

# From Hell to Healing

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**HOW TO MOVE FROM FEAR CONSCIOUSNESS INTO HEALTH  
CONSCIOUSNESS AND REGAIN YOUR LIFE!**

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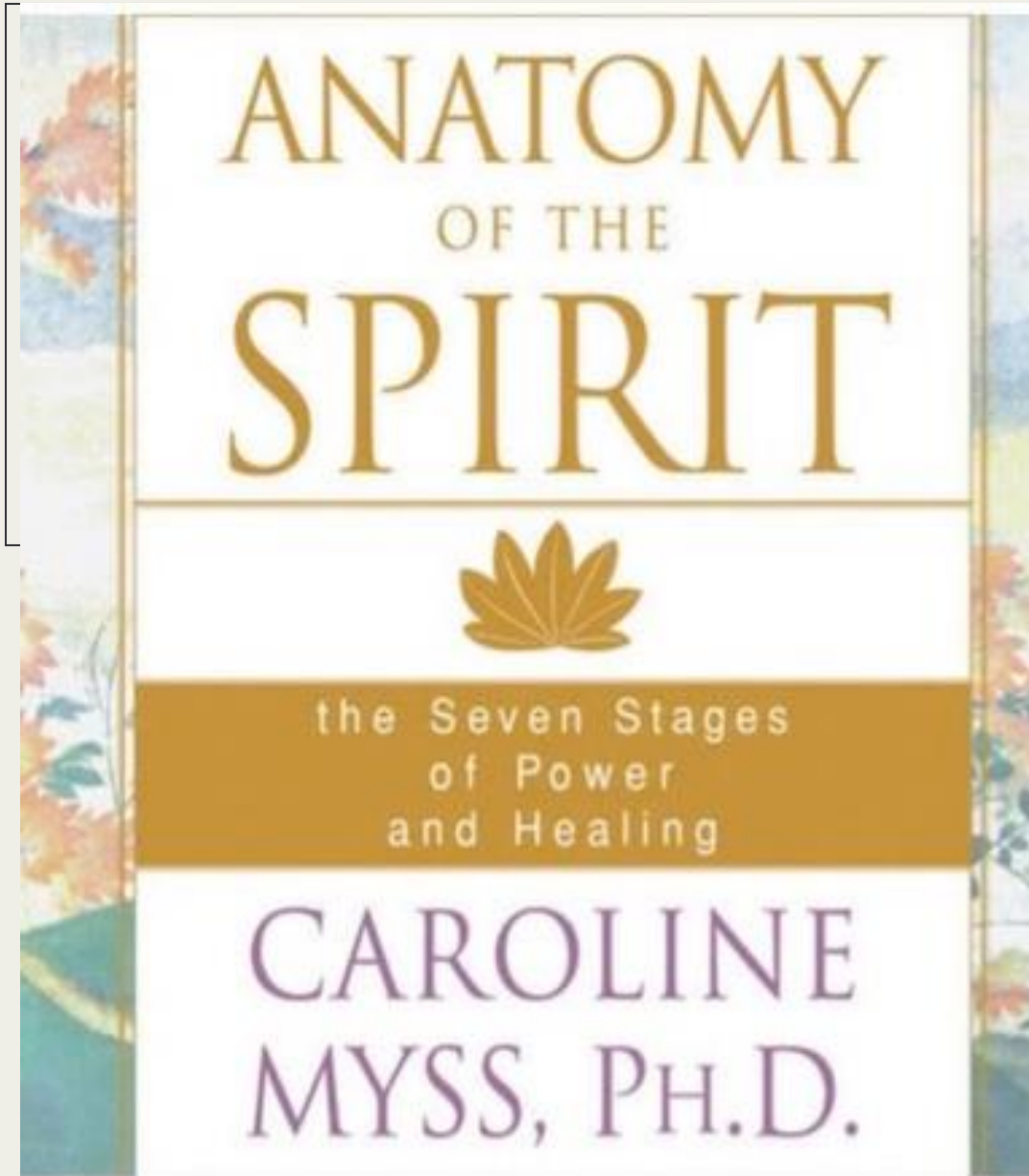


# Wisdom My Mother Left Behind

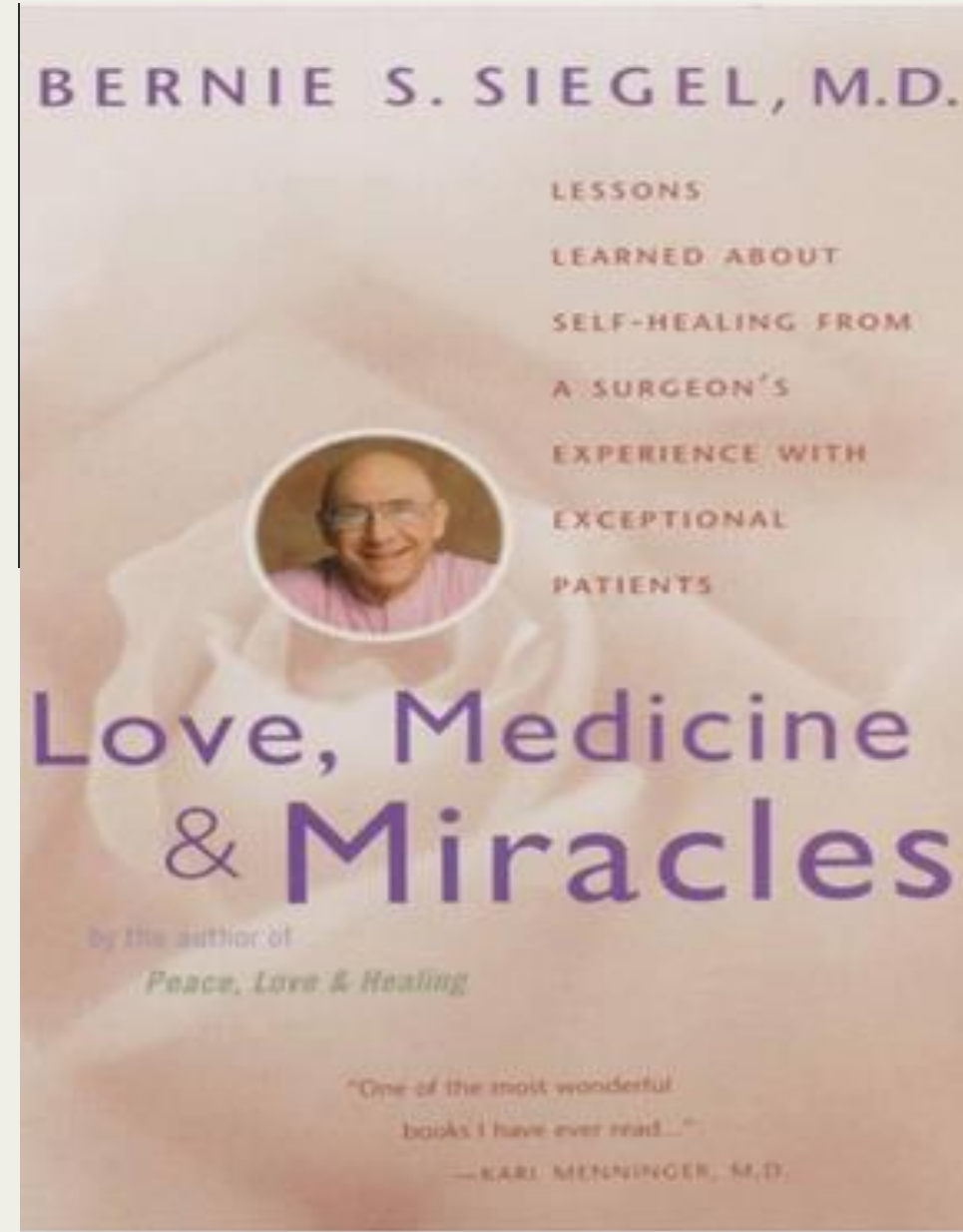


# Wisdom My Mother left behind

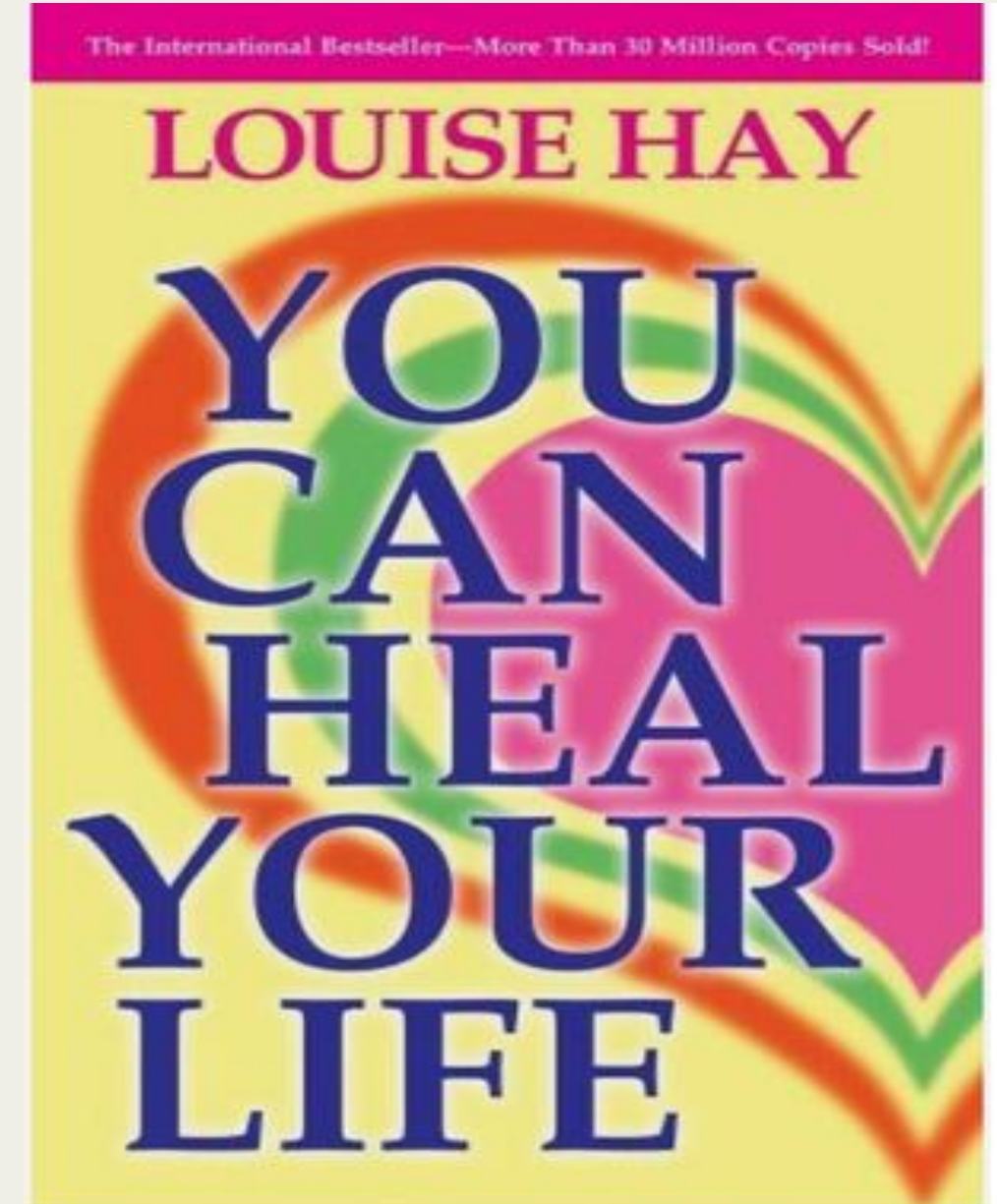
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*Caroline Myss PH.D.*



*Bernie Siegel M.D.*



*Louise Hay*

**But I thought I was a Picture of Health....**

**How did this happen to me?**

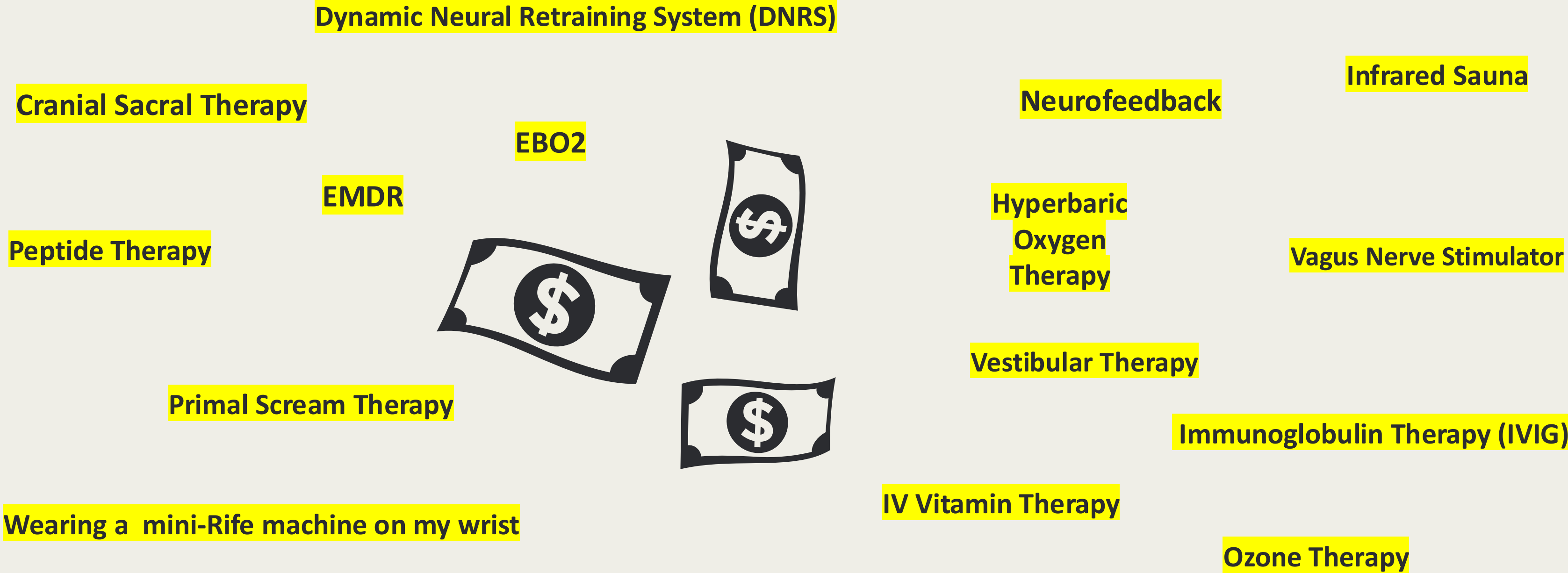


**“YOU DON’T GET IT UNTIL YOU “GET IT”**

**Many people with chronic health conditions suffer from extreme inflammation, nervous system dysregulation and unresolved trauma.**



# Desperation Leads to Expensive Exploration



# STRESSORS THAT COULD CAUSE A BREAKDOWN IN ONE'S HEALTH

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## Nervous System Dysregulation

When the body can't alternate smoothly between the SNS "Fight or Flight" and PNS "Rest and Digest"

## Standard American Diet

Processed Foods, *Sugar, Gluten, Food additives, Glyphosate, GMO's*

## Food Sensitivities

*Often people check for IGE food allergies but overlook IGG food sensitivities*

## Hormone imbalance

*When hormones like cortisol, sex hormones, or thyroid hormones are imbalanced, immune function is often impaired*

## Reactivated viruses

*EBV, Herpes, CMV, Lyme Disease*



# STRESSORS THAT COULD CAUSE A BREAKDOWN IN ONE'S HEALTH

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## Heavy Metals

*Lead, Mercury, Cadmium, Arsenic, Thallium, Aluminum, etc.*

## Mold Toxicity

*Water Damage, Food, Carpets, Wallpaper, "Sick Buildings"*

## Chemicals

*Pesticides, Cleaners, Plastics, Dyes, Personal Care, Pollution, Contaminated Water*

## Glucose Dysregulation

*Stress, Food Sensitivities, High Glycemic meals, Sugar*

## Inflammation

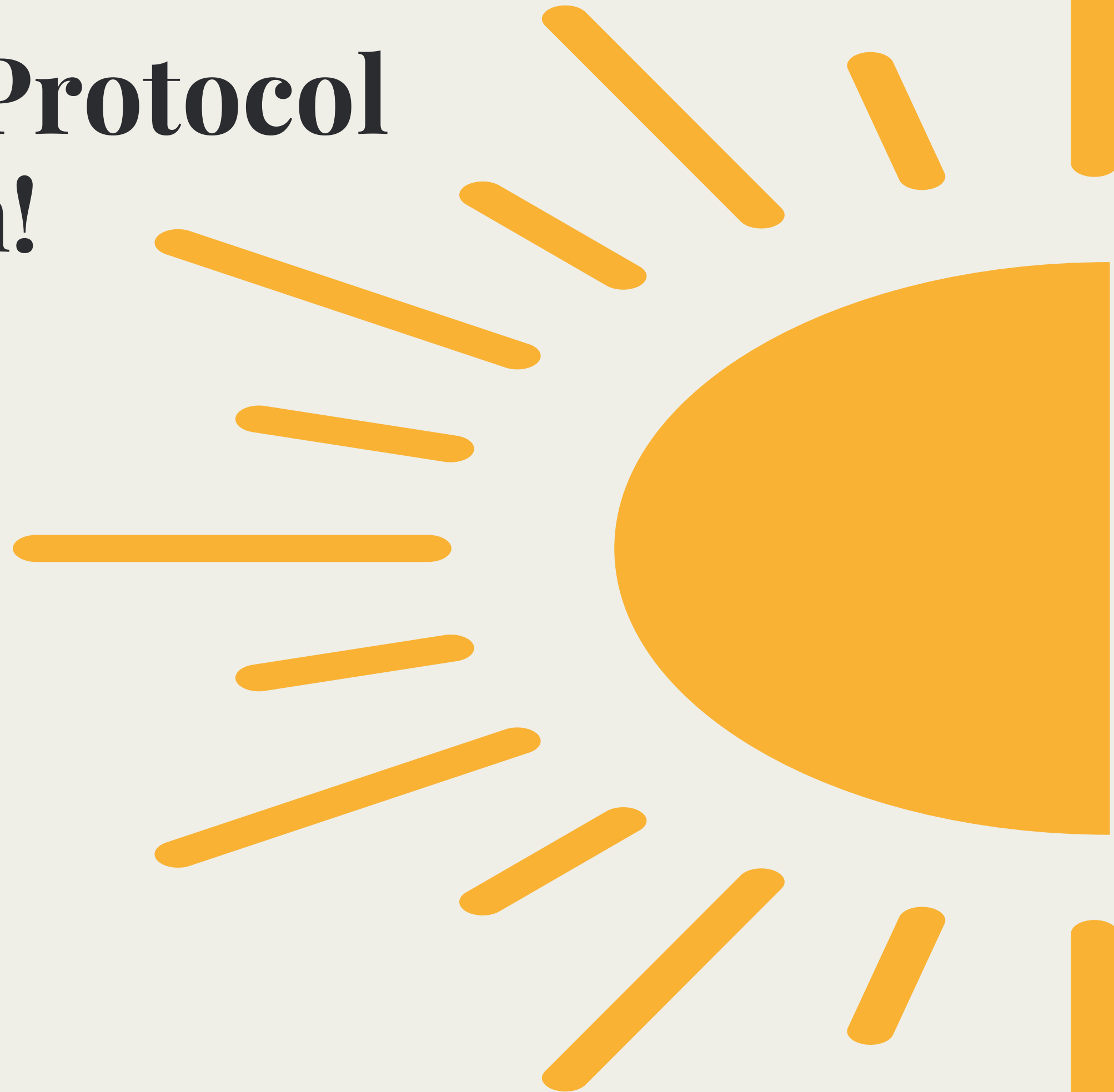
*Sparked by Internal and External Stressors*

## EMF Sensitivity

*Wireless & Smart Electronics, Bluetooth, Microwaves, Electric Cars, etc.*

# My Life Changing Protocol

## Let the healing begin!



# My Life Changing Protocol

**Tailored Nutrition and  
Metabolic Typing**

**(Bio Individuality is  
key).**



# My Life Changing Protocol

## Wearing a Continual Glucose Monitor (CGM)

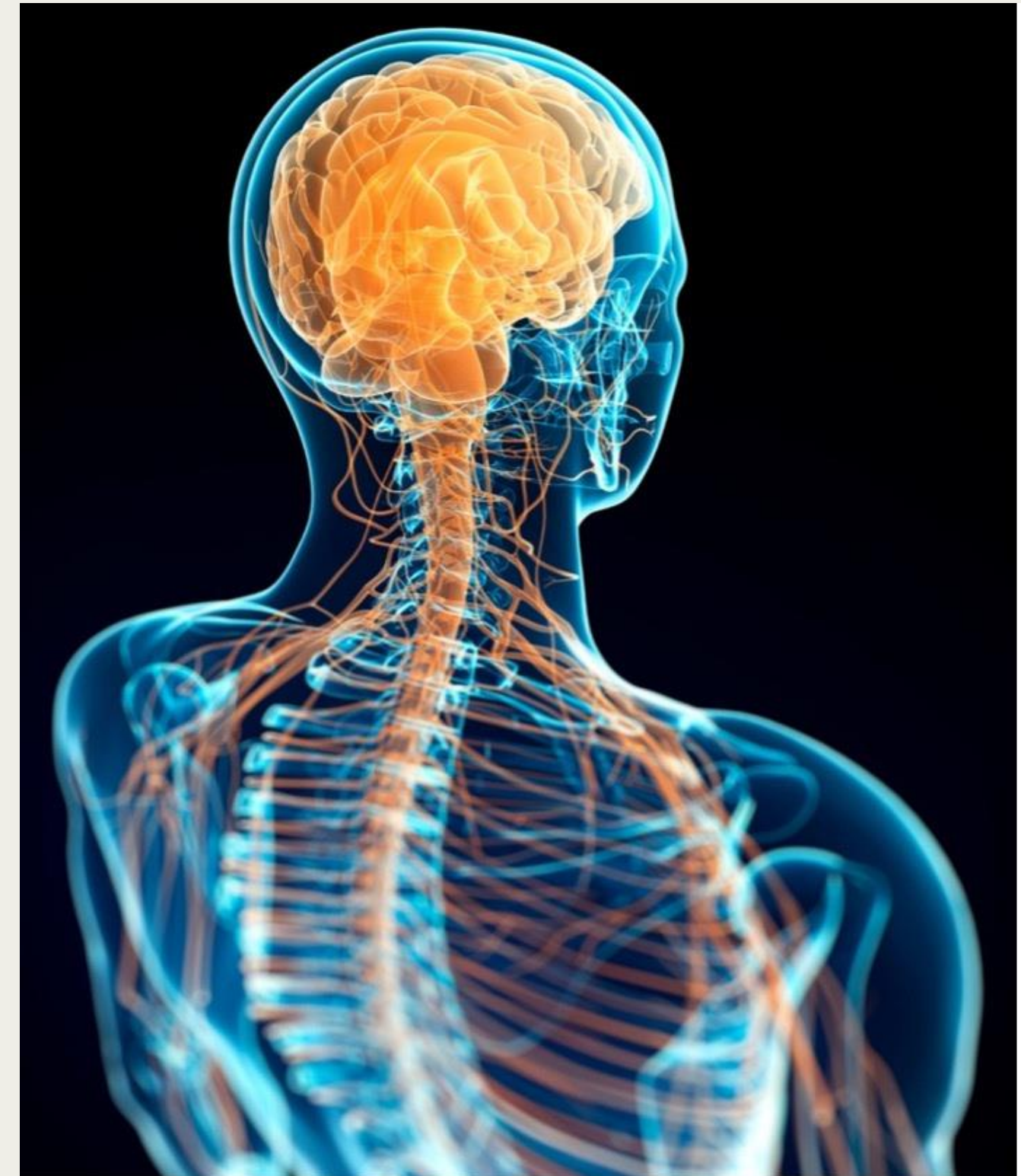
**New Technology provides continuous readings via app with no need for multiple finger pricks.**



# My Life Changing Protocol

## Vagus Nerve Stimulation

**Working on stimulating the Vagus nerve which controls the Autonomic Nervous System, helping the relaxation response**



# My Life Changing Protocol

## Therapies used for Vagus Nerve Stimulation

### Nucca

A gentle chiropractic manipulation that works on the cerebrospinal fluid and the vagus nerve.



# My Life Changing Protocol

## Therapies used for Vagus Nerve Stimulation

### Flotation therapy

**Floating in a tank can calm the body, has been shown to reduce stress by lowering cortisol levels (the body's primary stress hormone), engaging the vagus nerve in the process.**



# My Life Changing Protocol

## Therapies used for Vagus Nerve Stimulation

### Red Light Therapy aka Photobiomodulation, (PBM)

**Red Light Therapy using LED's to stimulate cellular function, reduce inflammation, and promote tissue healing. PBM can have therapeutic effects on the nervous system and vagus nerve.**

**Improves Heart rate variability (HRV), a measure of the variation in time between heartbeats. Higher HRV is associated with better health, adaptation to stress and vagal tone.**





# My Life Changing Protocol

## Molecular Hydrogen Inhalation Therapy

Hydrogen's ability helps to neutralize damaging free radicals, reduce oxidative stress, chronic inflammation, neurological issues like a TBI, ADHD, Parkinson's Alzheimer's and many degenerative diseases.



# My Life Changing Protocol

## Customized Supplementation through Lab Testing

**Vitamins, Herbs and Supplements  
are not a “One Size Fits all”  
Solution.**



# My Life Changing Protocol

## Acupuncture

**Improves nervous system health, neurotransmitter balance and regulating the autonomic nervous system. Used to manage chronic pain, stress-related disorders, insomnia, and a variety of neurological conditions.**



# My Life Changing Protocol

## Grounding

**Involves physically connecting with the Earth's surface through direct contact with natural elements like trees, sand, or grass.**

**For Home use there is Grounding Bedding and Earthing Mats**



# My Life Changing Protocol

Visualization, Prayer and  
Expressing your burden



# My Life Changing Protocol

## Tai Chi and Qigong

**Strengthens Chi (life force) and helps for grounding, balance and nervous system regulation**



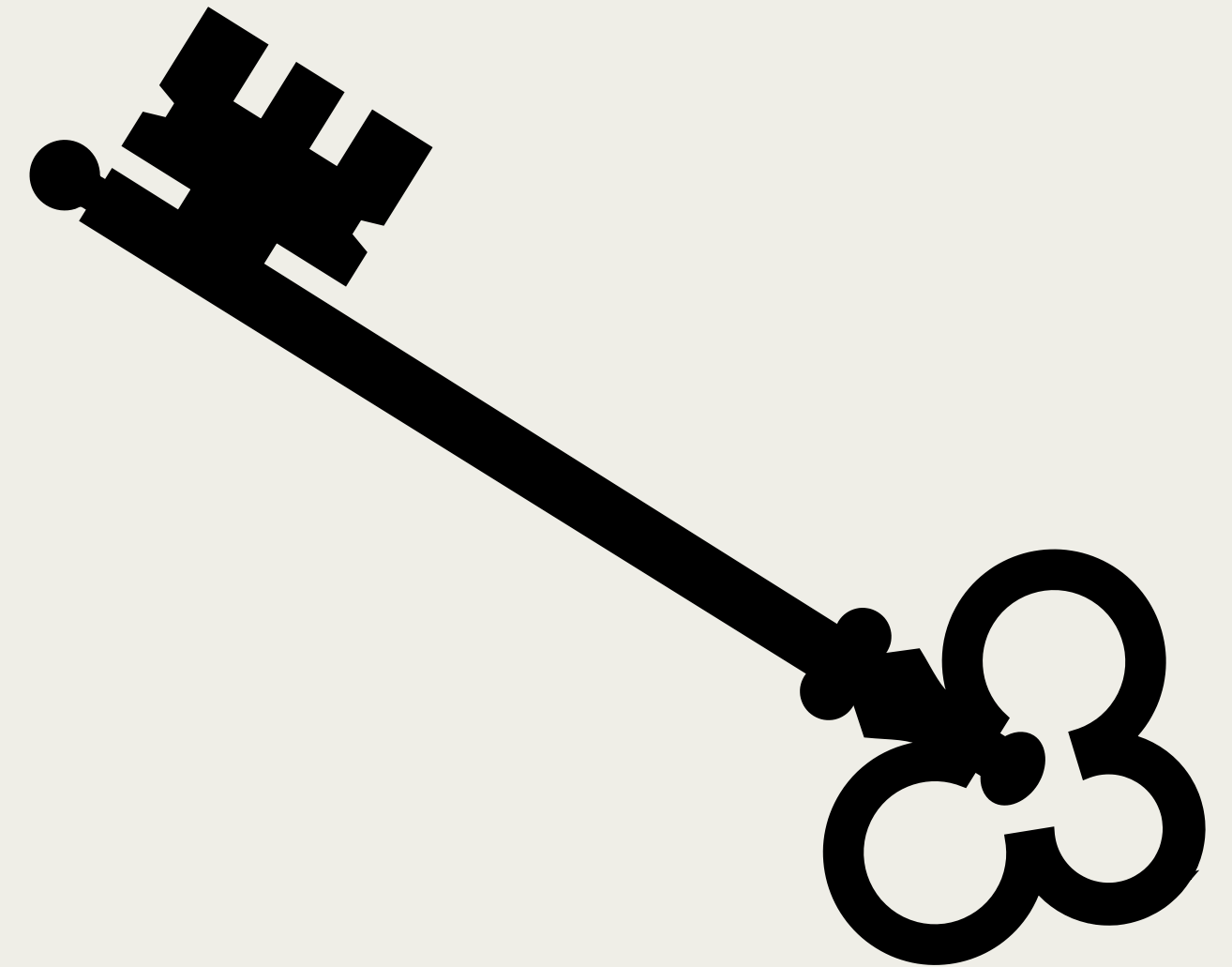
# What my Healing looks like

**After following this protocol for one year my symptoms greatly diminished and I regained my strength. I am now enjoying life again.**

**I'm currently a student of the same Kung Fu system, (Wing Chun), that Bruce Lee is known for. Taking classes weekly in a NYC Dojo!**



**Being consistent with  
these rituals daily.**



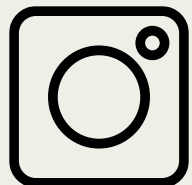


# Thank you!

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