### Reunion Nutritional & Other Resources

Dear student,

Please find below the food/nutritional and some additional resources that will help your oxygenation. Some of you might have already bought/seen some of these products/resources as existent clients in the past, but it is still a good reminder.

1. This is a video ([click here](https://www.loom.com/share/ab52963855bf465d8a7c1424facbc1ed)) explaining the products on the links below, which will make it easier for you to learn why and how to use them.
2. I have attached the pesticides poster. Be aware of the main offenders and go organic, although lots of organic food has still pesticides from cross-contamination. The best way is to protect and cleanse at the same time.
3. [Enema bucket link](https://amzn.to/32v8RjE)  and a  silicone based one is this one ([click here](https://www.amazon.co.uk/Medi-Grade-Professional-Enema-Home/dp/B07C2BDRKG/ref=dp_prsubs_1?pd_rd_i=B07C2BDRKG&psc=1)).  This is a good thermometer ([click here](https://www.amazon.co.uk/gp/product/B00070Q8P4/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)) to ensure that the enema water is 38celcius
   * 1. [this is the link](https://www.amazon.co.uk/Organic-Enema-Coffee-Cleanse-Company/dp/B07NBLKM6K/ref=sr_1_1?crid=FL4PAPDCWZVF&dchild=1&keywords=organic+coffee+cleanse+co&qid=1612617932&sprefix=organic+coffee+-+cleans%2Caps%2C179&sr=8-1) for coffee enemas to cleanse the liver. **I did not cover that on the video but I will on our next session.**
     2. This is the blood test kit to find out your blood type ([click here](https://naturaldispensary.co.uk/products/Blood_Typing_Kit-8419-0.html))
4. The below supplements can be bought from Natural Dispensary. You can ring them on 01453757792 and give code **“THN10”** for 10% discount. Alternatively, you can order online at [www.naturaldispensary.co.uk](http://www.naturaldispensary.co.uk) but you will need to register first (see top left of the website) before seeing any prices. On the “Practitioner” field use “**KONSTANTINOS KAPELAS”** so you will be allowed to use the above 10% discount afterwards. Please do not share the code with others as it is only for clients.
   * 1. This is the [fermented super greens](https://naturaldispensary.co.uk/products/Beyond_Greens_255g-6320-0.html) which you can mix in water and take daily with [some chlorella](https://naturaldispensary.co.uk/products/Sun_Chlorella_A1_300_s-8303-0.html) and you are sorted for the greens of the days!!!
     2. This is the link ([click here](https://naturaldispensary.co.uk/products/Sun_Chlorella_A_Powder_6g_30_s-10001203-0.html)) for the chlorella in powder ideal for rectal implant after the enemas. **I did not cover that on the video but I will on our next one to one session.**
     3. This is the alkalising drink in powder form ([click here](https://naturaldispensary.co.uk/products/Alka_Clear_Drink_250g-4794-0.html))
     4. This is the blood test kit to find out your blood type ([click here](https://naturaldispensary.co.uk/products/Blood_Typing_Kit-8419-0.html))
     5. Bioavailable Vitamin D3 ([click here](https://naturaldispensary.co.uk/products/Bio_Vitamin_D3_5000iu_40_s-13199-0.html))
5. This is the[link for the earthing mat](https://totalhealthnow.co.uk/product/high-conductivity-earthing-grounding-cushion-exclusive-to-total-health-now-ltd/)   which can be used for your sleep or/and used under the keyboard or simply sit on it. Please note that not all the products are made from the same quality material or/been as conductive. The ones we recommend, we tested them, and we know that they work. I have attached an explanation of why earthing is good for us.
6. The company that I bought my blue light protection glasses from is this one ([click here](https://www.blockbluelight.co.uk/collections/all?gclid=Cj0KCQjwtsv7BRCmARIsANu-CQfPDgDSNDlIrlLT-iGLZw6l6EtLsFq6Rlh-OYp1lxKSP0XeGiyPCMIaAvltEALw_wcB)). You can get this pair of glasses ([click here](https://www.blockbluelight.co.uk/collections/all/products/fitover-blue-blocking-glasses)) and the infrared torch too in case you want to move around the night ([click here](https://www.blockbluelight.co.uk/collections/all/products/twilight-red-light-torch)) .There are other good products for your phone etc. You can get 10% off by using the code **TOTALHEALTHNOW**.
7. Protein  (amino acids) wise you can take [this one](https://lilyandloafinternational.com/products/pea-protein-plus?aff=256483&utm_source=Webshop&utm_medium=TotalHealthNow&utm_campaign=Webshop&utm_content=256483) or /and [this one](https://lilyandloafinternational.com/products/synerprotein-original?aff=256483&utm_source=Webshop&utm_medium=TotalHealthNow&utm_campaign=Webshop&utm_content=256483) (or [chocolate flavour](https://lilyandloafinternational.com/products/synerprotein-chocolate?aff=256483&utm_source=Webshop&utm_medium=TotalHealthNow&utm_campaign=Webshop&utm_content=256483)) and I have attached some recipes for you.
   1. You may wish to get a Vit D3 from this company as well ([click here](https://lilyandloafinternational.com/products/spirulina?aff=256483&utm_source=Webshop&utm_medium=TotalHealthNow&utm_campaign=Webshop&utm_content=256483)) and Spirulina ([click here](https://lilyandloafinternational.com/products/spirulina?aff=256483&utm_source=Webshop&utm_medium=TotalHealthNow&utm_campaign=Webshop&utm_content=256483)) which is a top quality protein and has lots of iodine too.
   2. Please note that when you register at the checkout for the above NSP products on point 7 you will be getting a 15% off from the original price as I gave you my clients links.

Good luck with everything and I look forward to speaking you soon!!

In Health & Harmony,

Kostas