

# THE BRIDGE | SOL | WEEK 2

THE ALWAYS PROTOCOL ADDITION:

## MELISSA OFFICINALIS

This is the tea you were drinking at Kichic and that I prepared the teabags for you.

Melissa officinalis is called **TORONJIL** in Argentina and is one of the most effective and best-studied herbs for HSV suppression, particularly when nervous system stress is a trigger.

In my experience, regular long-term use is where it has the greatest effect, especially when paired with Reishi tincture.

You can dilute the Reishi tincture directly into the Toronjil tea.

\*You should try to take it with you to Egypt so you can keep going with the treatment. If you don't have access to a kettle, you can make an overnight cold brew if needed.

## DOSAGE

- Use 3–4 grams of dried Toronjil per cup (250 ml)
- Aim for 2–3 cups per day minimum, every day
- Alternatively, you can make a larger amount of tea: 6–8 grams of the dried herb in 500 ml of hot water, then drink it steadily throughout the day.

**TRAVEL** - Taking it in a thermos or bottle works well, especially when travelling.

You can mix Toronjil with other calming herbal teas for variety and flavour. Good options are Rose, Chamomile, or Passiflora. These pair well and support the nervous system without interfering with the antiviral effect.

## Yerba mate

This is stimulating. It increases sympathetic tone, cortisol, and nervous system arousal which is counterproductive to the mission!

- Drink in the **morning only**, not all day, then switch to Toronjil
- Avoid totally during periods of stress, decision fatigue etc.

## DIET

Let's free up some unnecessary stress and energy for you by exploring the options of some supportive and tasty meal deliveries.

Here are 2 options - they might not be to our yumminess standard - ;)  
You may need to trial a few

<https://www.viandashyg.com.ar/>

<https://verdeo.com.ar/>

Another option is to make an arraignment with a restaurant you like, see if they would be interested in a weekly custom menu and delivery package

I can assist with planning the meals/menus if you need help there.

You can send them:

### **Food Guidelines:**

\*High protein focus.

\*Low carbohydrate overall (not *no carbs*). Moderate portions of clean carbs are fine.

\*Baked, steamed, stewed or grilled preparation preferred.

### **Prioritise**

Fish (especially white fish and salmon)

Eggs

Cooked vegetables

Sweet potatoes

Avocado

Fruit

### **Avoid**

Legumes (lentils, chickpeas, beans, soy)

All nuts and nut milks (Coconut milk is fine)

(Low arginine, high lysine)

## OXYTOCIN BLOOMING

This is an excellent practice for NS regulation. It works with the Vagus nerve and Oxytocin release. Ideally, it's added to the 10-0-10 PMA counting meditation as daily practices AND especially great for **POST – BREATHWORK** as the first thing to do after the integration period.

**OXYTOCIN > NS**

Oxytocin is a regulation hormone. It signals safety, connection, permission to soften. When your Oxytocin rises, the NS can down regulate. When your oxytocin levels rise, this signals to the body that it is safe enough to let go.

This is a simple and enjoyable practice: **Sigh, Touch, Hold, Kind**

1. **Sigh** A few deep breaths with audible signing exhale.
2. **Touch** and tickle your hands and arms, slowly find a pleasurable sensation. No explanation, just sensation. Try both sides.
3. **Hold** your hands on your face and hold your face. Let your face really feel held.
4. **Kind** Say some kind words to yourself, these can be directed to little- Sol, the child, or, can be related to the Breathwork session. Or, you can always chose the Ho'oponopono prayer.

*"I'm sorry. Please forgive me. Thank you. I love you."*

## SOL CHECK LIST

Try the 4 minutes work out (Button with link in Week 2) in the mornings at home.

### **Book labs**

### **NS PRACTICES > LOWER STRESS RESPONSE > NS REGULATION > LESS FLARES**

1. Either one or both NS practice per day.
2. Accountability support - send Emoji after any practice completion (no responding from me)

### **FOOD + DIET**

1. **Week at a glance food journal** > Send to Emily by the weekend
2. Food delivery inquiry

### **CORRECTIONS + AMMENDMENTS**

LYSINE With or without food, but on an empty stomach is better. ( I said with lunch but before or after is more ideal)

DOSAGE - L-lysine 1000 mg **daily but up to 3000 mg daily with symptoms start**

### **CHOCOLATE OK, BUT NOT WITH ANY SYMPTOMS**

Substitute recipes coming.