



# **Electro-sensitivity Wifi & 5G Survival**

**Here's your Solution!**



## **E-COURSE 5G Survival : Module Bonus**

**The Secrets of Amélia.**



And yes, Little Surprise Amiga and Amigo !!

This is the '*Cherry on the Pie*' ☺

This is the Module 'Bonus'

Let's Gooooooo ! Vivaaaaa !

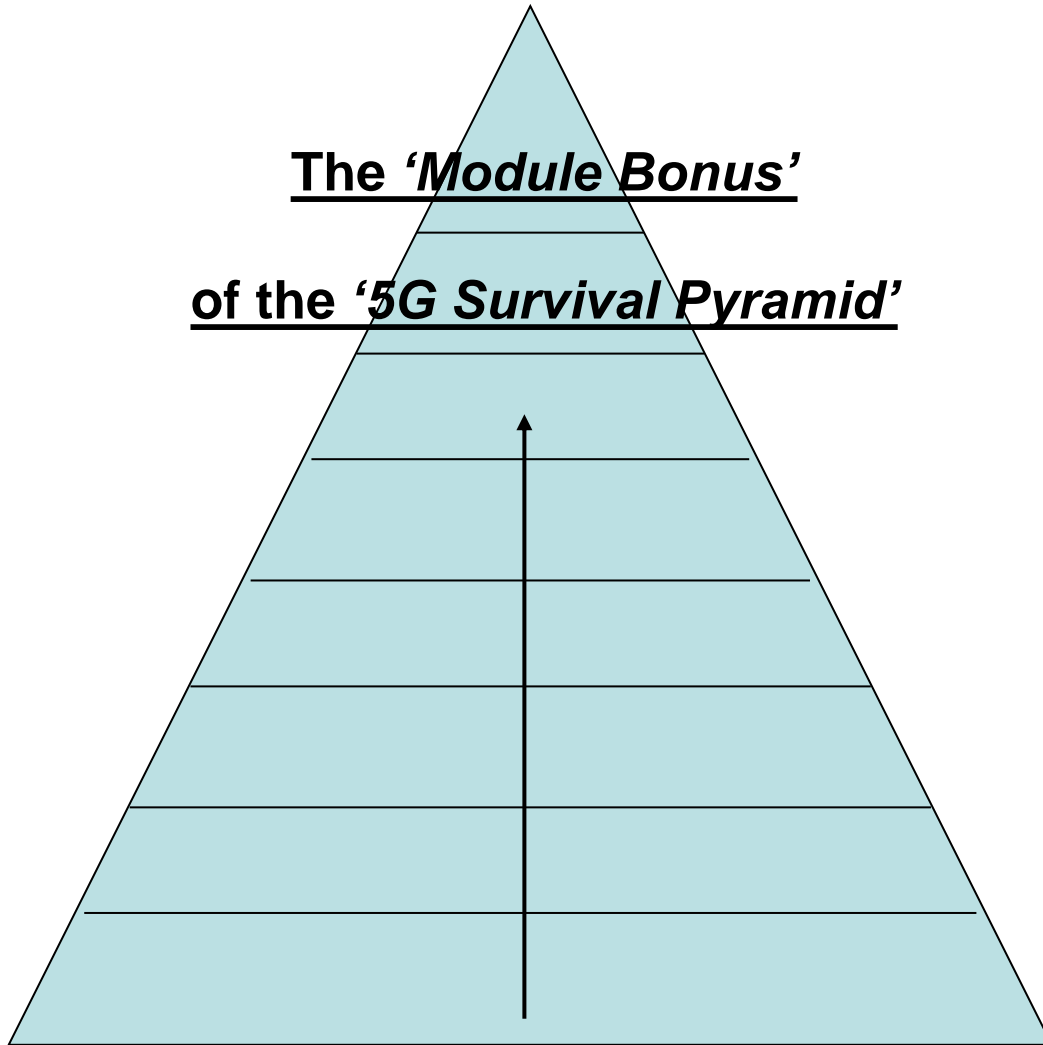
Amélia xx ☺



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**The 'Module Bonus'**  
**of the '5G Survival Pyramid'**

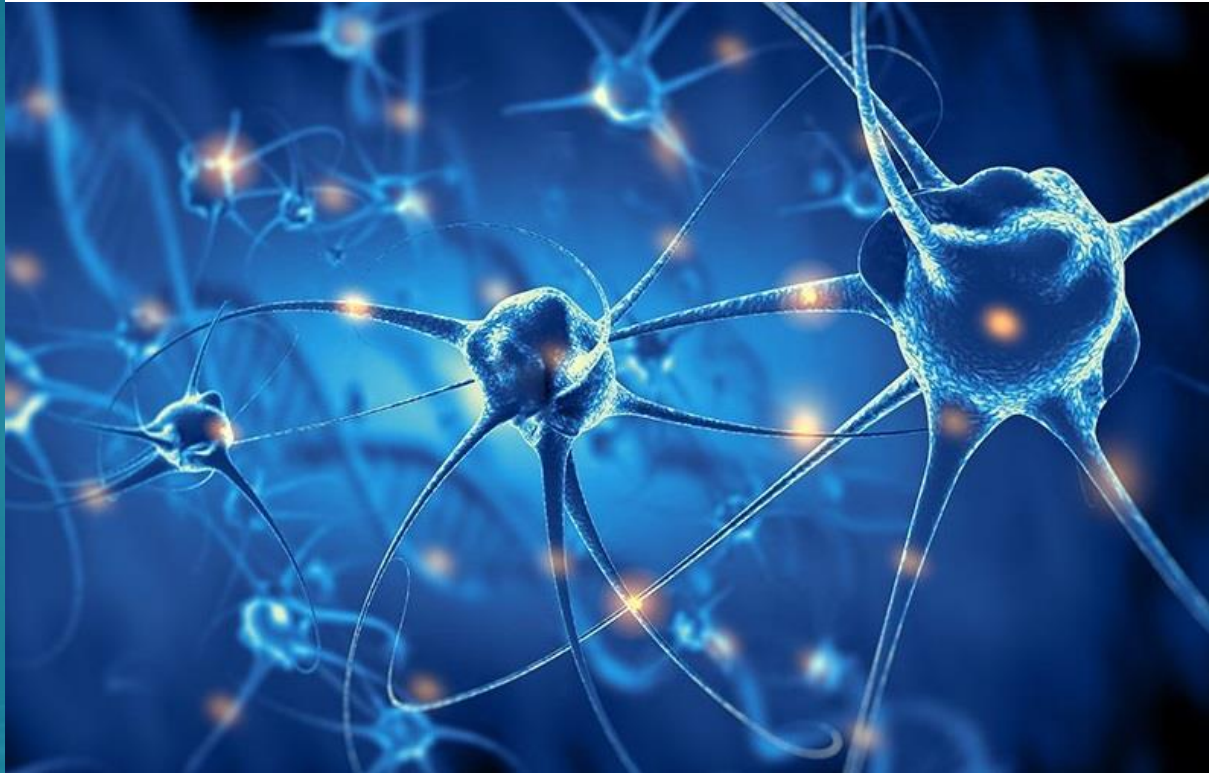


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## 1. Preserve and Strengthen Nerves and Neurons



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Within the nervous system, certain neurons are covered with a fatty membrane which helps isolate and protect the nerve fibers of the brain and spinal cord, like a plastic sheath around an electric wire : this is the Myelin.

### How to Preserve and Strengthen Myelin ?

#### => Consume Good Omega 3 Fats

- Hemp Seeds, Olive Oil, Black Seed Oil and Coconut Oil or in MCT version (!)
- If necessary Drink Raw Milk (Cow/Goat)
- Drink Bone and Chicken Broths for the Skin
- Add Butter and Raw Cheese, Yogurt, Kefir
- Eat Animal Fat (Small Fish, Suet, Salmon, Lam, Eggs for choline, etc.)



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### => Take Preventive Action

- Pay attention to sugar consumption.
- Be very careful with vegetables with oxalates! (Calcium oxalate crystals are responsible for the majority of kidney stones, even sand grains in the tissues causing inflammation).

### => Act via Neutralization

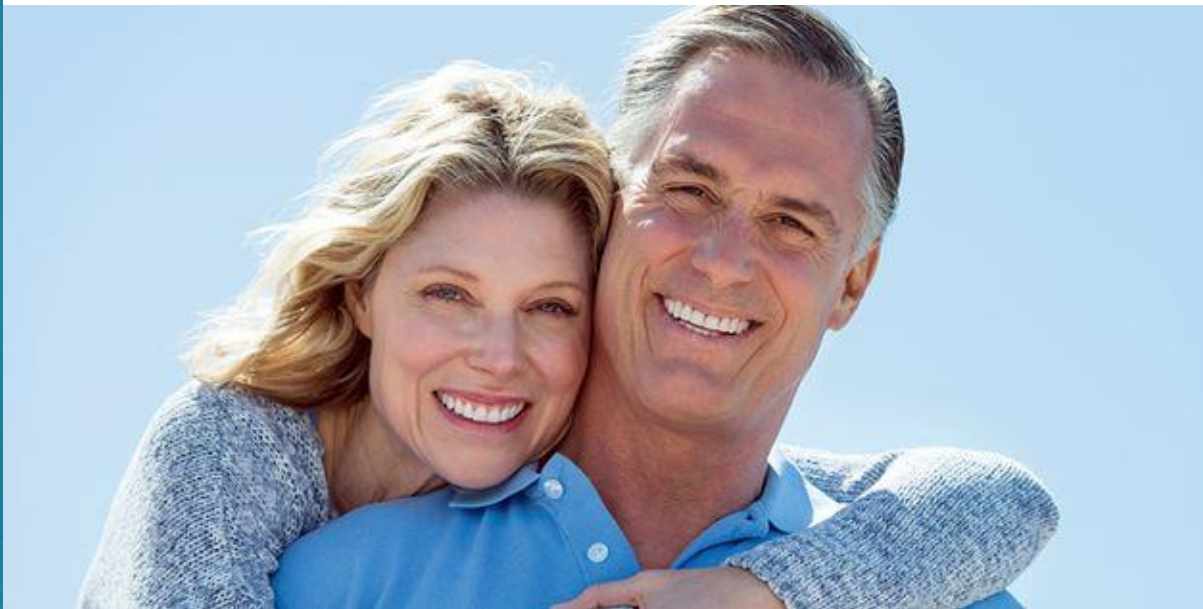
*'Chanca Piedra'* reduces oxalates.



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## 2. Diminish stress



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=> [With Quantum Patches from Allevi8 Pro](#)

Help reduce stress, tension and more.

<https://patchquantique-france.fr/>

=> [Supplement with Magnesium !!](#)

Magnesium Chloride or Nigari Salt or even a mixture of other types of Magnesium.

=> [Collagen](#)

This softens the tissues and joints to better evacuate toxins and is also nutritious for the skin.



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### => With Oats

Oats are rich in vitamins B and E, linoleic acid, proteins but also manganese and magnesium, key minerals for the heart. It is particularly rich in beta glucans, a carbohydrate that forms a thick gel around the contents of the stomach. Beta-glucans slow the digestion and absorption of glucose into the blood. Thus, it reduces the risk of diabetes, the production of cholesterol by the liver and facilitates intestinal transit.

### => With Franciscence Essential Oil

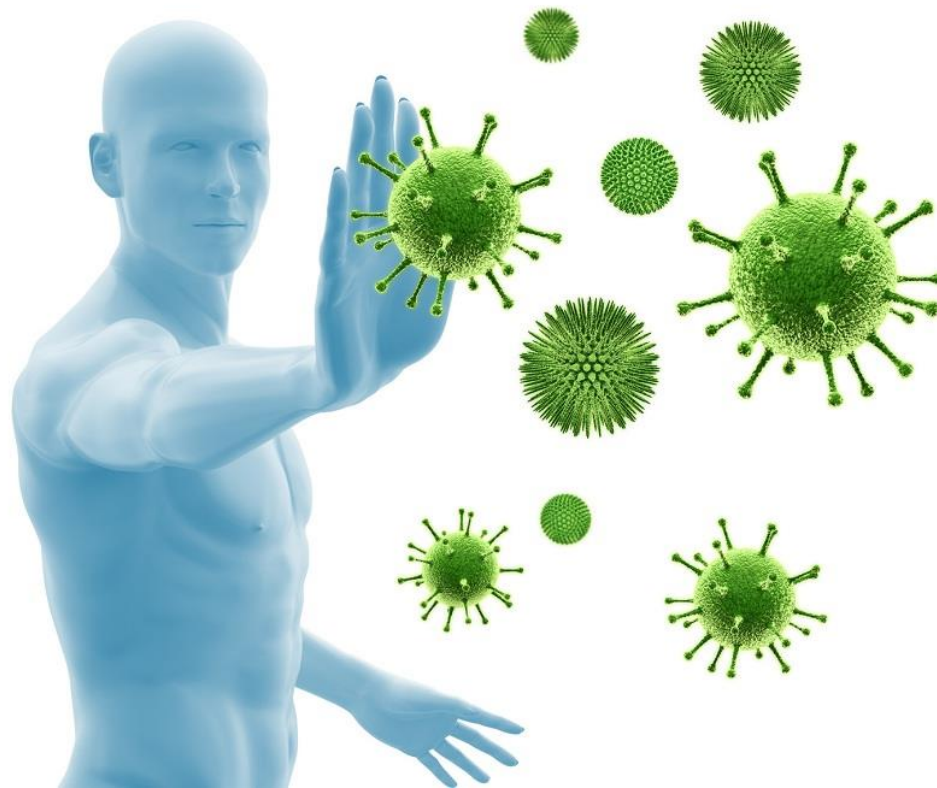
Very effective against exhaustion, in cases of stress, nervousness, agitation, anguish, anxiety, depression, melancholy, burn-out, etc.



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### 3. Strengthen the Immunity



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## => With Supplements

Aesculus Hippocastanum : fluidifies blood circulation, strengthens the veins, is anti-inflammatory, antioxidant and anti-infectious.

Serrapeptase : an anti-inflammatory enzyme, improves lung function and reduces congestion and shortness of breath.

Moringa : a plant rich in antioxidants which helps fight memory loss and promotes brain activity.

NMN : reduces inflammation and the risk of heart disease and stroke.



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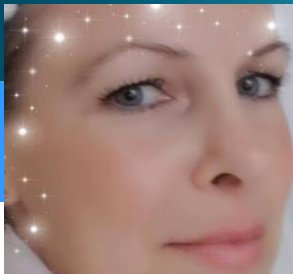
## => With Supplements

Vitamines K2 + D3 + A + E + B Complex : bases important basis for health.

Resveratrol : powerful natural antioxidant with protective effects and anti-aging potential.

Absinthe : has an action on the digestive system and the appetite and is tonic and stimulating.

Digestive Enzymes : to support the digestion of sugar, fat and proteins if necessary; case of exhaustion of the digestive system which then no longer extracts nutrients.



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## => With Supplements

Shilajit: is used for disorders of the immune system and nervous system, urinary tract, chronic fatigue, memory loss and reduction of tumors. Traps free radicals and is considered an anti-stress agent.



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## 4. Extra Detox



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## => By Supporting the Liver with

Activated Charcoal : detoxifies the body, captures toxins, purifies the body and relieves the liver and kidneys.

Castor Oil : is anti-inflammatory, antiviral, antibacterial, purifying, moisturizing, nourishing, fortifying, digestive and laxative.

Glutathione : participates in the capture of free radicals and limits cell damage.

Desmodium : has a hepatoprotective effect, that is to say, increases the resistance and functioning of liver cells.



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## => By Supporting the Liver

Tudca : supports digestive capacity by promoting healthy fat metabolism and breakdown as well as proper nutrient absorption.

Astaxanthin : traps free radicals, protects cells against oxidative stress. Is able to cross the blood-brain barrier and helps protect against neuronal inflammation.

Cloves : supports liver functions thanks to their anti-inflammatory and antioxidant properties.



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## => By Supporting the Liver

Bicarbonate : is an electrolyte which helps to maintain the acid-base balance (pH) of the body and secondarily with other ions to maintain electrical neutrality at the cellular level. It is a fantastic detox ally.

Le Hijama or 'Cupping Therapy' : consists, thanks to the suction effect of the cups and micro-incisions, of extracting accumulated harmful and toxic substances. Hijama also has a hormonal and immune system stimulation effect and relieves pain. By extracting the '*bad blood*', the body regains optimal vascularization and we feel boosted.



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## => By Supporting the Liver

Celery Juice : is an excellent detoxifier, a revitalizing antioxidant. It eliminates heavy metals, toxins, bacteria and viruses found in the intestines and liver. It is anti-inflammatory and helps restore acid-base balance. Just pay attention with oxolates in case of sensitivity.



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## 5. Revitalise your Brain



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## => By Using Precious Help

Lion's mane : It's effect on nerve growth may enable it to help protect against disorders like Alzheimer's disease. Lion's mane contains compounds that improve brain health and function, it improves memory and boost brain cell growth.

Chaga : Chaga mushrooms' antioxidant and anti-inflammatory properties, along with their neuroprotective effects contribute to cognitive benefits. These properties enhance memory, learning, and overall brain performance.



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## => By Using Precious Help

Tremella : This mushroom is associated with improved memory recall and overall cognitive function. It contains glycoprotein, which may help in the formation of new synapses and neural pathways. Studies have suggested that Tremella mushroom can boost cognitive function in various ways.

Shiagga : This mushroom helps to enhance energy, gives better sleep, relieve muscle pain, useful for skincare and scar removal, fights cancerous cells and breaks up tumors, cleanses and detoxifies, boosts the immune system, reduces inflammation, reliefs brainfog, depression and anxiety and gives an overall improvement in health.



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## 6. Ultime Boost



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### => By Visualising during Meditation

During Meditation we can do a '*Body Check-Up*'. Where we feel a blockage, we pay attention and '*Look*' with our inner eyes at what the blockage looks like. After the Observation, comes the Cleansing phase to finish with Purification via a Light Ray or a Shower of Crystalline Water. Do this introspection until the blockage is completely dissolved.

### => By Speaking to Drink Water

By saying Positive words, full of Love over the Water we drink, we energize this Water and Increase its Vibration.



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## => Ponctual Liberation from the Matrix

Take a 'Free Day' every week, e.g. from Friday evening to Saturday evening for 25 hours in a row. These 25 hours are 1 hour more than a day and have a 'Corkscrew' effect in order to extract oneself from the Matrix and Revitalize one's entire Being.

During this time 'Free' yourself as much as possible from electricity and therefore from any use of GSM, computer, or even the hotplates, the oven, the kettle and the boiler.

Take the time to 'Contemplate Life', 'Honor Life' and 'Feel Gratitude' for all the Good things you have experienced and for all the Gifts you have received.



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## 7. Our Allignment, Ascension or Reconnexion

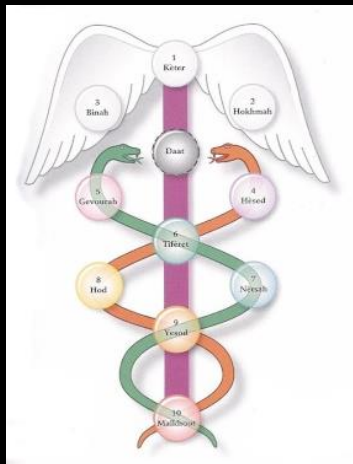


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## The Caduceus, Our Caduceus



Without words... 😊

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## 8. The Return to Our Source



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**In Our Heart**

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Hey hey, the Little Surprise is unboxed.

Remember the concept of 'Corkscrew' !

Yes, it is important to remain **Flexible**, to know that something that is good today can even be replaced one day by its opposite. We are like the onion or the Russian dolls and have several layers to realign 😊.



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This **Training** is an **Example** which shows in which directions to Look, at what levels to Work and what path to Establish.

Each Person has their own Specificity and Frequency. The Key is Creativity and the Certainty that you will Achieve your Goal.

**Perseverance, Patience, Endurance !**

Yes, **5G Survival is Possible !**

Because I am a **Living Proof**, this Training was able to take shape. So yes, you too will get there; Sure and certain !!

Let's Goooooo ☺. Big Hug, Amélia xx



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