

The No More Nightmares Protocol



Mindshift Care

An Independent Voice for Behavioral Health

A Veteran Psychiatrist-Led Ancestral Healing Course:

- Anger, panic, and the No More Nightmares protocol
- Pain Management through Modern Homeopathy
- Detox from PFAS/AFFF "Forever Chemicals"
- Learn to grow food and the *Cannabis* science
- Couples and Family Reset Program



+ COUPONS AVAILABLE ONLINE +

ADMIT ONE

MINDSHIFT METHOD
COURSE

MindshiftCare.com



NO MORE NIGHTMARES



GLUTEN FREE PSYCHIATRY
PODCAST



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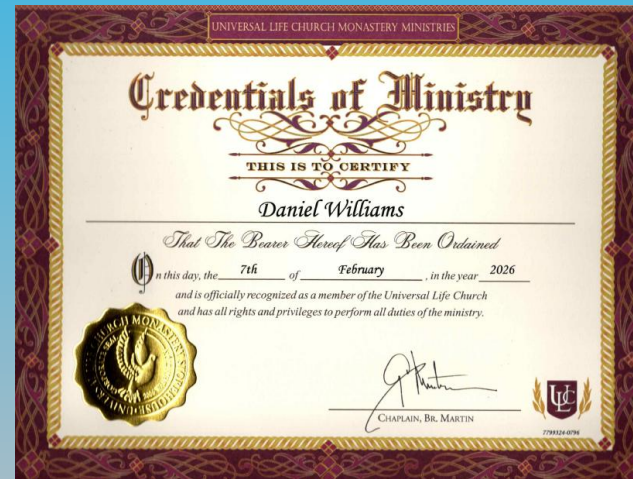
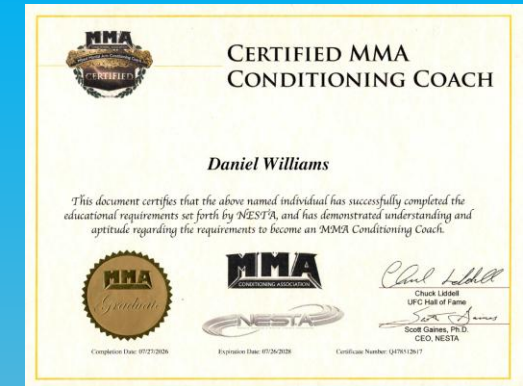
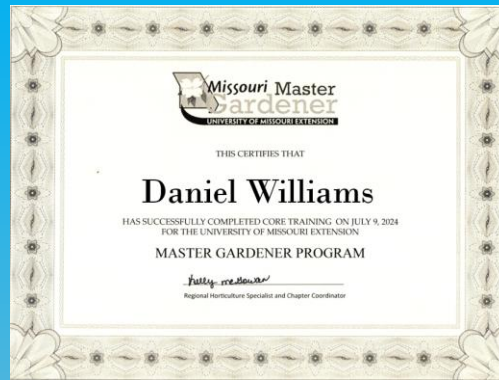
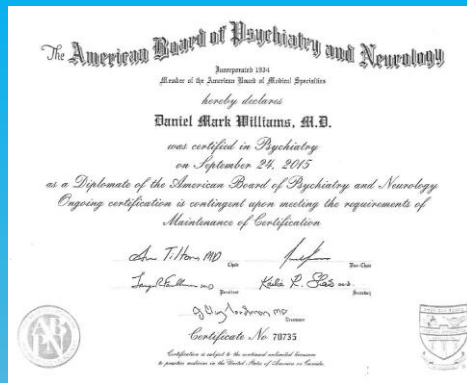
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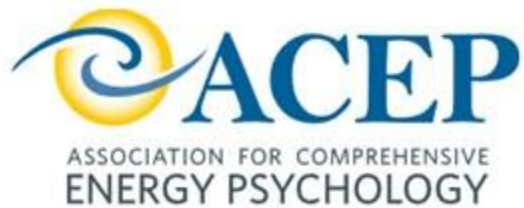
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DA VINCI
Institute of Holistic Medicine



UTHealth
The University of Texas
Health Science Center at Houston
Medical School



Cannabis Training
UNIVERSITY



**ONE LIGHT
HEALING TOUCH**
Energy Healing & Mystery School





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THE MINDSHIFT METHOD

Registration Deadline: September 1, 2026

The Mindshift Method is a Psychiatrist-led Ancestral Healing course that teaches the commonalities among ancient healing traditions, the first-ever PFAS "Forever Chemicals" Detox, Cannabis science and how to grow your own food and medicine.

The Mindshift Method is a customizable tool to regulate your own emotions without a therapist; *Quantum Physics you can't unsee.*

6 Days - \$450

Free Coupon Code for veterans and first responders=
VETERANS100

Class Dates: September 17, 18; October 1-2, 15-16, 2026.

Learning the Mindshift Method can help you in practically every are of life in which you find need. This course will teach you how to apply the Mindshift Method to **anger, panic attacks, and nightmares** as you begin to reprogram your subconscious, automatic reactions any way you choose. Examples include how to Mindshift physical fitness with a 100-Day Challenge that's **ridiculously positive**, conditioning exercises in **mixed martial arts** to program your subconscious, automatic reactions to help keep you alive in the event of an emergency. You'll learn how to get better results in the garden with the Mindshift Method as you learn exactly how I grew tomatoes and Cannabis in Missouri. Pain management is covered in the Modern Homeopathy class. The **No More Nightmares** protocol is active-duty approved and demonstrates that nightmares are the last frequencies to leave, but you can release them all.

Register at <https://mindshiftcare.com/>