

# Heather Bruce

## Women's Healing Care Pack



### **Safe Intimate Care pads**

Drion – see why you would use these here on the demo site. Always dry on, have a capacity unheard of in a pad – and always clean, non offensive as they stay dry – so no bacteria/ anything else - and of course – the green anion healing strip takes care of assisting your body back to health.

### **Magnesium gel roll on**

for topical use - An important component of all healing get the right ingredients in to assist the regeneration process.

### **Vibrational Essences**

Heart reconnection and women's reproductive healing vibrational essences.

### **Iodine**

Small bottle of Lugol's iodine for topical use only.

### **Rebozo**

- Not just for pregnancy and easy birthing – the same techniques for gentling your pelvis and back in all stages of life.

### **Massage oil/cream -**

To assist in your moving stuckness out of your body – when organic coconut oil is not as useful – reach for the Tui balm! (Not for sliding, the more therapeutic gouging work I include in my massage courses for self healing).

### **Books (or tokens)**

**“Living as Energy”** actual handbook – (Owner's manual) How we are in this place is a mystery if you do not know how your body on all levels works – here is the energy story. This will allow you to see clearly what you also may need to do with yourself to completely heal.

### **Reunion meditation sound track**

(Available for instant download here)

### **Posters to pop on the wall**

to remind you on how a well body works – and how you can improve your life by simply working with, not against, your body.

Inner Alchemy: How your gut supports your being here  
Women's Changes – the blueprint we all carry within

### **Little pot of comfrey cream**

for scars - regular usage minimizes scars, as well, accelerates tissue healing from any sort of skin damage.

### **Gua Sha Gua Sha tool - soup spoon**

### **Amethyst - Crystal**

- a little gift . . . transformational

### **A moxa stick**

- to see the information on how to help yourself and others with moxa here

### **Castor Oil**

A bottle of organic castor oil and some wadding to get you started to heal your scars, sacrum (gives the circulation to your pelvis) and to use internally to dissolve endometriosis and any scars/adhesions within.

### **Healing vibrational ointment From Kaliana Rose**

### **Faja – to support your woman's body**

### **Oil of Thieves**

To put up your nose (on a cotton bud/Q tip) and down your throat to rub onto the reflexology points in your feet to allow all and every bacteria/virus/mold and fungi to get mighty uncomfortable/dead – leaving your immune system in a better state.