels of lacto-fermentation
- ✓ Most parmesan is aged 4 months and most cheddars are aged 2 to 4 months.
- ✓ **DRINK** – At least 1 cup of Green Tea per day
- ✓ **EAT** – Minimum 1 clove of Garlic per day
- ✓ **EAT** – Royal Jelly with Raw Honey 20/80 mixture; 1 tablespoon per day
- ✓ **EAT** – Lots of Whole Fruits and Vegetables mostly Raw; check out our Foodology Pyramid at the end of this document
- ✓ **EAT** – Organic with a Capital “O”
- ✓ **DO** – Start a personal garden or a community garden or both
- ✓ **DO** – Check out our [website](#) for lots of delicious easy to make recipes
- ✓ **EAT** – Flax seeds at least 2 teaspoons a day
- ✓ **EAT** – Turmeric at least 1 teaspoon a day
- ✓ **EAT** – Spices, lots and lots of spices everyday



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DHEA-F from NATURE'S SUNSHINE

- ✓ 1-2 pills 2x a day after food for 30-90 days depending on severity and symptoms
- ✓ Always start with 1 pill once a day for 1 week before upping dosage
- ✓ Side effects may include pimples, increased collagen and skin elasticity, increased sexual appetite, increased energy and mood swings as well as decreased unwanted hair growth. Your reproductive hormones are balancing and re-writing their patterns. This is a process.
- ✓ DHEA (dehydroepiandrosterone) is a hormone your body naturally produces in your adrenal glands and helps produce other hormones including testosterone and estrogen. Because PCOS symptoms are caused by an imbalance in your reproductive hormones DHEA-F helps to re-balance your hormones resulting in a regulated cycle and less pain.

SALEHI BIRTH CONTROL non-hormonal birth control pills that prevent cancer

- ✓ 1 pill every 3 days for 90 days then 1 pill once-a-week to prevent pregnancy
- ✓ If you are on any kind of hormone birth control or currently use zero birth control aides consider switching to the non-hormonal once-a-week birth control pill Salehi regardless of where you stand regarding family planning
- ✓ This pill regulates your cycle, blocks ovarian cysts from forming, prevents bone density loss and prevents against female reproductive cancers by strengthening and balancing your reproductive hormones
- ✓ Commissioned by the Indian government and released in 1993 this non-hormonal birth control pill blocks a fertilized egg from implanting without disrupting your hormones. The active ingredient is Centchroman
- ✓ In addition to its long list of health benefits this pill is more effective than hormone altering alternatives at a fraction of the cost (5 year supply around \$50 usd) and 99% of women (since 1993) have had zero complications getting pregnant when they went off Salehi
- ✓ Not currently stocked for sale in most areas outside of India because it is so cheap the pHARMacies don't make money off it
- ✓ Salehi Birth Control is available for sale on several online pHARMacies. If you click our link above it will take you to the site we use
- ✓ If you are curing your PCOS with the intent on getting pregnant, take 1 Salehi Birth Control every 3 days for 90 days then quit taking them. Do NOT skip this step!!!

BIOPHOTON LIGHT lymphatic stimulation device cures pain and prevents cysts

- ✓ Use L shaped tube inserted vaginally for 15 minute treatment
- ✓ 1-2 treatments a week for 4 weeks
- ✓ Continue using the Biophoton Light vaginally as needed to treat acute pain
- ✓ Most users report experiencing zero pain after just one treatment
- ✓ Clean L shaped tube with Colloidal Silver before and after each use
- ✓ The L tube is an additional purchase to the device
- ✓ Use Biophoton Light everywhere else on your body too as well as your water, crystals, pets, food, the possibilities are endless...



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- ✓ The Biophoton Light lymphatic stimulation device is easy and safe to use externally as well as internally, it doesn't shock you, is portable, works even when you're not using the wands topically, efficient at stimulating the lymphatic system, efficient at accelerating healing, has multi-uses and won't break the bank.
- ✓ This mighty little lymphatic stimulator combines photobiotic light, sound, ozone, frequency, radio waves, ultraviolet, infrared, energy magnetics and long distance radionics to charge, stimulate and clean the lymphatics of multiple people at once within minutes that can scientifically be measured in your blood and your aura.
- ✓ The Biophoton Light generates healing energies similar to what you get from our earth, our sun and our natural environment as well as stimulating your lymphatic system. FACT: when your lymphatic system is congested your body is unable to eliminate unwanted cellular waste which rots inside you causing auto-immune, neurodegenerative dis-eases and what we call viruses (rotten cellular debris a clogged lymphatic system is unable to drain). When our lymphatic system is stimulated and healthy our body is able to more rapidly expel toxins as well as emotional and generational stress toxins to help create an environment where our bodies can heal more rapidly.
- ✓ Remember we are beings of light and light is the language our bodies use to communicate within themselves, with each other, with our earth, our sun, our environment and our divine creators.

MENSTRUAL PRODUCTS stop poisoning your vagina

- ✓ Switch to Flex Disk and / or Ion Panty Liners for improved vaginal health, balancing your hormones, helping regulate your cycle and reduce pain, bloating and cramping
- ✓ There are so many different menstrual products available on the market it can be a little daunting. Tampons are terrible for you and so are most panty liners and menstrual cups and they endanger your health.
- ✓ First of all, most of the ingredients used in these products are petroleum based and that's definitely not anything you want anywhere near your vagina and a lot of the "all natural" one are made with wood pulp which is certainly an improvement though I feel like we can do better than that.
- ✓ Additionally, even if you are using a cotton tampon, a tampon is designed to be a sponge that swells inside your vagina trapping old blood, membrane, yeast and harmful bacteria in your vagina. Panty liners trap moisture and heat up against your vagina creating the perfect environment to breed harmful bacteria and yeast. Women who use these "traditional" menstrual products are at increased risk for yeast and bacterial infections as well as reproductive cancers and sexual dysfunctions.
- ✓ [Flex Disk](#) is a biodegradable flexible disk made from sugarcane "plastic" that lasts 12 hours, reduces gas, bloating and cramping as well as offering mess-free period sex, less waste and less money. With tax I spend less than \$8 US dollars a month on menstrual products.
- ✓ [Ion Panty Liners](#) have strips of anions in the liners that release negative ions when



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they come in contact with moisture. These negative ions prevent against infection, balance hormones, help with weight loss, relieve pain, bloating, gas and PMS as well as reducing hot flashes, improving sleep and incontinence. If you are using a panty liner for any reason make sure they are Ion Panty Liners.

ADOPTING AN ATTITUDE OF GRATITUDE

- ✓ You can rewire your brain for free in less than 5 minutes a day.
- ✓ Your brains have been manipulated into prioritizing experiences and memories we associate with negative and / or traumatic feelings to keep your cortisol, adrenaline and other stress hormone levels high.
- ✓ When your stress hormones are elevated in an acute situation they can save your life and when you're stress hormones are stuck in a permanently elevated state you are out of balance, your body adjusts so you begin to believe this elevated stress state is what normal feels like and you begin to develop a long list of health issues.
- ✓ FACT: It is IMPOSSIBLE to loose weight or heal your body if you are stuck in a fight or flight response. This is why we put so much emphasis on activities, movements, therapies and foods that lower your cortisol, adrenaline and other stress hormones while simultaneously boosting your anandamide, dopamine, serotonin and other feel-good bliss hormones.
- ✓ Adopting an Attitude of Gratitude is an important tool in retraining your sympathetic nervous system response to only be triggered in life threatening situations where you need those hormones.

B3 SCIENCES BANDS balance your hormones with movement

- ✓ B3 Sciences Bands really maximize movement and keep your hormones balanced
- ✓ This is a relatively new product based on over 40+ years of research that uses BFR (blood flow resistance) with cushioned air compression therapy to trick your body into thinking you're getting a strenuous exercise with only a few minutes of light to moderate movement.
- ✓ This means you get a release of HGH (human growth hormone) after only 10-15 minutes of light movement instead of after an hour or more of strenuous exercise.
- ✓ This results in doing less work with less pain in less time for more healing and more anti-aging benefits.
- ✓ These bands are also safe for humans from age 4 to 99 whether you are an athlete or have mobility challenges.

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PURA VIDA BLOOD WORK & URINE ANALYSIS ORDER REQUEST

Welcome to Pura Vida Health and Wellness Centers Worldwide. A new healthy you begins today!

Prior to consultation with Dr. Ava Perez, we request a current copy of your fasting Blood Work and Urine Analysis done within the last 30 days. This is something you can do through your primary care doctor and insurance company or at a private lab. For your Blood Work you will want to fast for 4-6 hours prior which means avoid all food and beverages even water for 4 hours minimum before your blood draw.

You are requesting a full hormone blood panel and urine analysis. They are pretty standard. Some doctors don't like to order a full thyroid panels unless a thyroid issue is suspected, however, we like to get a full picture of what's going on internally before making recommendations. We look at your whole body internally and externally as well as home, living, environment, work environment, transportation environment, nutrition, behavioral health, stress levels, etc. so our medical detectives can discover the root cause and treat that cause as well as acute symptoms to give you more immediate relief.

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cut along line

BLOOD WORK ORDER REQUEST

Glucose	BILI DIRECT	Triiodothyronine (T3)
Urea	BILI IND	Thyroxine (T4)
BUN	TGO	Thyroid stimulating hormone (TSH)
Creatinine	TGP	Free thyroxine index (T7)
Uric Acid	Alkaline Phosphatase	Estrogen
Cholesterol	LDH	Prolactin
HDL Cholesterol	GGT	Progesterone
LDL Cholesterol	CK Total	Testosterone
VLDL Cholesterol	Sodium	Ferritin
Triglycerides	Potassium	PH
Proteins TOTAL	Chlorine	Thyroid
Albumina	Calcium	Luteinizing hormone (LH)
Globulin	Phosphorus	Stimulant hormone (FSH)
REL A/G	Iron	Blood type
BILI TOTAL	GFR	

URINE ANALYSIS ORDER REQUEST

Volume	Epithelial cells	Stearagas
Ketone bodies	Odor	Mucus filaments
Bacteria	Urobilinogen	Proteins
Aspect	Cylinders	Glucose
Bilirubins	Density	Leucocitarias
Pyocytes	Nitrites	Erythrocytes
Color	Crystals	Leukocytes
Blood	PH	



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ADOPTING AN ATTITUDE OF GRATITUDE

Depressed? Anxious? Insomnia? Pessimistic? Negative Thoughts? Stuck in the Past? Stuck in a Rut? Suicidal Thoughts? Persistent Sadness? Persistent “Empty” Feeling? Hopelessness? Loss of Feelings of Guilt? Worthlessness? Helplessness? Overwhelmed? Stuck on the Hamster Wheel? Restless? Decreased Interest in Pleasure, Hobbies and Sex? Decreased Energy, Fatigue, Feeling “Slowed Down?” Ready to throw in the towel? Just need something to give?

In this day and age most of us are mentally and emotionally conditioned to prioritize negative memories and experiences in our memory storage and reconstruction capabilities. This is a harmful practice most of us learned at a young age. There's the good news that you can actually rewire your brain to prioritize storing and reconstructing memories and experiences that release dopamine, anandamide and other feel-good neurochemicals and hormones and finally reclaim your intellectual sovereignty and sanity in these insane times. You can do this in less than 5 minutes a day for the cost of a notebook and a blue or red ink ballpoint pen. Before adding another pHARMaceutical to your routine or reaching for a coping aide like alcohol, drugs or harmful “food” products, dare to take the 30-Day Challenge and adopt “An Attitude of Gratitude”. In just 30-Days you *too* can rewire your entire brain with this simple practice.

Imagine waking up everyday energized, ready to jump out of bed and start co-creating in god's paradise. Imagine feeling pure love, peace and total acceptance from deep inside your soul emanating out of you like a bright light expanding exponentially throughout infinity. Imagine feeling blessed everyday with so many *gratitudes* it actually feels impossible to pick just three or four you are most *grateful* for. Imagine feeling a strong sense of calm deep within the core of your being. Remember you are made perfect from the light of god. Give yourself permission to manifest paradise for all of creation.

Let's get started! Adopt an Attitude of *Gratitude* today and rewire your brain! You'll Adopt an Attitude of *Gratitude* in one easy daily practice that takes less than 5 minutes a day! After gathering your two initial *supplies you only have two easy, scientifically proven steps to repeat every night before bed to rewire your brain into a happier, more positive, optimistic you. Just give yourself 30 days to change your life for the better. What are you waiting for?

*SUPPLIES:

1. Dedicated Notebook: This means a Notebook which is only used to write your daily gratitudes in. The style, layout, size and design are your choice. *Yes, it is that simple.*
2. Blue or Red ballpoint or gel-ink Pen (a Pen is permanent and shows your commitment to your higher self).



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WHEN:

Every night before bed take just 5 minutes to reflect on your day's many blessings and choose *no less than 3* and *no more than 4* experiences you are most *grateful* for that day.

WHAT TO WRITE:

1. Name your Gratitude Journal “ (your name) 's Gratitude Journal” on the cover and inside cover of your Gratitude Journal.
2. Each night at the top of each page write out the day of the week followed by the month, day of the week and year.
3. Write out your numbered *Gratitudes*. No less than 3 and no more than 4 things/experiences you are most *grateful* for that day.

And yes, the color of the ink of the pen you use, how many *gratitudes* you write out, how you head your page with the day and the date and the physical act of writing by hand are important and based in decades of scientific research and study. Whether your notebook is artisanal paper you made yourself and stitched together with upcycled thread or a spiral notebook you picked up for eighty-seven cents at Walmart is your choice. Just pick a notebook or journal that has nothing else in or on it and dedicate it to rewiring your brain by Adopting an Attitude of *Gratitude*.

SAMPLE:

Tuesday, May 7th, 2019

- 1) my dog
- 2) cheese
- 3) not dead yet
- 4) ...

OR:

Friday, August 9th, 2019

- 1) My partner is so loving and supportive, had my back and really stood up for me which makes me so valued.
- 2) At lunch our server remembered us and the order we've made the last two times we've been in. He called it "our usual" then brought us a drink while we waited and it felt special to feel remembered plus our order is kind of complicated so definite kudos to our server of remembering all of it.
- 3) We picked our first crop of tomatoes and they are so perfect just juicy and flavorful. I can't wait to go play in the kitchen making bruschetta, salsa, marinera and tomato bisque...
- 4) I'm so grateful that cop I didn't see did not pull me over when I accidentally ran that stop sign earlier and I am even more grateful I didn't unintentionally hurt someone else, myself and/or my vehicle.



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That's it. *Yes, it is that simple.*

How much or how little you write is a personal choice. Most people who adopt this simple daily practice have been suffering from depression for years and are exhausted with all the medications, meditations, affirmations, biurnal beats, self-help guru's and New Age blah blah promoting the invalidating mantra of "just get over it." These are clearly the moronic musings of someone who's never spent more than a week in bed with unwashed hair in the same pair of dirty sweatpants.

If you are writing each *gratitude* as one word, one page or both, you are doing it RIGHT! As long as you continue writing 3 to 4 experiences you are MOST *grateful* for that day you are doing it RIGHT! By just the act of doing it, you are doing it RIGHT!

At first you may tell yourself "it can't be this easy" because you've literally tried everything. Here's the deal, do this for 30 days as you've already tried everything else and this doesn't cost anything but a minor effort on your part. What do you have to loose? Are you ready to be a co-creator in your own life?

Grab a notebook and a blue or red pen! Your 30-Day Challenge begins tonight!

May your life be full of great joy with the health and abundance to enjoy it.

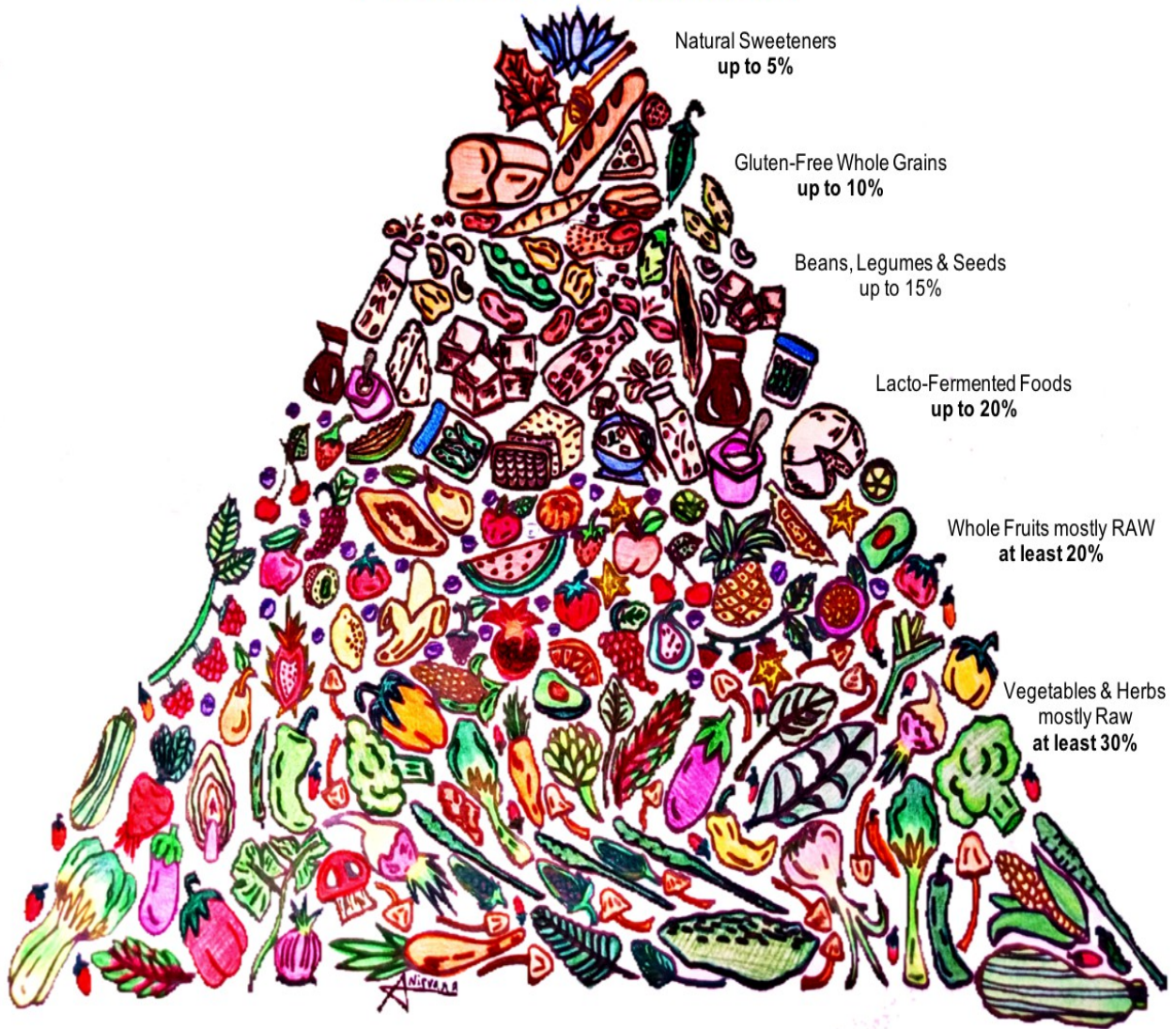
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FOODOLOGY PYRAMIND



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