

CANONICAL ENTRY 51 / 74

Migraine

Neurologic

CANONICAL SOURCE - VERBATIM

Most all migraines begin with congestion in the colon, a congestion often often preceded by a subluxation in the lumbar and sacral area, which then causes pressure on the sympathetic nerve centers and cerebrospinal system.

Therapy:

Applications should be made in a consistent and persistent manner; they may at first appear aggravating more than allaying.

- Colonic irrigation (enemas, hydrotherapy):

Cleanse sufficiently long enough for nutriment to be supplied into the colon's folds - two weeks apart, five times.

- 1 hr of meditation a day for self-awareness and make sure to keep a helpful attitude - no complaining

- Osteopathic or chiropractic manipulation of the sixth and seventh dorsal, lower back, and lumbar axis.

- Enlightened Athletics Dietary Protocol with additional watercress, celery, lettuce, carrots, and prepare them with gelatin; remove sweets and chocolate

CANONICAL COMPANION SET

Esoteric Anatomy for Healing and Revelation

Enlightened Athletics Dietary Protocol