



A New Younger You
Lymph Detox
Frequently Asked Questions

Sheila Kennedy

www.anewyoungeryou.com

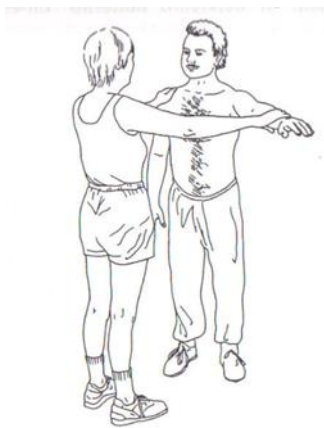
Frequently Asked Questions for 'The Lymph Detox Program'

Q 1 How often can I or do I need to play The 'A New Younger You Lymph Detox' MP3 program?

A 1 How often can you play the Lymph Detox program? For someone without an obvious fluid issue I would suggest once every 7 to 10 days or 3 to 4 times a month.

For those with an excess of built up fluids I would suggest playing the Lymph Detox every second day to allow a day or period of time between the instructions encoded into the vibrational sounds and for the body to have a 'rest' period also.

If you are familiar with using Kinesiology or Muscle Testing either for yourself or with another person or asking questions for yourself in another fashion you can 'fine tune' your use of the Lymph Detox to suit yourself and your body.



Muscle Testing with Another Person

Q 2 What can I expect from the Lymph Detox Program?

A 2 This could be called the \$64,000 question. As everyone is individual, so are their bodies and their results will be equally as individual. As with all of the detoxification programs I have created over the years I have instructed the body that any detoxification be of a gentle nature and at a level that the individual can comfortably accommodate. Basically, my intention is that these programs are 'self adjusting' to the individual.

I will add in an 'override' here that these programs will not work if they are not played.

Am I being harsh? Actually, I am coming from a space of honesty and practicality, I have personally 'bought' programs in the past with the good intentions of 'using / playing them' and seriously 'life has got in the way'.

One of the 'good' things about this program is it does not need to interfere with your life. You DO NOT need to sit and listen to the program, adorn yourself with headphones or ear buds. These programs have been created to work with vibration and can be played on very low to silent in the background if you wish.

Q 3 You said in Question 2 that I DO NOT need to sit and listen to the program, adorn yourself with headphones or ear buds. These programs have been created to work with vibration and can be played on very low to silent in the background if you wish. Can they have an effect on the other people in the house?

A 3 As I said previously 'One of the 'good' things about this program is it does not need to interfere with your life. Although these programs have been created to work with vibration and can be played on very low to silent in the background if you wish they will not have an effect on anyone else unless they are 'willing to accept them'.

Now if we take that statement a step further and give it some consideration I had said for many years that the 'sounds' as I call them worked like throwing a stone into a pond and having the 'ripple effect' go out. One day the body of consciousness that I have worked with since 2004 did a 'sorry Sheila, you have got it wrong'.

What they explained to me was about morphogenic resonance and quantum physics (not my fields of expertise at all) and that 'sound travels' basically in waves. When you listen to or experience a 'vibrational sound program your body basically 'encodes' the memory of the program within your cell structure. We can see this as 'each of your cells' contains the vibration that you have experienced.

Just as other people can 'pick up' on our thoughts and feelings they may also 'pick up' on the vibration encoded within your cells and as we are sentient beings or able to feel or perceive things, you may find that other people may have a 'I wouldn't mind whatever it is that (xyz) is having on a deeper cellular level.

If we take that statement a step further; often in You creating change in You that can have a flow on effect to other people.

I have used this explanation for a long time as I have spent years working with children: I see young 'Johnny' as a client and his behaviour improves.

Johnny goes off to school and has a good and non disruptive day in class.

Johnny's teacher goes home and she is 'less stressed' as she hasn't had to fight with Jonny all day to keep him focused

Johnny goes home and he has had a good day at school so he is in a good mood when he arrives home

Johnny's mother who loves him dearly is less stressed after Johnny arrives home as he is in a good mood and not upset about the happenings at school

Johnny's siblings quickly pick up on the changes in the household and are also more relaxed

Johnny's Father arrives home to a more calm and settled family and the calmness flows on to him as well.

Q 4 If I am wanting to detox excess fluid in my body by using the Lymph Detox is there a specific amount of fluids that I need to be consuming?

A 4 With the New Road to Wellness Detox I recommend 2 to 3 litres of fluid a day to assist the body in detoxing toxins from the body (I also recommend the addition of 20% of Apple and Pear or Apple Pear and Raspberry Juice to assist with hydration).

In the case of the Lymph Detox many people are on medically advised 'restricted' fluid limits with the intention of not placing more pressure on the lymphatic system.

In these instances I recommend that you follow the advice of your medical practitioner. There are two reasons for this:

1 Your medical practitioner is aware of your specialised situation and the best person to advise you,

2 The Lymph Detox program is very different to the New Road to Wellness Once a Month Detox program as to be the 'proverbial chalk to cheese'.

They contain completely different instructions as they are created to 'clear' blockages in the lymphatic system and promote fluid flow rather than 'detox' toxins from the body.

Q 5 You mentioned foggy thinking or brain fog. Can the Lymph detox program assist with this?

A 5 There are a number of issues that can contribute to 'foggy thinking or brain fog.

In some instances dehydration of the brain tissue can be as detrimental as too much hydration. Dehydration of the brain can lead to foggy thinking, headaches, and or memory issues.

The information and instructions from the Specialised Balance with balancing to assist the cerebrospinal fluid and the fluid systems of the body may also assist in clarity of thinking, as well as a more efficient body fluid process of moving fluids around the body.

Some people have reported weight reduction as well as a reduction in the build up of fluids in the body especially in the lower legs.

Q 5 Since I have been using the 'The Lymph Detox MP3' program, I have noticed odd 'tastes' of things in my mouth at times is this normal? Sometimes it is a metallic taste and often following a 'hot' drink.

A 5 The body 'stores' memories within the cells, and it is common for these memories to be released during a detox, and they usually do not last for long. Long. Another explanation is that the body detoxes in the reverse order to which it has taken toxins in and the release of a toxin lower in the body may be noticed or surface in the mouth and we will look at two reasons for this.

1 For some one who has been a smoker for example and decides to give up cigarettes, the first place the body will detox the toxins is through the tongue – the first place that the toxins are absorbed when the cigarette is smoked.

This is why many people struggle to 'quit' cigarettes. They get up in the morning and their mouth 'tastes like the bottom of a bird cage' to use an old saying; they generally reach for a 'drink'. The toxins present on the top of the tongue that the body has 'detoxed' out get washed down into the stomach and eventually are processed again by the liver' over time the liver indicates that if you are going to keep giving it the 'refuse' it may as well have the cigarette and the cycle continues.

Q 6 I noticed an odd odour on my skin after playing the Lymph detox program and identified it as an anaesthetic smell, could this be true?

A 6 Yes, it is very common for the body to release through the skin odours of medications, cigarette usage (even for people who have stopped smoking many years ago) and even anaesthetics. I have been aware of this with both the New Road to Wellness detox and the Lymph detox.

Q 7 I have noticed a couple of bouts of sweating since I used the Lymph Detox MP3 program is this usual.

A 7 Yes it can be. Your skin is the largest organ in the body, imagine taking two kidneys from the butchers and rolling them out with a large rolling pin, and then draping this thin 'sheet' over the body, basically that is your 'skin'. We detox more toxins through our skin than we do through our kidneys on a daily basis. So during the detox process your body will eliminate more through your skin than at any other time.

I personally find that my body detoxes through my skin of a night and that they can be 'cold' sweats rather than a 'hot menopausal' type sweat for example. Another area to be aware of is 'sweating' often releases 'salts' from the body and this can lead to 'cramps' .and often in the extremities.

Electrolytes lost in high concentrations through sweat include sodium and chloride, while electrolytes lost in low concentrations include potassium magnesium and calcium. Tissue salts may be of benefit here. Tissue Salts are specially prepared micro-doses of the body's 12 essential minerals. Tissue Salts are based on the original system developed by Dr H Schuessler, a German chemist and physician, who recognized that when the body is lacking one of these 12 essential minerals many common ailments may occur.

I had Tissue Salts recommended to me forty years ago and have used them since. In all instances please consult your Medical Practitioner.

<https://schuesslertissuesalts.com.au/about/tissue-salts/>

Q 7 Can I use the Lymph detox program for my children?

A 7 Both the original and 'The New 'Road to Wellness' MP3 programs are suitable for all ages from tiny babies to the elderly, children's bodies will complete the detox process in a much shorter time than their adult counterparts. Recently, a 2year old client completely detoxed in less than a week. We can add in another related question here and ask?

Why was I monitoring the 'detoxification' of a small child?

Children have long been a passion of mine, and my belief that if you can assist a child then you do not have an adult with a problem has been a 'mantra' for me for many years.

One of the initial questions I ask when working with children is the levels of or percentage of toxins and especially heavy metals in the brain; working with the 'ASD' or 'Alphabet Soup' as I refer to them 'classifications' has been a big part of my life for many years. I have found in every tested instance that a number of issues present. One of these has been heavy metal toxicity and a second 'lack of integration' between the two halves of the brain which should take place around seven months after birth. Integration can be easily effected and the message carriers between the two halves grown using vibrational sounds; clearing the heavy metals component was more difficult until the original The Road to Wellness program. The Lymph Detox program allowed a whole new level of 'hands off' self healing to evolve.

I felt that this question should be shared as it made me smile.

Q 8 A friend of mine shared some information with me on one of your new programs; who are you and how do you do what you do? Sorry that's two questions, and asked with love.

A 8 Hi my name is Sheila and I am a mother, grandmother, great grandmother and in many instances a girl in a woman's body. I have an inquiring mind, a need to know, and a passion to create solutions. I hope that helps.

A New Younger You Programs

Detoxing BPA and Endocrine Disruptors

Longevity Under 40 Years

Longevity over 40 Years

Detoxing Heavy Metals

Detoxing the Energetic Bodies

Lymph Detox

The New Road to Wellness ONCE A Month Detox

Sheila Kennedy Websites

www.anewyoungeryou.com

www.sheila-kennedy.com

www.soundsfromsource.com

www.thebestworkoutforyou.com

www.yourenergeticbusiness.com