

grounding sheets    hormone supplementation    laboratory testing    infrared shoulder heaters

magnesium hot baths    ionic foot baths    energy healing    12 step study    speaking optional



## 4 SUPPORT CLASSES

***How To Mindshift***  
[Core Curriculum](#)

***Relapse Prevention***  
for any [Dopamine Dysregulation Disorder](#)

***Detox Fit & Fertile***  
[Measure your detox from anything](#)

***Making Masterminds***  
[A Traditional Mastermind Alliance](#)

Schedule  
<https://mindshiftcare.com/calendar/>

This unique approach combines elements of 12-Step Recovery for a variety of addictions, with such holistic discussions of earthing science, filtering neurotoxins, detoxification and how to get medications that contain no gluten.

Order the book, join the live call.