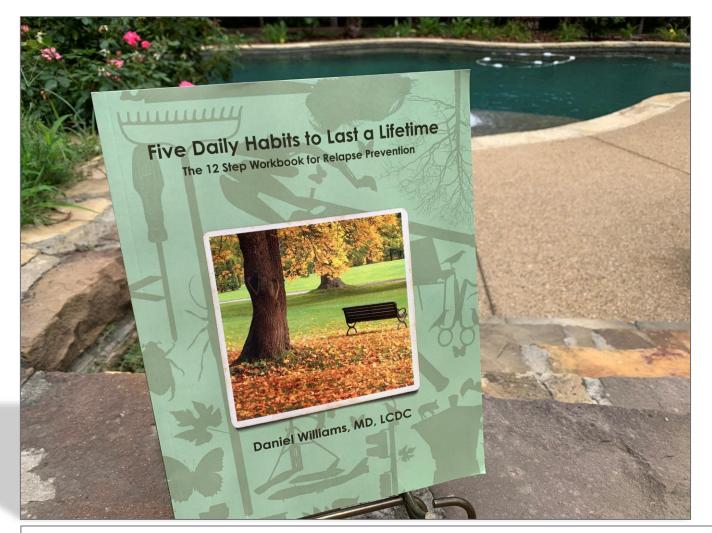
magnesium hot baths ionic foot baths energy healing 12 step study speaking optional



grounding sheets

## **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.