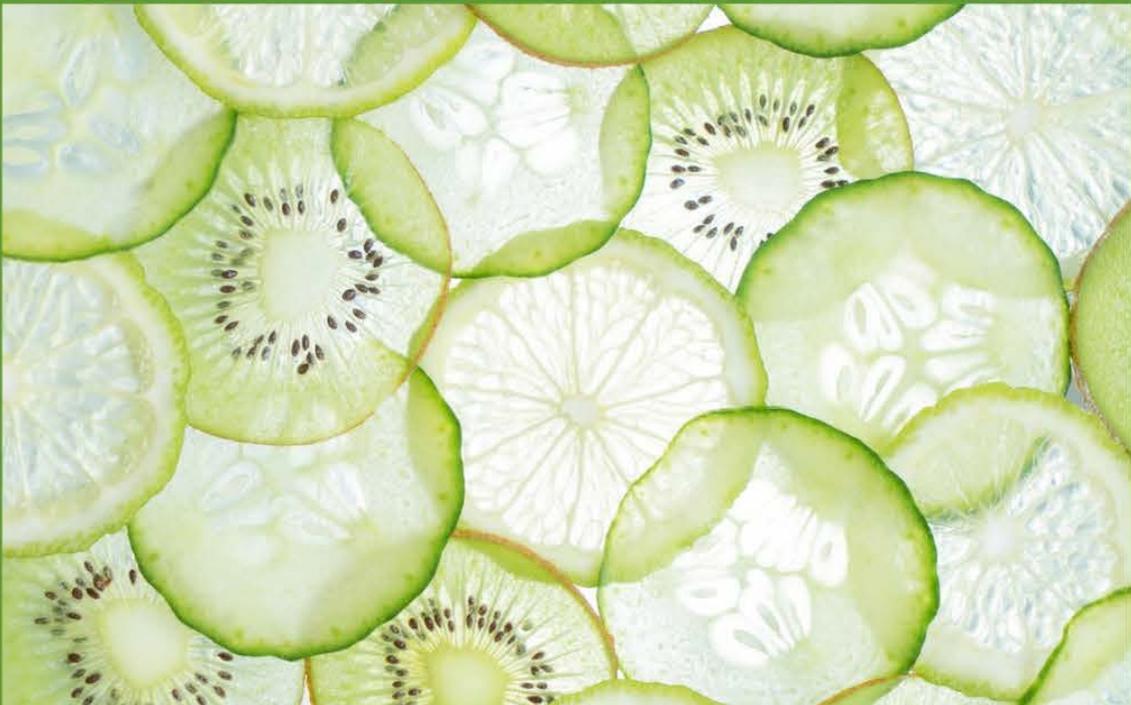


# TEMNA'S TIPS FOR QUANTUM HEALTH

Temna's fundamentals to bring your  
mental and physical health to an optimal level.



[www.temnaqla.com](http://www.temnaqla.com)

# DIET



When it comes to diet and nutrition, the food we eat is not just a source of energy and nutrients for our physical body, but also affects our subtle energy systems and consciousness on a quantum level. The food we eat contains different frequencies and vibrations, which can affect our body's electromagnetic field and impact our overall health and wellbeing.

For example, eating the following high vibrational "brain foods" have been shown to improve memory and cognitive performance:

1. Oily Fish - Omega-3 fatty acids to improve memory and cognitive performance.
2. Nuts and seeds - Rich in Vitamin E, omega 3 fatty acids, and minerals for brain functions.
3. Berries - Rich in antioxidants and flavonoids to help brain against oxidative stress and cognitive decline.
4. Vegetables - Leafy greens, cruciferous vegetables, and colorful veggies like beets, and carrots are all rich in vitamins and minerals to support brain health.

By removing low vibrational foods such as, white sugar, fried foods, artificial additives, preservatives, nitrates, hydrogenated oils, msg, and corn syrup from the diet will help your body retain the nutrients from the healthy foods you eat.

# WATER

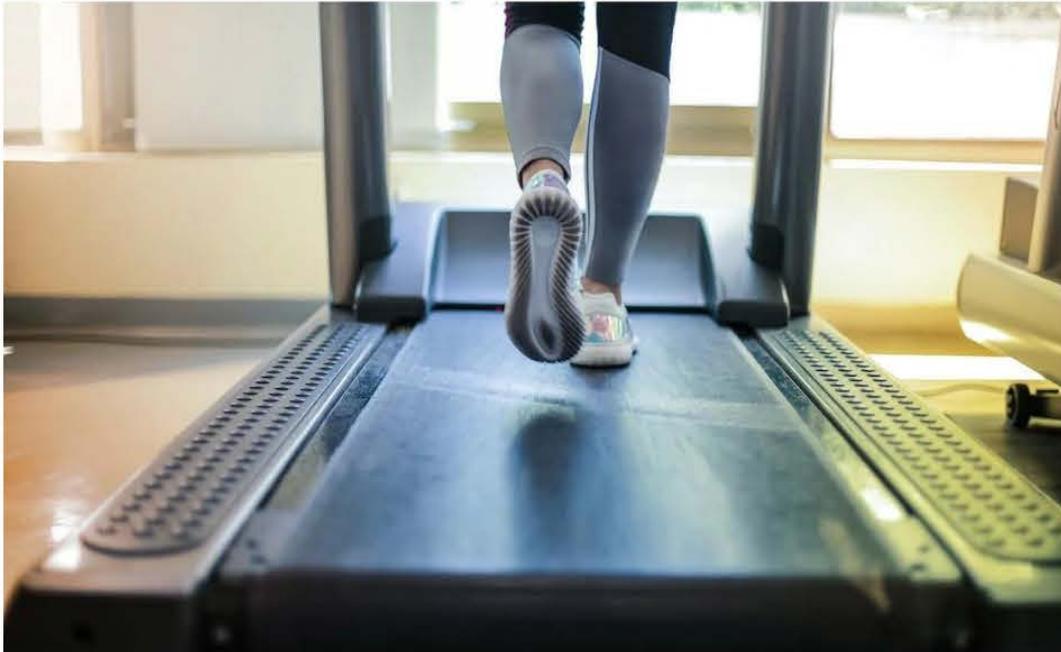


Water makes up around 60% of our total body weight? Water plays a crucial role in keeping the brain functioning properly. It helps to regulate brain temperature, deliver oxygen and nutrients to the brain cells,, flush away waste products and lubricating joints. Dehydration can cause cognitive impairment, such as decreased concentration and memory retention. On the other hand, staying hydrated can improve mental clarity, focus, and alertness. Additionally, studies have shown that drinking water before mental tasks can enhance performance, as it helps to increase blood flow to the brain.

The amount of water you need to drink every day to keep your brain hydrated can vary depending on various factors, such as you weight, activity level, and the climate you live in. However, a general guideline to follow is to drink half your body weight in ounces throughout the day. My preferred water source is reverse osmosis or spring water. Distilled and alkaline water are considered medicinal and should be used within the guidelines of a practitioner.

Water on a Quantum Level. Did you know? The structure of water molecules is affected by the energy and vibrations around it, including the thoughts and emotions of the individual consuming it.

# EXERCISE



When it comes to exercise and physical activity, there are also quantum effects that can impact our overall health and well-being. On a quantum level, movement and exercise help to stimulate the flow of energy throughout the body which can help to balance and strengthen our subtle energy systems. Regular exercise has been shown to increase the production of endorphins and other feel-good neurotransmitters in the brain, which can enhance our mood and reduce feeling of stress and anxiety.

On a deeper level, exercise can also help to support healthy mitochondrial function. Mitochondria are the powerhouses of our cells, responsible for producing energy for our bodies' Regular exercise has been shown to help keep our mitochondria healthy and functioning optimally, which can help to prevent chronic diseases like diabetes and heart disease.

Mindfulness can be a powerful tool for amplifying the quantum effects of exercise. When we approach exercise with mindfulness, we bring our full attention to the present moment, allowing us to fully experience the sensations and benefits of exercise. By focusing on our breath, tuning into our body's natural rhythms, and cultivating a sense of gratitude and appreciation for our bodies, we can enhance the quantum effects of exercise.

# HERBS & SUPPLEMENTS



Herbs, vitamins, and minerals can play a crucial role in maintaining the proper functioning of our body's systems. Why? Because farming methods have depleted the nutrients in the soil, so our foods do not have the same amount of nutrients we need. So it's important to add to your diet herbs and supplements.

Herbs like turmeric and ginger have anti-inflammatory and antioxidant properties, which can help protect our cells from damage and support overall health. Other herbs like echinacea and elderberry can boost the immune system and help fight off infections.

Supplements like omega-3 fatty acids can improve brain function, reduce inflammation, and support heart health, while probiotics can improve gut health and boost the immune system.

It's important to keep in mind that the effectiveness of herbs, vitamins, and minerals can vary depending on individual factors such as genetics, lifestyle, and overall health status. It's always best to consult with a healthcare professional before starting any new supplement or herb regimen to determine the best approach for your individual needs and goals.

# MINDSET



You are what you eat but, even more powerful, you are what you think! Mindset plays a crucial role in quantum living. 90 % of our thoughts, beliefs, and attitudes can have a profound impact on how we feel physically and emotionally. For example, negative thoughts and beliefs can lead to increased stress, depression, addiction and anxiety, which in turn affect our immune system, sleep patterns, and overall well-being.

On the other hand, a positive mindset that focuses on self-compassion and resilience, can help us cope better with stress and can help prevent and manage mental and physical health issues.

Research has shown that mindset can also influence our behavior and lifestyle choices, such as our diet, exercise habits, and sleep patterns. For instance, having a growth mindset, which involves a belief that abilities can be developed through hard work and dedication, has been linked to better exercise habits and weight management.

# MANIFEST

## A HIGH VIBE TRIBE



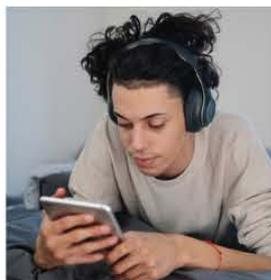
Manifest a high vibe tribe? What does that mean and why is it important? Remember you are bringing your health to a higher vibration. Not only does this involve diet, exercise, water, supplements, and mindset, but it also involves who you allow in your tribe or circle of friends.

A "vibe tribe" is a community of individuals who prioritize positive energy and personal growth. By surrounding yourself with like-minded people, your vibe tribe seeks to elevate each others vibrations and create a supportive network for achieving goals.

Manifesting a positive vibe tribe is a powerful step towards manifesting your dreams, goals and living your best life. In order to do this, think about who you have in your daily circle of people. Write down the names of friends, coworkers, family and neighbors you associate with. With each name you write down, ask yourself, "does this person give me positive vibes? Or do I feel drained and unfulfilled when I'm around them? Am I the only one giving my time, resources and energy and not receiving the same in return?"

Your answers to the questions reveal who you should consider for your vibe tribe. Remember, manifesting a positive vibe tribe is a powerful step towards manifesting your dreams, goals and living your best life, so choose wisely.

# BONUS: AO SCANS TO MONITOR YOUR HEALTH



It is exciting to know that you can monitor your health with AO scans. I offer AO scans remotely and now you can subscribe and have access to the AO technology at your leisure. This means you can monitor your health with the AO scans anytime any location. In addition, the AO preferred customer subscription gives you access to frequency optimization, frequency broadcasting and frequency imprinting capabilities!

To learn more call/text 704.368.4447 and visit my website. Welcome to my world of quantum healthcare.

Stay well my friends!  
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