

# PROGRAM COMPLETION & INTEGRATION NOTES

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## PROGRAM OVERVIEW

The purpose of last 6 weeks was to help clearly identify and stabilise the conditions that trigger HSV activity in your body.

Rather than focusing only on the virus itself, the work focused on the things that most influence outbreaks in your body: nervous system supportive practices, strengthening immune support with supplements and identifying dietary triggers.

## WHAT YOU NOW HAVE TO WORK WITH

During the program you received a collection of tools designed to support your body from several directions. These are the resources you now have available as you continue implementing the work.

### A GENTLE NUTRITION STRATEGY THAT INCLUDES:

- A lysine-favouring, lower-arginine way of eating that helps stabilise blood sugar and support the body during vulnerable periods.
- A recipe to replace chocolate with a high-fat sweet treat.
- A clear goal of finding a nourishing and enjoyable meal delivery service so daily food becomes easier and less stressful when life is busy.

### A SUPPLEMENT REGIMEN INCLUDING:

A powerful the trinity of **L-lysine, Reishi tincture and lemon balm**, with additional nutrients added after reviewing your bloodwork. Together they form a synergistic foundation, supporting nervous system regulation while providing gentle, consistent antiviral support.

### BLOODWORK INSIGHTS

The labs showed that several key nutrients are sitting just inside the optimal range at the lower end, showing there is room to increase targeted immune and nervous system support. Targeted additions include vitamin B12, vitamin D3 and especially iron to strengthen immune and nervous system function.

## **NERVOUS SYSTEM REGULATION PRACTICES INCLUDING:**

- Conscious Moment Awareness counting
- The Oxytocin Blooming practice
- Breathing techniques such as humming bee breath and alternate nostril breathing
- Guided meditation, The Great Soul Sync

These practices, done regularly will help calm the nervous system and create the internal conditions that make outbreaks less likely.

## **REGULAR BREATHWORK SESSIONS**

Weekly sessions are supporting emotional processing, nervous system regulation and physiological reset.

## **A SIMPLE DAILY MOVEMENT PRACTICE**

The short four-minute workout that can easily be done a few times during the day. The idea is to make movement easy and regular rather than intense and avoided.

## **A VISUALISATION PRACTICE**

A series of images depicting the internal landscape of HSV within the neuron, gradually moving toward complete engulfment in light. These images form a guided visualisation sequence to incorporate into daily practice, supporting brain entrainment and neural re-patterning.

Visualisation-assisted healing has been shown to significantly enhance physiological responses when imagery is used consistently. The practice is designed to engage both the nervous system and immune response through directed imagery, strengthening the mind–body connection while cultivating a deeper sense of agency and participation in the healing process.

## **A PERSONAL TRACKING SYSTEM.**

A shared Google document that maps three rhythms together: your menstrual cycle, HSV symptoms and the lunar cycle.

You already experienced that your prodrome (symptomatic) period tends to appear during menstruation and the days following it. By continuing to track these rhythms over the year, patterns will become clearer. This will allow you to anticipate vulnerable windows and increase support through diet, supplements and nervous system practices, preventing symptoms from escalating. Preventive timing is one of the most effective strategies in HSV management.

## MEASURING RESULTS

It was wonderful to hear that you found yourself responding to life's stressors with more presence. This is a meaningful shift.

At this stage it is still too early to measure the full results of the program in terms of reduced HSV outbreak frequency or intensity. Changes in the nervous system, immune function and metabolic terrain develop gradually through consistent supportive inputs over time.

The effects will become clearer in the months ahead as the practices and dietary changes stabilise in your daily life. **For now, the most important focus is integration through implementation and observation.**

Your tracking document allows you to observe patterns between stress levels, lifestyle choices, your menstrual rhythm and HSV symptoms. Over time this kind of observation helps you recognise when your body needs additional support, allowing you to adjust diet, supplements and nervous system practices before symptoms escalate.

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## CREATING A SUSTAINABLE PRACTICE

Real change requires devotion to your wellbeing, by choosing to put your nervous system first and following the easy wins laid out for you.

A sustainable practice is simply one that feels supportive and realistic in daily life. Finding small moments of enjoyment in the time you dedicate to your food, supplements and movement makes the process much easier to maintain.

Often the joy comes through presence.

Perfection is not the goal. The goal is consistently showing up for your nervous system, immune system and inner terrain with small daily wins.

Small daily actions are far more powerful than occasional big efforts.

**A few simple pillars** can help you maintain the work comfortably in everyday life.

## **KEEP THE FOUNDATIONS SIMPLE**

The most important elements are the ones that are easy to repeat.

- Regular meals that support stable blood sugar
- Following your herbal and supplement regimen
- A dedicated moment each morning for one of the nervous system practices
- One or two small movement or breathing “snacks” during the day

These simple foundations help keep your system more stable over time.

## **WORK WITH YOUR NERVOUS SYSTEM**

HSV is strongly influenced by nervous system activity, which is why the program continued to encourage NS regulation practices.

Many of the practices you learned take only a few minutes. The breathing techniques and awareness practices fit easily into daily life.

Even small moments of nervous system regulation repeated throughout the day will gradually change how the body responds to stress.

## **KEEP TRACKING**

Continue adding ALL useful observations to your tracking document.

Your tracker brings together three rhythms:

- your menstrual cycle
- HSV symptoms
- lifestyle and stress inputs

Over time this information becomes extremely valuable. With detailed input we will be able to see patterns more clearly and recognise when your body needs extra support and how to amend what you are doing now.

## **EARLY RESPONSE**

Early response is often the most effective strategy when managing HSV. As you already know from your menstrual tracking app when you are likely to enter prodrome, be strict with the lysine–arginine diet, double the dosage of L-lysine and keep your nervous system especially well supported. If possible, avoid travel, important meetings or other unnecessary stress during these days.

Act as soon as you notice the earliest signs such as tingling, heat, sensitivity or unusual fatigue. Responding early often helps stop symptoms from escalating.

## REFINE YOUR DIET SUPPORT

Continue exploring good options for local food delivery in Buenos Aires and Mar del Plata that align with your diet plan and taste.

Some restaurants may even be happy to provide pick up prepared meals that can be frozen or grouped, and would not have this as a public offering so need to be asked.

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## YOUR FOCUS FOR THE COMING MONTHS

Rather than trying to change everything at once, it is helpful to introduce the practices gradually. This allows your nervous system and daily routine to adapt comfortably.

However, going forward please remain devoted to two things:

1. Maintaining your **supplement regimen**, as it can take weeks and sometimes months to change nutrient levels in the body. Stay consistent with them.
2. **Tracking symptoms** and cycles in your document, so we can continue observing patterns over time.

### NOW → APRIL

Primary focus: Nervous system regulation

For the next few weeks, place most of your attention on the nervous system practices.

Prioritise:

- one dedicated nervous system practice each morning
- short breathing or awareness “snacks” during the day (such as The Soul Sync)

At this stage the goal is simply to help your system experience regular moments of calm and regulation throughout the day. Every day.

### APRIL → MAY

Focus: Food stability and sourcing

Once the nervous system practices feel more familiar, shift more attention to your food environment.

This includes:

- continuing the lysine-supportive nutrition pattern
- stabilising blood sugar with regular meals and a savoury breakfast (try it!)
- keep trying new meal delivery options in Buenos Aires and Mar del Plata
- replacing high arginine foods

Food becomes supportive rather than stressful.

## MAY → JUNE

Focus: Expanding physical capacity

Once the nervous system and food routines feel more stable, you can gradually increase physical activity.

This may include:

- continuing the short daily movement practices
- repeating the 4-minute workout during the day
- adding gentle additional exercise if your energy allows

Movement supports circulation, metabolism and nervous system balance when introduced gradually.

## CONTINUING THE WORK

Breathwork is an important practice for you going forward. Across our sessions together we touched several meaningful themes that appeared through the breath.

One of the strongest was the catharsis you experienced during the first session:

“I can’t take my place.”

We also explored the early school memory of being pushed into leadership and visibility before you felt ready, and a pattern that followed, feeling that you must step forward even when your nervous system says not yet.

Another theme was your own reflection about lack of commitment. Breathwork practice itself becomes a different kind of commitment: a commitment to your own capacity for life and presence.

Other themes included the relationship between herpes and shame, which is common, of course, but also a fascinating opportunity for exploration.

And then, the exploration and idea of *releasing the family mind*.

All of these are meaningful threads. Breathwork is not about solving anything immediately, but about continuing to meet what arises with presence.

Over time, staying with the breath gradually strengthens your capacity to remain present with your experience rather than being pulled back into the mind, where you spend most of your time.

Maintaining a regular cadence of breathwork sessions, even once or twice a month, will continue supporting this process.

### **CONTINUED SUPPORT.**

I am happy to reconnect with you at any time for review or any additional support!

We can also continue the work at a slower pace through an add-on package with less interaction, designed as gentle monthly support if that feels helpful for you.