

B. Completed Template for Reference:

Chakra focus: stabilize root, throat, and sacral chakras

Yoga Poses for support: root, throat, sacral flows. Ascension sequence, 3x times (mountain pose 20 secs + cobra 10 secs + camel 15 secs + warrior 30 secs + child's pose 15 sec)

Foods to incorporate into diet: root (potatoes, onions, strawberries, cherries, tomatoes, nuts, eggs, black beans); throat (blueberries, plumbs, apples, apricots); sacral (oranges, almonds, cashews, flax seeds, avocado, watermelon); for all (leafy greens)

	HZ	Mouth Therapies	Water therapy	Drinks in rotation	Protection	Routines
AM	417 HZ x 10 mins, then 741 HZ x 12 mins	½ tsp of vinegar + ½ tsp of salt with warm water Manuka honey to the wounds in mouth, let dissolve Magic mouthwash	Cold shower	Hot water Rooibos tea ginger + fennel tea Peppermint tea Water with lemon Chrysanthemum tea	12D shield Tourmaline	Book passage HW Yoga Ground Change alter H2O & light Gratitude candle Water bowl exercise
PM	174 HZ x 10 mins, then 396 HZ x 10 mins	½ tsp of vinegar + ½ tsp of salt with warm water Manuka honey to the wounds in mouth, let dissolve Magic mouthwash	Cold shower + bath: Day 1: Aches, joints & pain bath: 2 cups Epsom salt, 1 cup baking soda, 1 tsp dried rosemary (or mint) Day 2: Throat tightness blockage bath: 2 cups Epsom salt, 2 drops peppermint oil, a few eucalyptus leaves (optional) Day 3: Womb tension lower back bath: 2 cups Epsom salt, 1 cup baking soda, 1 tsp dried chamomile (or fresh ginger)	Rooibos tea ginger + fennel tea Peppermint tea Water with lemon Chrysanthemum tea (to stay cool for summer)		Yoga Food aligned with chakra focus