



## **Pura Vida Health & Wellness Centers Worldwide**

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

### **HEADACHES AND HOW TO CURE THEM**

Migraine aura, migraines and headaches are caused by vasoconstriction. Vasoconstriction is a narrowing of blood vessels by small muscles in their walls. When blood vessels narrow less blood and oxygen are able to reach organs and muscles, etc. This can make us feel dizzy, nauseous, light-headed, achy, extra sensitive to light, sound and smell and disrupt every system and function in our bodies. We get headaches when our blood vessels constrict because our brains and organs aren't getting enough blood from insufficient circulation which leads to lack of oxygen and other health issues.

Vasoconstriction is caused by many things ALL traced back to diet and nutrition. What you eat and drink determines what vitamins, minerals and amino acids your body is getting and in what quantities. This determines whether your body can neutralize and expel toxins or whether they turn into infection, dis-ease, aging and what doctors today are calling cancer. Your food determines how smart you are, how fast you are, how fast you heal, how fertile you are, how good looking you are and every aspect of what we call reality.

Vasoconstriction is ALWAYS accompanied by low levels of trace minerals especially magnesium as well as depleted blood oxygen levels. These are so common almost every human on the planet has depleted trace minerals and oxygen.

If you have ever eaten or done any of the following things in your life you have depleted trace minerals and blood oxygen: eaten anything GMO ever, eaten highly processed foods, or any gluten, drank bottled water, used a cell phone, lived in, near or around a city, lived on, near or around commercial farm land, eaten meat or any animal product including but not limited to: cow, pig, chicken, turkey, game, poultry, lamb, goat and most fish as well as ultra-pasteurized eggs, milk, cheese, butter, ice cream, sour cream, whipped cream, etc.

A healthy adult body experiences MINOR vasoconstriction throughout the day as your body constantly adapts itself, however, this kind of vasoconstriction lasts for seconds at most and is not consciously felt by 99.99% of all conscious sentient beings. Vasoconstriction can also be caused by misalignment and/or build up of synovial fluid. Easily treated with adjustments from a competent and ethical kinesiology based chiropractor. Massage, acupuncture, acupressure and aromatherapy also help.

First it's important to understand the amount of trace minerals our bodies need a day for cellular health, cellular reproduction, healing, neutralizing and expelling toxins, DNA repair, etc. is much much higher than doctors are taught. We are taught by institutions run and financed by pHARMaceutical companies who "un-educate" us to sell us dis-ease to keep us sick and in fear and in an elevated state of harmful stress that can impair our body's ability to heal itself.

Aspirin, Ibuprofen, Advil, Alieve and NSAIDS block cyclooxygenase enzyme which reduces SOME inflammation, however, your stomach and intestines need this enzyme to protect the organ tissues from being burned with digestive acids and forming ulcers. These pHARMaceuticals are unable to treat the causes, dilate your blood vessels, remove plaque or arterial blocks, increase circulation or bring more oxygen to your brain and other organs. Instead of reaching for pHARMaceutical/drugs we learn to reach for Magnesium powder and other trace minerals. This is so much easier to do than seeing your doctor just to get



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on more drugs and more beneficial to you and your body in the long run.

Secondly, as painful and debilitating as headaches, migraines and migraine aura can be it is also important to shift our perception and attitude about pain. When you get a headache, migraine, migraine aura or any type of physical pain anywhere in your body it is your body communicating with you that something is out of balance. As much as being in pain hurts, our ability to feel and experience pain is a gift from our Creator. Your personal sovereign telecommunications system created just for you. Your body tells you exactly what is out of balance and where. We simply have to Listen and learn the language our body's communicate with, while giving our bodies the *right tools* they need to heal and give thanks for the gift of this communication.

Together let's relieve those symptoms and treat the cause of headaches, migraines and migraine aura so you too are liberated from disorienting life crippling migraines. Then we can get into a plan for a migraine free life and a balanced and vibrant body.

**RELIEF IN THE MOMENT INSTEAD OF IBUPROFEN:** When you feel the sensory warnings of a headache, migraine or migraine aura coming:

1. [Nitric Oxide Blend Spray](#) as instructed on bottle
2. 1 tea bag of (1 gram) [Coral Calcium](#) or 1 tbsp [Magnesium](#) powder in Whole Food Water
3. 10-20 minute [BiophotonLight](#) Treatment
4. Deep Slow Diaphragm Breathing
5. Plenty of good Whole Food Water that is slightly alkaline
6. Massage, chiropractic from a kinesiologist or good stretch can also help tremendously

**TREATMENT TO REDUCE HEADACHES & REDUCE SEVERITY:**

Everyday for 90 days:

1. [Nitric Oxide](#) 2 capsules twice a day between meals
2. [Magnesium](#) 1 tbsp
3. 100mg [Zinc Gluconate](#) broken up with 2 meals
4. 1 tea bag (1 gram) [Coral Calcium](#) 2-3 times a day with food
5. 2 capsules [Combination Potassium](#) 3 times a day with food
6. [BiophotonLight](#) Treatment 10-20 minutes a day every three days
7. [Gratitude Journal](#) write in it everyday incorporated into your bed time routine
8. Plenty of good Whole Food Water that is slightly alkaline
9. Massage, chiropractic from a kinesiologist and stretching also help

Email us directly for full therapy instructions



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**PLAN TO PREVENT FUTURE MIGRAINES AND MIGRAINE AURA:** Raise your blood oxygen levels and adopt some lifestyle changes to prevent future chronic vasoconstriction.

1. **EAT RAW:** Incorporate raw foods into your nutrition everyday with lots of fruits and vegetables. As simple as it sounds this "cures" everything by nourishing your body with everything it needs and creating an environment where "illnesses," "dis-eases" and "conditions" are unable to form and reproduce. Eating GMO/gluten free, biodynamic, organic raw fruits and raw honey mixed with royal jelly also raise your bioelectric frequency which aides in accelerating healing as well as turning a frowny day upside down by increasing anandamide, dopamine and other feel good hormones while simultaneously reducing cortisol, adrenaline and other stress hormones.
2. **TURPENTINE:** 1/4 teaspoon Essential oil of gum acacia tree (pine oil) once a week for 5 weeks. Email us directly for full detox therapy.
3. **LIVER FLUSH:** 1 day Liver Flush. Easily pass liver, kidney, and gallstones pain free with simple ingredients you already have in you kitchen. Email us directly for full detox therapy.
4. **AVOID GLUTEN:** For at least 90 days, as it takes at least 3 months being 100% gluten free for your body to process toxic shock caused by gluten and begin to break down and expel the gluten stored in your cells. Everyone is allergic to gluten though it affects us on a scale from only lightly allergic to severely allergic. Most of the affects of consuming gluten we have been lied to about to accept as feeling "normal."

Feeling run down, exhausted, tired, achey, bloated, constipated, or frequent diarrhea, overwhelmed, angry, impatient, foggy brain, slower neural recall, memory issues, abdominal cramping, abdominal stabbing, acid reflux, heart burn, chest pain, frequent headaches, insomnia, tossing and turning, hot flashes, cold flashes, frequent hemorrhoids, slower, less cognitive and gaining weight no matter how much you exercise and restrict your calories are clearly the OPPOSITE of normal health problems. These are "side-effects" of eating gluten found in wheat, barley and rye.

Abstain from eating wheat, barley and rye as well as adopt and practice these other healthy habits and all these symptoms disappear starting about 3 months after you begin abstaining from gluten and adopt other healthy grains that contain ZERO gluten. *Yes, it is that simple.*

5. **AVOID HIGHLY PROCESSED SUGARS:** They spike your glucose, put you on a hormonal and energetic rollercoaster and have insufficient or zero vitamins, minerals and amino acids as well as producing zero frequency because all the healthy bacterias and living toroidal fields in the sugars have been killed. These are DEAD, non-life giving foods. When we eat dead foods they rot inside us.
6. **AVOID PASTEURIZED AND ULTRA-PASTEURIZED ANYTHING:** This process



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kills ALL bacteria good and bad. We NEED certain bacteria in our gut, as good bacteria helps to break down and digest the food we eat as well as absorb vitamins, minerals and amino acids. Pasteurization and Ultra-Pasteurization also kill vitamins, minerals and amino acids making these DEAD, non-life giving foods. When we eat dead foods they rot inside us.

7. **REGARDING HONEY:** Use ONLY Raw/Unpasteurized Honey as it is full of vitamins, minerals and essential amino acids in addition to being a sweetener that tastes good and doesn't spike your glycemic index. However, when you pasteurize honey it kills all those good vitamins, minerals, essential amino acids and beneficial bacteria degrading it to a simple syrup that spikes your glucose and is a DEAD, non-life giving food. When we eat dead foods they rot inside us.

Adding Royal Jelly to any good raw/unpasteurized honey is highly recommended at a 20% royal jelly to 80% raw honey mixture. 1 teaspoon a day minimum.

8. **OTHER PASTEURIZED AND ULTRA-PASTEURIZED** items to avoid include milk, butter, dairy, cheese and eggs. These items should also be avoided because they FAIL to be a good source of nutrition, all the beneficial bacteria in them has been killed and now they are DEAD, non-life giving foods full of hormones, antibiotics and other pharmaceuticals. When we eat dead foods they rot inside us.

Raw dairy from un-pregnant cows and eggs that are NOT fertilized preferably fresh that day contain all 9 of The Holy Beneficial Bacteria strains our bodies need. If you are going to consume these items please ONLY consume RAW milk, butter, dairy, cheese, kief and eggs from pasture-raised animals on local sustainable farms where the animals have space to forage.

9. **AVOID MEAT:** Yes, ALL meat including but not limited to cow, pig, chicken, turkey, lamb, goat, poultry, game and most fish as in any and ALL animals because they FAIL to be a good source of nutrition and contain carcinogens. We are told we HAVE to eat meat for Protein. This is a LIE. ALL animals FAIL to produce all 9 Essential Amino Acids that we need to live. All living creatures (that means you and me) get Protein, biophotons and ALL 9 Essential Amino Acids from consuming PLANTS.

Our primary necessity for eating is to get ALL 9 of these Essential Amino Acids our bodies are unable to produce as well as populating our bodies with beneficial bacteria to break down and use these amino acids and biophotons so our bodies have the electricity to animate all aspects of being "alive." When we eat animal flesh we consume degraded forms of amino acids high in deadly carcinogens. Remember: eating a steak or a chicken club sandwich is like inhaling an entire pack of cigarettes all at once.

10. **AVOID ALL ANIMAL PRODUCTS:** This includes and is not limited to: lard, pasteurized eggnog, chicken and beef stock, fish sauce, etc. as well as pasteurized and ultra-pasteurized milk, butter, dairy, cheese, ice cream, whipped cream, yogurt, sour cream, cream cheese, sterilized eggs, etc.

11. **AVOID HIGHLY PROCESSED FOODS:** This includes and is not limited to



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prepackaged foods, pre-prepared foods, can foods, deli foods, frozen foods and ALL fast food. The more ingredients on the label, ingredients that are unrecognizable as food and the more steps a food has to go through in order to be sold are all signs of highly processed or *engineered* “non-food.”

12. **AVOID SEED OILS:** These are great oils to accent the occasional dish, however, the amount of omega-6 unbalanced with omega-3 we find in ALL SEED OILS is dangerous to our health causing all sorts of health imbalances, illnesses and degenerative dis-eases especially in the quantity of 16:1 humans living in industrialized countries are exposed to these days.

Instead use Organic Cold Pressed Extra Virgin Olive Oil, Organic Rectified Coconut Oil, Organic MCT Oil and Organic Avocado Oil as your principal oils. Use just an occasional dash of Sesame Oil in an Asian dish or in coleslaw and the occasional dash of Walnut Oil to enrich a salad dressing or add an earthy depth to a pasta and EAT LOTS OF WHOLE SEEDS AND NUTS.

### FOOD FOR THOUGHT:

It takes 6 weeks to detox your body from bad sugar and artificial sweeteners...

Over 90 days to detox from gluten...

4-6 months to detox protein saturation...

Up to 7 years to repair cellular damage caused by ultra-pasteurization, processed foods, protein saturation and deadly sugars and gluten...

The takeaway here is you can rebuild yourself stronger and better than before... When we give our bodies the correct tools they already know how to repair themselves far better than any drugs ever can or will.

### DO MORE OF ALL THESE THINGS DAILY...DOCTOR'S ORDERS...!!!

1. **EAT LOTS OF FRUITS AND VEGETABLES:** Eat them whole/raw and try out one of our easy Plant-Based *Sustainable Healing Foods* recipes with complete nutritional information.
2. **EAT MORE FREQUENTLY:** When you are hungry, eat. Yes, it is that simple. Just eat healthy balanced meals and snacks. Ideally, we want you eating 6 or more times a day and we have lots of easy Plant-Based *Sustainable Healing Foods* recipes with nutritional information available on our website to get you started.
3. **EAT UNTIL YOU ARE FULL:** Often when we eat we think about what we have to restrict and we all have little narratives we've picked up along the way about counting calories or finishing our plate or always leaving a bite on the plate or not eating after a certain time and at least a thousand others. While your body is detoxing and healing you're going to go through a lot of stages and I want your body to have the right tools it needs instead of restricting them. As your body



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adjusts to Plant-Based *Sustainable Healing Food* nutrition you may be surprised at how small serving sizes satiate.

You should never eat more than the size of your first, or you are stretching out your gut/stomach more than necessary for proper digestion and assimilation. You should also be eating around 6-8 times a day. Additionally, much of the time we think we are hungry our bodies are crying for hydration as we are not eating enough whole fruits and vegetables daily to hydrate properly.

The water myth of you must drink at least a gallon of water a day, or at least 160-180 ounces is only necessary when not eating the proper fruits and vegetables every day.

- EAT WHEN YOU ARE HUNGRY:** Listen to your body and give it the tools it needs. When you feel hungry drink some pure living [Whole Food Water](#) and if that FAILS to satiate your body then reach for a healthy Plant-Based *Sustainable Healing Food* meal or snack. We have lots of easy Plant-Based *Sustainable Healing Food* recipes with nutritional information to get you started. <https://DrAvatarNirvana.com/menu>
- BE MINDFULL:** It is important to be mindful and *grateful* for every bounty we enjoy regardless of the size. What aromatics are you smelling? What does your food look like? What rainbow of colors are you enjoying? What flavors and textures are you experiencing as you chew? What flavors linger? How does eating this food make you feel emotionally and energetically after you eat it? How does eating this food elevate your mood? Are you praying over, or blessings and thanking your food before you eat? Learn more of the power of intentional prayer [Masaru Emoto – Intention/Prayer over water](#)
- EAT WHOLE/COMPLETE FOODS:** Instead of “cooking” we Prepare Whole Foods in a way that nourishes and heals our bodies. For Whole Foods think about foods with the least amount of interference to be ready to eat or be sold. We do heat and/or warm some dishes, but do not cook them to the point of depleting the enzymes and minerals needed.
- EAT GRAINS AND CARBOHYDRATES:** Yes, beneficial grains and carbohydrates are needed as part of balanced nutrition. Beneficial grains and carbohydrates give your brain some of the essential tools it needs for it to function and communicate with itself and the rest of your body. Avoiding beneficial grains and carbohydrates literally robs your brain and other essential organs of needed nutrition making you less cognitive and slowing your neurological and reflex responses. The good news is most grains are GOOD for you. Just AVOID wheat, barley and rye.
- EAT THE GOOD FATS:** Avocados, nuts, nut butters, avocado pudding, Organic 100% Cold Pressed Extra Virgin Olive Oil, Organic Rectified Coconut Oil, Organic coconut milk, coconut cream, olives, almond milk and other yummy fatty treats are primary to a healthy/balanced diet.
- EAT LOTS OF SEEDS AND NUTS:** These are Whole Foods and make a great snack in between meals, as well as a great addition to any dish. Unless you have a specific nut or seed allergy, nuts and seeds are a must in every Plant-Based



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*Sustainable Healing Food* nutritional plan including Chia Seeds, Macadamia nuts, Black and White Sesame Seeds, Pumpkin Seeds, the sacred Moringa seed and so many more...

- EAT LOTS OF CHOCOLATE:** Dark Organic cacao made without refined and harmful sugars is full of beneficial bacteria, stimulates your immunological response and balances your neurochemicals. Eating chocolate lowers your cortisol, adrenaline and other stress hormones while simultaneously boosting your anandamide, serotonin, dopamine and other feel good hormones. This means eating chocolate lowers anxiety and treats depression more effectively than pharmaceutical anti-depressants. ONLY when you are able to turn off your sympathetic nervous system are you able to really begin detox, think clearly, rewire your brain, heal and rewrite your DNA.

We even have recipes for a Healing Chocolate Sauce made with only 3 ingredients you shake in a bottle and homemade Chocolate Ganache you can turn into truffles, turtles, candy bars and kisses that takes less than 20 minutes to make. Check out our website for delicious, healthy and easy to prepare meals, snacks, desserts and smoothies regardless of your culinary skills. If you can boil water, make toast and operate a whisk you can make Tiramisu in 20 minutes, have fresh baked sour dough bread in under two hours and homemade chocolate kisses in 30 minutes.

- USE MORE CANNABIS:** Smoke it, eat it, drink it, rub it on your skin, however, you want to use it, use it MORE. In addition to a laundry list of health benefits from aiding digestion to eating inoperable brain tumors, cannabis and HEMP are truly miraculous plants. One of the greatest benefits of cannabis and hemp is that it lowers cortisol and adrenaline while increasing dopamine and anandamide.

This shift in neural chemicals has many health benefits. When your cortisol or adrenaline are elevated it is biologically impossible to lose weight and biologically impossible to repair cellular or genetic damage. Anyone who tells you differently is selling you a lie even if it is with the best of intentions. It's just basic biology.

**FUN FACT:** Because anandamide sensors are all over your brain and body, when they are activated your brain is able to access different storage areas outside your brain's routine making you SMARTER as well as able to more easily recall repressed memories or memories you just haven't thought about in a long time.

So, yeah, cannabis and hemp i.e. *smoking weed* makes you smarter, more relaxed, more balanced and boosts your immunological library. There are lots of strains, dosages and methods of use. You just have to find the right one for you. Cookies are a great way to start, talking with a local bud-tender and mindfully experimenting.

- GIVE YOURSELF PERMISSION TO BE HEALTHY AND PAIN FREE:** Sometimes we let ourselves get stuck in a rut repeating patterns that no longer help us thinking the same thoughts going round and round with the same results. Because we have been in pain or have suffered in some way it can be easy to get trapped in the mentality that we will always be in pain and always be suffering or refuse to acknowledge how much pain we are in. This self sabotaging mentality can continue



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to manifest pain and suffering, however, we can easily rewire our brains with a few simple mindful practices. Email us for a full consultation.

It is OKAY to give yourself permission to let go of negative self sabotaging thoughts about yourself and your body. It's ok to give yourself permission to be healthy and pain free. As odd as it sounds, the simple act of giving yourself permission to be healthy and pain free is both empowering and freeing as well beneficial to your neurological, circulatory, digestive, endocrine and immunological systems.

Everyday we wake up, we are blessed with the choice to be whoever we want to be and the choice to get up and be that person. The choice to change your life for the better is always 100% your choice to make. But, by blaming others you prevent this healing from ever happening for yourself and those around you.

Here is a simple yet VERY POWERFUL daily affirming manifestation to adopt:

*"Avra kehdabra, I give myself permission to be healthy, happy and pain free and I let go of blocking and limiting patterns that I have outgrown and no longer have use for....so be it and So It IS"*

When speaking this daily affirming manifestation speak it ALOUD with confidence, 100% of your focus and in a singing voice is best, but not mandatory for it to work. Allow yourself to feel the vibrations of the sounds you are making as you speak or sing these words above. Focus on the notes of Creation i.e. A, C and F# and focus on the primary colors of red, yellow and blue.

- 13. LYMPHATIC STIMULATION:** The most effective aide in Lymphatic Stimulation today is simply taking deep, slow breaths while jumping, or just bouncing gently on a small trampoline, bed or barefoot on the grass or water. Next would be the [BioPhoton](#) modality as well as massage, aromatherapy and abstaining from lymphatic restrictive garments i.e. bras with underwire and/or thin straps, any garment that applies pressure under your armpits or tops of feet, underwear and unnatural fibers like polyester. Try NOT to ever wear or sleep on anything that is not all 100% natural materials and/or restricting at any key lymphatic points of your body. Any form of moving your body while deep breathing, will activate the entire lymphatic system.

Some suggestions would be walking, running, swimming, gentle bouncing, jump rope, hula hooping, yoga, sex, etc..

Our Lymphatic System is the system that enables us to expel waste from our bodies. When your Lymphatic System is sluggish or latent your body is unable to expel cellular debris which then rots and becomes dis-ease. When you stimulate your Lymphatic System your body is able to expel cellular waste.

- 14. DEEP BREATHING:** Simple as it sounds most of us are breathing wrong taking short shallow breaths only filling up the tops of our lungs and just enough to keep us alive. Breathing exercises, simple deep diaphragm breathing and slowing down your breathing are beyond beneficial to your health, peace of mind and well-being. There are a lot of breathing exercises that increase oxygen to your brain and





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throughout your entire body boosting oxygen levels, neural processing capacity and speed up increased organ function, boosting your immunological library and so many other amazing health benefits. Deep Breathing....yes, it is that simple.

15. **STRETCHING:** As well as low impact timed pulse isometrics preferably with the [B3 Sciences Bands](#) are an important part of any health routine for maximum results with minimal efforts and usually in 20 minutes or less a day is all that is needed. Movement is what we're looking for. Get your heart pumping, get your blood pumping, stretch out muscle fibers, tendons and ligaments as well as release built up joint fluids. Stretching and movement also feels amazing, which in turn improves your mood.

Try jumping jacks, punching the air in place, dancing with everything you got like no one's watching for some songs you love (at least 10-20 minutes in length). It's only a few songs. Go get your booty up and moving. Doctor's orders....!!!

16. **SUNGAZING/BATHING:** The daily practice of Sun Gazing/Bathing and the many benefits from it have been well known for a long, long time. Most of us have just forgotten or been conditioned to be afraid of our life giving sun. Sun bathing can be done any time of the day though staring into the sun as it begins to rise or in the early evening as the sun begins its descent are the optimum times to sungaze. You can sungaze with your eyes either open or closed looking at the sun through your eye lids if the sun is still too bright.

It is very important to take deep breaths while doing this so you can properly absorb the light nutrition coming into your body via your eyes. You only need 20-30 minutes minimum in full sun exposure for proper daily vitamin D. Certain skin types may require sun radiation protection and we highly recommend using Vitamin C for this as well as coconut oils, eating lots of salsa and bruschetta and a few others we recommend to protect your skin from any potential sun damage.

17. **HYDROGEN PEROXIDE THERAPY:** Is a cheap easy therapy to increase your blood oxygen levels without having to pay big bucks for ozone therapies. Hydrogen Peroxide has been used for over a hundred years to cure every known dis-ease and illness including COVID and HIV. Recommended use is heavily diluted in a small spray bottle deep into you lungs. You can also use it in your ears, topically and everywhere else, except you nose or eyes as it will burn a bit but not cause any permanent damage. When used incorrectly you can harm yourself so please Email us for the complete protocol and information about Hydrogen Peroxide Therapies.

18. **HIMALAYAN PINK SALT:** A pinch on every dish in every meal every day, as well as in your water. Not all salts are equal. Table salt (usually Iodized) leeches trace minerals from your cells and contains no beneficial Iodine needed for proper Thyroid and Thymus functions. Himalayan Pink Salt has 84 vitamins and minerals and 6 out of our 9 essential amino acids and a laundry list of health benefits.

FUN FACT: ZERO people have died in the entire written history of humanity from too much salt, however, thousands of people die every year from sodium deficiency



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as in Too Little Salt, or the WRONG SALTS Can Kill You.

- 17. GRATITUDE JOURNAL EVERYDAY:** With this simple solution you rewire your brain, balance your hormones, train your brain to prioritize positive memories, lower cortisol, adrenaline and other stress hormones while activating your endocannabinoid system. There are lots of gratitude journal ideas out there if you look online. This method has been proven in numerous scientific studies to work 100% of the time if you follow the directions exactly. Email us directly for all the details and say goodbye to chronic depression and anxiety.
- 18. LISTEN TO VEDIC SANSKRIT CHANTING EVERYDAY:** Vedic Sanskrit is the original language spoken by our ancestors for 100s of thousands of years. It is a tonal language that is the only language that is incorruptible and used as the only coding language by the NASA and many world governments, banks and private institutions that value security. The Vedic Sanskrit spoken today is the same way our ancestors pronounced them over 200,000 years ago. Even just hearing the language reconnects your neural connections, raises your IQ and accelerates your cellular and genetic healing while decalcifying your pineal gland. Our ancestors only wrote down our oral language around 100,000 years ago as our language began splitting and our ability to communicate with each other began to degrade.

I have quite a bit to say on the topic of Vedic Sanskrit, however, we'll keep it brief here. Bottom line is listening to Vedic Sanskrit makes you smarter and healthier and is free. So, what have you got to lose?

Here are a few of our favorites we listen to everyday at a low volume. Even when we're rocking out, we still have Vedic Sanskrit chanting in the background:

[1,000 Mahrishis in harmony](#)

[Vedic Sanskrit mantra for enlightenment](#)

[Vedic Sanskrit mantra for healing and peace](#)

- 19. USE SPICES AND HERBS EVERYDAY:** Like black pepper, cardamom, cayenne, turmeric, ginger, cinnamon, ginkgo biloba, chili powder, garlic powder, onion powder, rosemary, basil, oregano, lavender, marjoram, parsley, thyme, tarragon, cumin, curry, ashwagandha, etc. Spices and herbs smell and taste good, elevate our food, your mood and your dining experience, as well as provide additional health benefits.

**CIRCULATION TEA:** Here's a recipe for an easy tea to make at home that boosts circulation, increases blood flow and dilates your arteries:

To make this tea you will need a pot with Whole Food Water, tablespoon Organic Dark Amber Agave Syrup, splash Organic Soy Milk, a strainer or colander, Vanilla Extract and 1/4 teaspoon each of the following spices from your spice shelf: fresh cracked black pepper, cinnamon, cayenne, cardamom, turmeric and ginger.



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Bring spices in Whole Food Water to a boil, boil for 5 minutes then remove from heat. Strain your tea into mug, add a tablespoon of Agave Syrup or Raw Honey to sweeten and enrich your tea and a splash of Vanilla Extract topped off with Organic Soy Milk. Enjoy this yummy warm stimulating tea visualizing how each ingredient benefits your body.

However, this tea is a stimulant and best to be avoided around bedtime. It is also best enjoyed with a full stomach of Plant-Based *Sustainable Healing Foods* and can upset an empty stomach that may lead to vomiting in very rare cases.

Whenever I feel a headache coming on I take some magnesium powder dissolved in Whole Food Living Water, make a cup of Circulation Tea, practice deep breathing a stretch it out. This simple plan as well as adopting *Sustainable Healing Foods* nutrition I have gone from frequent crippling migraines to only headaches when I'm not doing the work to honor my temple and give it the *right tools*.

You don't have to suffer anymore. Your body is a gift from god capable of everyday miracles and miracles beyond our imaginations. Give your body the *right tools* and be amazed by how amazing you feel. Everyone who has followed our health recommendations to the letter has had 100% success since 1994. Now that you are empowered with knowledge it's time to reclaim your right to good health. What are you waiting for?

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

*Dr. Ava Perez*