

Dr. Bella's Three Month Protocol

AQUARIAN WOMEN'S WELLNESS

Self-Care Ritual

3 month Protocol:

This is a 3 month protocol that is split up into 3 rounds of 3 weeks as follows:

- 5 days on/2 days off for abdominal massage, castor oil packs and pelvic steams.
- Stop all self care and herbs when you are bleeding.

This protocol is best done in the evening (yin time) before bed so you can be in rest & digest mode (parasympathetic). I prefer to do the Pelvic steam first, abdominal massage second, followed by castor oil pack. Then you can go right to bed with the oil still on your abdomen to get the healing benefits all night long.

Directions:

1. Abdominal massage: Give yourself abdominal massage as directed on the self care sheet found on forms page on website.
2. Castor Oil Pack: Apply castor oil/balm into abdomen in generous amount, then put flannel + heating pad on top for 30 minutes.
3. Pelvic steam: 9 tbsp of herbs/4 cup of water. Cover and bring to boil. As soon as it boils you can turn it off until you are ready to sit. When ready, put on low setting so the steam is gentle and sit for up to 30 min.

Adjunct Therapy

Three Treasures Tinctures:

Female Tonic: 90 drops first thing in the morning or can space it out to morning, noon and night.

Dong Quai: 90 drops first thing in the morning or can space it out to morning, noon and night.

Vitex: 120 drops upon waking up.

- 30 drops = 1 dropper full
- Can put herbs all together in an ounce of luke warm water or directly in mouth.

Nourish Tea Blend:

Steep: 1-2 tsp/cup (depending on how strong you prefer) for 3 minutes. Drink up to four cups everyday. * You can use a french press to make 32 oz at a time and sip all day.

Breath & Meditation

Self care is a time of self love. It is a time of quiet meditation and reflection. Take this time to listen to your body. Be intentional with dropping out of the head and into the heart and sending love to all parts of your body.

Slow down the breath...

- begin with three deep intentional belly breaths. Inhale into the nose and exhale with a sigh out the mouth to clear lung and liver qi.
- Begin the box breath to the count of 5 for at least 5 minutes or until you feel your nervous system calm down.

To heal, you need to be in the parasympathetic nervous system and the fastest way to get there is working with your breath.