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Nutritional Medicine tips for Targeted Individuals

A targeted individual is someone under an extreme state of a stress on a daily basis, who is under attack from several places at once and blocked from taking part in the activities everyone else enjoys that are their right as a human being. As their human rights are being taken and violated, the attack is meant to induce low self-esteem, demoralization, rage and giving up on life. By knowing what is being done and what their intentions are, the knowledge can help one to overcome impacts meant for them by knowing the criminal behavior and their intentions so that you may prevent them from manifesting. TI's are in a unique position to gather all of your inner and outer resources and whether anyone on the outside supports or believes, it is your job to take excellent care of yourselves to survive and thrive long term. Everything we do has cumulative health effects. It is also very crucial to believe and keep hope in our hearts that a better future is possible and will come one day for us. This belief will help to sustain health on every level in more ways than you can imagine to survive these grave injustices with grace that are being perpetrated on the beautiful Targeted Individual community.

Since many targeted individuals are suffering from anxiety as a natural reaction to these attacks on every area of their lives in an attempt to destroy it, the first tool of Nutritional Medicine I recommend is amino acid supplementation. Neuroscience makes a test that will show through saliva testing whether you may be suffering from deficient neurotransmitters or excesses in some. There are other health kits available to test these at home as well. Chronic stress and likely GI involvement contribute greatly to the development of this condition. A deficiency of protein intake or inability to digest it can create this condition on its own. It is essential to create amino acid balance which greatly supports brain health to bring back your core strength. As well as amino acids and protein, a deficiency in minerals will also create this physical state as the body struggles for what it needs.

Another aspect of this is Adrenal health which is severely impacted by any form of chronic stress and especially one that is life threatening, even if only perceived to be. The initiation of the fight or flight response is elicited by the adrenal glands putting us into overdrive and stuck in a state of alarm or hypervigilance under chronic duress, which is the recipe for anxiety. Anyone going through this program is on the battlefield everyday as they strive for surviving the attacks put upon us which will have a great impact on Adrenal health and micronutrient reserves over time. Depletion of the reserves of the Adrenal glands

and imbalance in hydration are the first things to become affected. Over time living under conditions of extreme stress one can develop low cortisol to varying degrees and mildly decreased cortisol levels are enough to warrant Adrenal supplementation support with supplements such as: Ashwaghandha (adaptogenic herb found in many stress-reduction supplement formulas), Licorice (do not use if you have high blood pressure), Adrenal glandulars, Vitamin C and Vitamin B complex to lower the stress response (combinations of these micronutrients are sold together also) (chronic fatigue, anxiety and episodes of hypoglycemia or weakness). As mentioned earlier, Neuroscience personalized supplement protocol based on saliva results also includes some Adrenal supportive coenzymes and herbs such as Rhodiola (another adaptogenic herb that helps your endocrine system balance itself in response to stress).

Transdermal magnesium rubbed on your wrists and upper chest when having a bout of anxiety as well as sipping magna calm powder throughout the day in an 8 oz. glass of filtered water will keep your nerves settled throughout the day and also act as a sleep aid, also due to the fact that magnesium is highly lacking in the American diet and most are walking around mineral deficient especially in calcium and magnesium. One's nervous system is under attack often as a Targeted Individual and replacing deficiencies in micronutrients as well as supporting the nervous system and brain with essential fatty acids, B vitamins, through diet and supplementation will be very helpful for lowering symptom intensity and preventing full blown medical conditions from developing (as they support CNS and Brain health). Also, we want to keep in mind that the targeting is meant to keep you in a state of inflammation throughout your body through chronic stress effects of many kinds of daily attacks, electronic attacks and other circumstantial lifestyle difficulties (housing, toxic exposures, etc.) meant to induce chronic disease states of which systemic inflammation is implicated in the etiology of.

Nutritional Medicine is aimed at lowering your system's state of inflammation by switching to a whole foods anti-inflammatory diet, consuming potent anti-inflammatory high antioxidant, polyphenol and oxidative stress combating micronutrients naturally found in superfoods and available in teas and supplements. There is no synergistic equivalent to consuming them in natural form in anyone's body, no matter what condition they have, which is why it is important to choose whole food, excipient free supplements whenever possible or optimal health.

For those of you severely targeted who are having difficulty eating or digesting please include probiotic supplements in your daily protocol as well as digestive enzymes with each meal. To reset your digestion and bring your digestive powers back by restoring gut health integrity (no matter the cause), we want to begin with a protocol that will support your digestion by giving it a break from digesting and give it a chance to heal. Such a protocol will include: elimination of raw foods for a period of time (depending on the severity of the

condition will determine how low), increasing your intake of cooked root vegetables, whole foods, avoiding greasy foods, include protein shakes and pureed vegetables in your diet. Supplements like the above mentioned amino acids, fatty acids, antioxidants and minerals and micronutrients will also help to replace what you've lost with long-term Gastrointestinal distress such as IBS or Colitis.

For cognitive support it is important to increase your consumption of good fats, also called Essential Fatty Acids. Intake of Coconut Oil, MCT oil, Avocado oil, Avocados, Low-mercury fish, low-mycotoxin nuts and seeds, almond and hazelnut butters will help to accomplish this. Essential Fatty acids, also called Omega 3, 6 fatty acids are helpful for cognitive, memory and the CNS. Stabilizing the membrane of the cell and mitochondria with fatty acids will also endow you with increased energy as the mitochondria are the powerhouses of the cell.

To protect from Radiation exposure effects of your targeting supplement recommendations are as follows (do not take all at once):

Green Tea Polyphenols (EGCG)

Curcumin (the whole form version of Turmeric with important additional constituents)

Resveratrol (concentrated supplement derived grapes)

Vitamin C

Chlorella (potent alkalizing and detoxifying ingredient)

Multi-minerals with a high dose of Calcium

Lugol's Iodine (a few drops on the skin)—avoid if Hashimoto's Thyroiditis

Foods to help protect from radiation (incorporate in your diet often):

Green and Black tea

Chocolate (dark, low sugar, unrefined)

Wheatgrass (blood cleanser)

Sprouts (enzymatic power)

Beets and all red fruits and vegetables

Garlic

Onions

Rosemary

Panax Ginseng

Echinacea

Spirulina (Can put powdered form in protein shakes with fruit)

Kelp/sea vegetables (provide Iodine)

Chelation is another important aspect to detoxifying from radiation and there are several ways to go about it. Chelation can be an intense even stressful impact on the body's reserves and detoxification abilities if not undertaken carefully and under the guidance of a practitioner.

I recommend that anyone that has been suffering with their health due to this targeting program or for any other reason for a prolonged period of time be especially careful not to over consume supplements or do any extreme detoxification protocol. Although I make these general nutritional recommendations it is imperative that one views their health from an individualized point of view. Each person is living with individual needs including: deficiencies, drug-induced nutrient depletions and side-effects, organ strengths and weaknesses, medical conditions, individual genetics, environmental concerns, stress levels, support or lack thereof and others.

So, after minding one's Dietary intake, adding some crucial supplements specific to your health condition needs, and following certain healthy lifestyle recommendations regarding sleep hygiene, exercise, seeking support and others, the remaining concern will be self-care stress management strategies to employ. Tai Qi, Yoga, Meditation, Self-care Routines, Journaling, EFT, Guided Imagery and Binaural Beats are among some of the practices for stress management and selfcare that would be most helpful to you. Others use essential oils and diffuse them, see traditional healers and do other forms of alternative care to keep your body, mind and spirit empowered to cope with all that is being thrown your way. Self-detoxification tools such as beginning the day with lemon water and taking epsom salt foot baths for 10-15 minutes will also help the body recover and restore strength. Taking the time to take care of yourself will have ripple effects on your life and afford you long term health benefits. Prayers with all the Targeted Individual Community.

General Nutritional Recommendations for all Targeted Individuals:

Whole Foods plant-based anti-inflammatory diet (The Mediterranean diet is a good example)

- High dose refrigerated Probiotics
- Multi-mineral supplement
- Trans-dermal magnesium gel
- Magna Calm Powder in water (80z)
- Avoid high allergen foods, avoid sugar as much as possible
- Nutritional Medicine to treat conditions one already has
- ACE Antioxidant supplement
- Inclusion of superfoods in the diet
- 8 glasses of filtered water a day
- An electrolyte supplement (sugar free, chemical free)
- Meditation, Prayer daily
- Do something you enjoy at least once a day
- Stay to a routine as much as possible
- Protein Shakes and protein at each meal
- Journaling
- Yoga or Tai Qi to re-engage your personal power and heal from trauma
- EFT (Emotional Freedom Technique) to keep you your own best ally
- Other self-care stress management practice tools such as creative arts therapy
- B Complex
- Anti-radiation foods