



FiveProvide

The Foundation

Mineralize • Hydrate • Balance • Purify

4 Week Foundation Kit Booklet

Table of Contents

Introduction

Welcome

How to use this booklet

Getting the most from your investment

Strategies for success

Preparation

A note on detoxification

Section 1: The Four Week Protocol

Week 1: Hydration

Water Protocol

Week 2: The Flush

Basic Flush Protocol

Week 3: Solidifying Habits

Week 4: Making Health a Lifestyle

Product Descriptions

Common Questions

Section 2: Education on The Foundation of Health, Nourishment & Detoxification

Intro

Hydration

Water

What happens if I don't drink enough water?

What's wrong with my water?

Is my water contaminated?

Where do I find healthy water?

Home water systems

Minerals

Intro

Humic/Fulvic Minerals: One of Nature's Miracles

What are Humic/Fulvic acids?

Probiotics: the inner world of your gut

Intro

What Happens When Anaerobic Bacteria Take Over?

Why Strata Flora?

A word on pH and the MicroBiome

BioTune

Establishing the Rest Point

Intro

What is Sonic Foundation Level One?

How To Use BioTune Sound Frequency Healing

BioTune Questions & Answers

Section 3: What now?

Five Signals Intro

More Resources

Welcome!

Over the next 4 weeks you will discover what deeper nourishment can feel like!

Mineralize

Hydrate

Rebalance Inner Ecosystem and Digestion

Gently Eliminate Toxins

Congratulations on choosing to nourish
yourself and enjoy your journey!

How to use this booklet

Start by reading “Getting the most from your investment” and “A note on detoxification”. If you are curious about the science of health, nourishment and detoxification check out Section Two. When you are ready to begin the program, read week one of “The 4 Week Protocol”.

Getting the most from your investment

You have invested in this program because you want positive life-enhancing results. The quality of those results depends on your commitment to this program. Take a moment and write down how your body feels now and how you would like to feel in 4 weeks. **What do you want from this experience?**

Strategies for success

Create a calendar

This booklet contains a full visual breakdown of your schedule for each week. We recommend you also mark each phase of the program along with the daily schedule in your own calendar.

Journal

Keep notes and track your personal experience in a journal of some kind. Here are some things to track:

- What is happening in your body?



- What do you want to get from doing this program?
- What new discoveries are you are having?
- What effects do you notice from each product you take, both immediately after ingesting, and in general?
- Any “aha” moments?
- Track your emotions– do you notice anything new?
- Pay attention to your dreams
- Do you notice any changes or upgrades in your relationships?
- Is your thought process becoming more streamlined?
- Are you finding yourself more or less productive?
- Do you need more or less sleep?

Celebrate the completion of each phase! After each 7–day phase, do something for yourself that feels personally nourishing. Honor yourself for following through with your commitment to health. Remember that we all fluctuate and no one is perfect. The idea is to do the best you can and stay the course. If you fall off or fall behind, just choose to get back on track! Your job is to nourish yourself and relax into it. Rather than being your own worst critic, see if you can be your biggest fan. Let yourself enjoy your focus on life force.



Preparation

The program is designed to assist you in focusing on hydration, mineralization and rebuilding your gut health.

- To cleanse and mineralize effectively, drink pure, uncontaminated water. Make sure that throughout the program you have clean drinking water available, and that it is not stored in plastic. Read about where to get pristine water In Section 2.
- Eat organic food as much as possible. It is far superior. If you cannot find or afford organic that is fine, however we prefer organic because it can be more nutritious. It can have significantly higher vitamin and mineral content, and the original DNA and biological signature remains intact. Conventionally grown foods contain pesticides and synthetic fertilizers, which can have a negative effect on our hormones and inner ecosystem. They can contribute to an acidic internal environment and can damage tissues, working against your health. If possible, buy from local organic farms.
- Take a break from stimulants, suppressants and processed foods. They have a counterproductive effect on this program. We understand that not everyone is prepared to eliminate these products from their diet. The Five Signals philosophy is to focus on nourishment. Our motto is “add, don’t subtract.” If you feel the inspiration and natural motivation to pull back on the list below, do so slowly, listening to what your body and mind are ready for. Pulling back on all of these substances too quickly can lead to a rapid detoxification, which can be painful. We have included tips on safe and effective detoxing . See “A note on detoxification.” It is crucial that when taking Humic and Fulvic acids, you drink pure filtered water free of the chlorine and fluoride by-products commonly found in tap water. Fluoride and chlorine react negatively to the Humic/ Fulvic acids.



Acidic and over stimulating substances

- alcohol
- caffeine
- recreational drugs
- processed carbohydrates like bread and pasta
- cooked and processed sugar

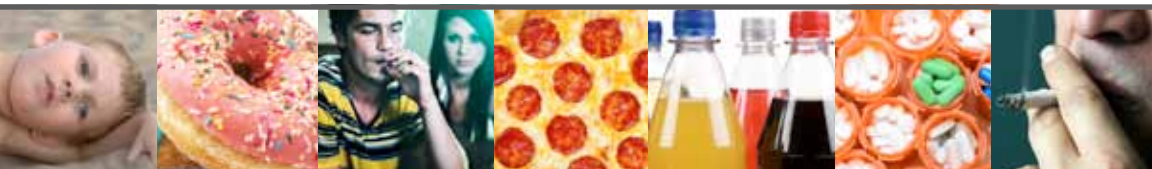
If you want to learn more about clean, nourishing foods and how to assimilate them effectively, you can get the recorded Five Signals Intro on our website at www.fivesignals.com or click [here](#).

What is pH?

pH stands for power of hydrogen, which is a measurement of the hydrogen ion concentration in the body. The total pH scale ranges from 1 to 14, with 7 being neutral. A pH less than 7 is acidic and solutions with a pH greater than 7 are basic or alkaline.

There is a very narrow range for human blood and saliva pH of 7.35 to 7.48. This applies to every human because it is the ideal range for all biochemical reactions required to support life when interacting with blood. However, each person has a unique way of achieving this balance.

Your body pH is a clear indicator of how well you are listening to its needs for nourishment, and how well you are absorbing it and eliminating waste and toxins.



The Manager of Electricity-Energy Flow

We create our vital life force energy through biochemical reactions. These electrical reactions are created through synergistic compounds in the nourishment we **consume**. This is the **Principle of Stimulation vs. Stimulant**. We learn about this in the Five Signals practice.

We need just the right **biochemical reactions** within our bodies to generate energy to live. pH is very important because it affects the chemistry of our blood and controls the speed of our body's biochemical reactions. It does this by controlling the speed of **enzyme activity** as well as the **speed** that electricity moves through our body. This has a direct impact on our ability to digest and assimilate food. If our pH is too acidic, there is not enough circulation and our electric energy gets stuck. We become backed up, toxic, agitated and overly sensitive. We experience dried-out popping joints and our muscles and connective tissue feel tight, tense and sore. We carry stress and feel short-tempered and reactive. If we are too alkaline, we run too cool and limp. When pH is balanced we have a steady flow of electricity; moods are natural, easy and neutral. We feel present, dropped in, connected with others, the planet and ourselves. The body feels fluid, relaxed, vital, and capable; breath and bowels flow naturally. We feel nourished, clean, fresh, ageless... healthy... **ALIVE!**

A note on detoxification:

The goal of this program is to focus on Foundational Nourishment and Balance. When we have the nourishment and circulation we need, the body naturally eliminates waste and toxins every day. When this happens effectively we often don't even notice that we are detoxing because we **FEEL SO GOOD!** The key



is to listen to how your body feels and not overdo it. Taking too much of the minerals or probiotics can create detoxing symptoms. Gentle, slow and steady is the approach!

In this program you may experience a significant increase in the power of your life force. This can be felt as transformation of pain and tension into increased positive sensation, vitality and awareness in the body. This can create more supple, vibrant healthy tissue. As the nourishment and hydration penetrates into areas of the body that are stagnant and dried-out, the toxins can be released and carried out of the body. As your life force builds, your perceptual awareness and ability to receive nourishment increase. You may experience unfamiliar sensations and emotions, or ones you haven't felt since you were a child. Allow yourself to be present with whatever is there.

In order for the toxins and old, limiting patterns to leave your body, they need to pass through the elimination systems. It is important to remember that uncomfortable sensations may arise as these old toxins and limiting patterns are released. Continue to focus on allowing your life force to flow and on the nourishment your body is asking for. The goal is for this process to occur gently and gradually. If you are eliminating too quickly you may experience symptoms like headache, nausea, achiness, dizziness, fatigue, lightheadedness, diarrhea and constipation. If this occurs, you have options:

- Eat some clean healthy food. The right food can slow down the detoxification process.
- Drink more pure water.
- Take smaller doses of the minerals or probiotics or don't take them for a day.
- Do some gentle movement to get your circulation and breath flowing.
- Listen to BioTunes.
- Sweat. You can use a sauna or steam room, lift weights, bike or go for a gentle run.
- Hot and cold shower: Start with hot until you are relaxed then alternate 60

seconds hot with 60 seconds cold several times until you are ready to stop.

- Soak in a bath or hot tub. Adding Epsom Salt and/or baking soda can be very helpful for pulling out toxins.
- Get into nature.
- Go for a swim in a natural body of water like the ocean, a lake or river.
- Schedule a phone session with a Five Signals educator. Call: (719) 428-4754
- Get some sunlight.

Water



The 4 Week Protocol

Week 1: Hydrate

Goal: Rehydrate tissues, begin to restore healthy bowel movements and begin restoring gut flora.

This week:

- **Start Hydration Protocol** (see instructions below).
- **Begin taking Ancient Earth:** 1-2 capsules on an empty stomach 30 minutes after morning flush.
- **Begin taking Liquid Fulvic Concentrate:** 10 drops in 8-16 ounces of pure water in the afternoon. If you prefer, you can also dilute it further by adding it to a larger glass bottle of water to drink throughout the day.
- **Begin taking Strata Flora:** Before bed, mix 1/8 to 1/4 of a teaspoon in 4 ounces or more of pure water.
- **Begin Listening to BioTune Sonic Foundation Level One:** Once this week, before bed. Use headphones or ear buds for best results.
- **Rest.**



Water Protocol

Hydration Protocol Instructions:

For the next 4 weeks, drink at least half your body weight in ounces per day. For example: if you weigh 100 pounds, drink at least 50 ounces of water per day. Drink slowly, in a relaxed way. Imagine the water being received by your cellular tissue, nourishing and hydrating your whole being. The body can absorb about 4 ounces of water per 1/2 hour. Drinking more creates a flushing effect, which can be helpful in eliminating toxins. Drinking too much water can actually have a solvent and dehydrating effect. Pay attention to when you are feeling thirsty or water-logged, and let yourself have what you need.



Use only glass containers—say goodbye to plastic!

Drink only spring water, reverse osmosis, distilled or naturally carbonated water like Perrier. *Make sure the carbonated water does not say “natural carbonation added.”



Week 2: The Flush

Goal: Continue Hydration Protocol. Electrolytes, minerals and the basic flush protocol increase the vital electricity in the body, which flush out toxins.

This week:

- **Start Basic Flush Protocol:** (see instructions below).
- **Continue taking Ancient Earth:** Consider increasing amount from 2 to 3 capsules. Take them on an empty stomach 30 minutes after morning flush.
- **Start taking Liquid Humic Concentrate:** 7-12 drops before bed in the water with your Strata Flora.
- **Continue taking Strata Flora:** Consider increasing amount from $\frac{1}{4}$ to $\frac{1}{2}$ teaspoons at night before bed.
- **Continue Listening to Sonic Foundation Level One:** Twice this week, preferably in the evening before bed.



Basic Flush Protocol

The flush is a great way to start your day. It can balance your pH and have an energizing effect. It can also help cleanse the liver, kidneys, and the entire digestive system. The flush can be a great way to stimulate a bowel movement. First thing in the morning, on an empty stomach: Fill up a glass with 16–32 ounces of pure water, juice from ½ organic lemon and 10 Liquid Fulvic Concentrate drops. Drink slowly, finishing the flush within 5–10 minutes. It is common to have a bowel movement within an hour of the flush.

Lemon: One of Nature's Miracles

Lemons are the only known foods that are purely anionic, which means they are alkaline. If you have an acidic pH you will have too many cations and not enough anions, which inhibits the body's ability to move out toxins, waste, dead cells and other debris. Lemons offer the body extra anion power to eliminate waste.

***The lemons must be fresh.** After about 30 minutes of exposure to air, lemon juice loses its potency and becomes more cationic.



Week 3:

Solidifying Healthy Habits

Goal: Continue on the nourishment pathway, staying committed to the Foundation Protocol. Practice staying the course by following through with your commitment to health.

Congratulations! You are halfway through. At this point you may be feeling momentum, and your body's communications may feel louder or clearer to you. This week let your body tell you if you need more or less minerals and probiotics.

Your body is building a new digestive ecosystem and may begin eliminating toxins at a faster rate. It is important to pay close attention to how you are feeling and vary your doses accordingly. See "A note on detox" section. You may find yourself having a lot of energy, clarity, and vitality and feel inspired to go up in doses.

This week:

- **Continue with the Morning Flush:**

½-1 full lemon, 15-20 drops Liquid Fulvic Concentrate.

- **Continue taking Ancient Earth:**

2-4 capsules on an empty stomach 30 mins after the morning flush.



- **Continue taking Liquid Humic Concentrate:** 7–14 drops before bed with Strata Flora.
- **Continue taking Strata Flora:** $\frac{1}{4}$ to 1 tsp. at night before bed.
- **Listen to Sonic Foundation Level One:** 3 times this week preferably in the evening before bed.



Week 4:

Making Health a Lifestyle

Goal: Finish strong! Stay the course with your focus on nourishment and self-care. You may notice more energy, clarity, and positive sensations in your body. If you are looking for something to do with all of that extra energy, see how you can clean up and organize your life more efficiently, increase your physical activity and/or focus on starting something new and inspiring. Give yourself more time and space-- more time to enjoy the things you love!

“Hydration is my habit and I make healthy food choices based on my healthy cravings because I love feeling good!”

The nourishment is now working its way into deeper layers of the digestive system, breaking up stagnant and toxic debris. It is common for the ‘stimulant drive’ to make an appearance. If you have noticed an urge to yell at loved ones or make unhealthy food choices like eating pie and fried chicken, you are working with the ‘stimulant drive.’

Our solution is to feed vitality by listening closely to authentic cravings for healthy foods. Support yourself to follow through with the last phase of this program by giving your body the nourishment you require!



Authentic nourishment can also take the form of:

- deeper breathing
- exercise
- dancing
- resting
- playing
- exploring creative expression
- honest communication

We have found that for people who continue to focus on nourishment, their bodies will begin generating their own clean, relaxed energy as opposed to having to rely on stimulants.

This week:

- **Continue with The Morning Flush:** ½-1 full lemon, 15-25 Liquid Fulvic Concentrate drops.
- **Continue taking Ancient Earth:** 2-4 capsules on an empty stomach 30 minutes after morning flush.
- **Continue taking Liquid Humic Concentrate:** 7-18 drops before bed with Strata Flora.
- **Continue taking Strata Flora:** ¼ to 1 teaspoon at night before bed mixed in 4 ounces of water.
- **Sonic Foundation Level One:** 3 times this week, preferably in the evening before bed.



Product Descriptions



Fulvic Liquid Concentrate is a blend of 70 essential organic plant-based trace minerals and amino acids. It is a pure and versatile electrolyte in its most readily absorbable form. It provides instant vital energy, and increases circulation and hydration. Because it cleanses and purifies the blood, it has a brightening and energizing effect.



Humic Liquid Concentrate is a blend of 67 essential organic plant-based trace minerals and amino acids. Humic Acid is a powerful mineralizer and detoxifier. It has a grounding and calming effect on the nervous system. **Its liquid form allows it to pass the blood brain barrier, saturating every cell with foundational nourishment.** Its liquid form and microscopic molecular size allow it to hydrate and detoxify the brain, lymphatic system, and synovial fluid.



Ancient Earth Organic Humic/Fulvic Minerals Capsules are a powder form of the exact same nutrients as the Humic and Fulvic liquid combined. They are stabilizing, integrating and energizing. They are the foundational minerals required for deeper repair and regeneration of the body, playing a vital role in building all tissues in the body including blood and bone. The powder form allows them to reach deep into the core of the digestive system, feeding the microorganisms and nourishing the enteric brain on a foundational level. They can draw toxins and heavy metals out of the intestinal wall lining while neutralizing them so that the body can carry them out as waste.



StrataFlora is blend of microbiota, herbs and pre-biotics designed to restore your digestive system to its proper, optimal state. It assists in eliminating viruses, bad bacteria, yeast, parasites and infections while seeding your intestines with good bacteria to promote optimal bowel regularity with fewer toxins, aches and pains. This product supports your immune system in its fight against colds, flus and infections. **We believe Strata-Flora is the most comprehensive blend of world-class soil and lacto-based probiotic microorganisms available.**



BioTune: Sonic Foundation Level One is a blend of precisely tuned sound frequency tones mixed with gentle ocean waves. It is designed to bring you into the deep and balanced Rest Point, where your body can **enter into repair mode**. Several audible and inaudible carrier frequencies cross-weave throughout Sonic One, assisting to re-open the mind and facilitate a deeper state of resonance, understanding, remembering and re-tuning to your true, original, stress-free self.



Common Questions:

Q: How will The Foundation Kit products interact with all of the other medications or supplements I am taking?

A: This kit contains foundational and essential nutrients that every man, woman, and child on the planet requires on a daily basis. These products are not known to compete with any vitamin supplements or herbs. In fact, they often enhance their beneficial effects. This program is designed to enhance your current lifestyle and diet. However, if you are taking prescription drugs and there is a question about contraindications, check with your healthcare provider.

Q: Is this program safe for children?

A: If you have questions about what is safe for children, consult your healthcare provider. We have witnessed amazing results with children. Parents of children with ADD, ADHD and Autism symptoms report an increase in concentration and mental clarity, more engagement and participation in the learning process at school and a more relaxed, cooperative demeanour. The recommended doses for children are on the bottles.

Q: Can I use organic limes or apple cider vinegar in the morning flush instead organic lemons?

A: Limes do not have the cleansing and pH balancing effect that lemons do. Some people prefer apple cider vinegar, which is fine.

Q: Does my food need to be organic?

A: Organic food is superior. If you cannot find or afford organic that is fine. However, we prefer organic for a number of reasons. It can be more nutritious because it has a significantly higher vitamin and mineral content. Conventionally grown foods contain pesticides and synthetic fertilizers, which can have a

negative effect on our hormones and inner ecosystem. These foods can also contribute to an acidic internal environment and can damage tissues, working against your health. If possible, buy from local organic farms. Check your area for weekly **farmers' markets**, as often their produce can be fresher and more **affordable**.

Q: How do I know how much of each product to take? Your doses range, for example from 1/4 to 1 teaspoon for Strata Flora or 7–12 drops for Fulvic Concentrate.

A: Each of these products can have a very powerful and nourishing effect on your body. They can also give your body the energy it needs to create a natural cleansing response. If you go too quickly you may experience uncomfortable detoxification symptoms. In this case, use a smaller dose or take a day off. If you are not having detox symptoms and are feeling a sense of balance and energy, simply feel into whether or not it would serve you to increase your intake within the recommended amounts. For more information read the detoxification section.

Q: I have a headache and I feel achy.

A: Headaches and achiness are often signs of detoxification. In order to slow down your detox reactions, you can lower your mineral doses or take a day off. Make sure you are drinking enough water. For more detail see the detoxification section.

Q: I have way too much energy. I am having trouble sleeping. I feel restless and anxious.

A: Electrolyte minerals can increase energy levels. If this is a new occurrence and you don't normally have these symptoms, it is possible you may need to slow down and take lower doses or take a day off of the minerals and probiotics.

Consider engaging in a form of exercise that feels good to you. Ask for support! Spend time with a loved one. Get a massage or movement therapy session.

Q: I have a strong desire to revert to old, unhealthy habits. What should I do?

A: It is important to recognize that these desires are normal when breaking old patterns and building new ones. See if you can be present with whatever you are experiencing, while choosing HEALTH and forging a deeper connection with yourself. If you need support or assistance, you can always contact our help line or schedule a phone session with a Five Signals educator.

Q: I have been on the program for a few days and I don't notice anything!

A: It is normal not to feel the effects right away. There is a lot happening in the body that we are not always aware of. Give it some time and to tune into the subtle changes and sensations that are happening in your body.

Q: How often should I be having bowel movements?

A: The average healthy person has two to four bowel movements per day. During this program you may experience having less or more. If you experience constipation or diarrhea pull back on the probiotics and/or the minerals and drink more water. Eat foods that you know are easy to digest. In the Five Signals work we discuss proper food combining for optimal digestion.

Q: Why are my bowel movements black?

A: The Humic minerals can have that effect. It's completely normal.



Section 2:

The Foundation of Health, Nourishment & Detoxification:

Let's paint a picture.

Imagine a pair of lips. Red, wet, alive.

Now imagine your heart. Beating powerfully. Blood effortlessly flowing throughout your body, creating warmth, health and strength.

Now imagine those same lips without hydration. Their vibrant red fullness faded to a dull, lifeless brown. Parched and cracked.

What about your heart? Without proper hydration your heart cannot do its job. Your extremities clog with toxins, overwhelmed and unable to receive nourishment.

Now imagine a stagnant river. Brown and fetid. Clogged with decomposing slime and smelling of death. If you eat processed food, this is likely the condition of your intestines. This rotting slime prevents proper absorption of nutrients. Tense muscles, stiff and aching joints, pain, exhaustion. You lack the energy, mental clarity and the inspiration to do what you love.

How about this instead?

Imagine a pristine river, flowing effortlessly. Clean. Alive. Fresh. Now imagine yourself feeling fully hydrated. You know where to find pure, clean and highly absorbable water. You know how to combine that water with the right minerals and enzymes that give you the energy to break down the rotting sludge, so you stay clear, hydrated and strong. You've got premium soil-based probiotics formulated by world-class scientists, so the river isn't just pristine, it is teeming with life! Your inner ecosystem is bolstered, balanced and beautiful...and the rest of your life reflects that.

Hydration

In order to hydrate ourselves properly we need two things: water pure enough to penetrate our cells and highly absorbable organic electrolytes. When combined properly, these two things create a synergy that has the potential to transform our health. The electrolytes and water together create circulation—a powerful, life-giving flow that can nourish and hydrate every cell on a deeper level AND carry out toxic debris. For many of us, this process can melt away tension and pain and feed a dormant system of vitality that has otherwise been severely deprived. Hydration can be a huge part of reintroducing joy and positive sensation, giving us the energy and clarity to live an inspired life we love.

Water

The body is said to be 55–70% water, and no other nutrient is more essential or needed in such large amounts. The health of our bodily fluids defines our overall state of well-being and vitality. Water transports nutrients to and carries waste away from cells. It cushions and lubricates the brain and the joints. It promotes healthy functioning cells, digestive tract, heart, kidneys, muscles,

joints and skin. It also helps regulate body temperature by redistributing heat from active tissues to the skin, cooling the body through perspiration.

Water is a super antioxidant. Just drinking a sufficient amount of water will help hydrate, alkalize, nourish, clean and wash your system from the inside out. This can resolve many lymphatic, glandular, blood and organ imbalances.

What happens when I don't drink enough water or my water is contaminated?

When dehydration occurs, we lose more water than we take in. We lose water every day in the form of water vapour in the breath we exhale, and as water in our sweat, urine, and stool. Along with the water, small amounts of electrolytes are also lost.

Often people think they are hungry when they are actually thirsty. An easy way to tell this is happening is that we feel full and satisfied with our tastes, but are still searching for something else to feel satisfied.

The signs and symptoms of dehydration range from minor to severe and include increased thirst, dry mouth and swollen tongue, weakness, dizziness, palpitations (feeling that the heart is jumping or pounding), fainting, inability to sweat, decreased urine output, confusion, anxiety, fatigue, sluggishness, headache, seizures, difficulty breathing and chest or abdominal pains. Urine color may also indicate dehydration. If urine is concentrated and deeply yellow or amber, you may be dehydrated.

What's wrong with my water?

You may be drinking contaminated water and not even know it! Some examples of contaminants are heavy metals like bromate, chlorite, fluoride, chlorine as well as pharmaceutical drugs, synthetic fertilizers, mold, anaerobic bacteria

and industrial waste by-products. These contaminants can result in anemia in infants and young children; problems with the nervous system, liver and kidneys; irritated eyes and nose; stomach discomfort; increase in blood cholesterol; decrease in blood sugar; skin damage; increased risk of cancer; problems with the circulatory system, increased risk of developing benign intestinal polyps; intestinal lesions; bone disease; hair loss; cardiovascular and reproductive difficulties; hormone imbalances; cataracts and thymus gland problems.

In addition to these debilitating health effects, the surface tension of contaminated water is too high to be adequately absorbed by our cells. You can drink all the acidic, contaminated water you want and your cells and tissues will never be fully hydrated! On top of that contaminated water is acidic, which skews the pH of the entire body. Read about the importance of pH in the pH section.

Humic and Fulvic minerals can neutralize many of these toxic effects. However, it is crucial that when taking Humic and Fulvic acids, you drink pure filtered water free of the chlorine and fluoride by-products commonly found in tap water. Fluoride and chlorine react negatively to the Humic/Fulvic acids.

Is my water contaminated?

We recommend staying away from sources that are likely to be contaminated such as city water, untested well or tap water, and plastic bottled water. Most home filtration systems do not remove all toxins.

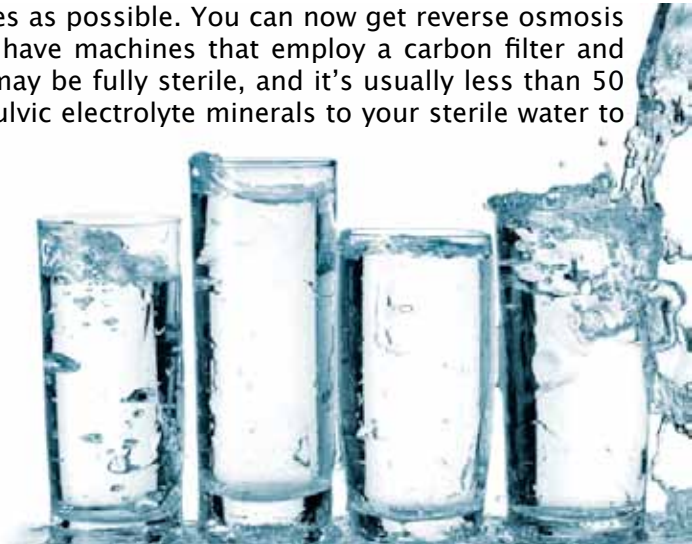
Where do I find healthy water?

It is crucial to have, pure, clean, living water. You can learn about water in more detail—including activated and living water in the Five Signals book. The body asks for several kinds of water:

- Water from organic fruits and vegetables
- Source carbonated waters like Perrier. Make sure NOT to get waters with added carbonation even if it says naturally added.
- Spring water from active local springs or from glass bottled spring sources
- Highly filtered de-mineralized water from home systems like Pristine Hydro

Spring water is our first choice. You may find a local spring at findaspring.com. Another source of clean, hydrating water is naturally carbonated water. Buy from companies like Perrier that bottle direct from the source. Do not buy “carbonation added” even if it says natural, because this contributes to cellulite and is fake.

Next we recommend reverse osmosis or distilled water. These do a great job of removing as many impurities as possible. You can now get reverse osmosis at most grocery stores. They have machines that employ a carbon filter and ultraviolet light so the water may be fully sterile, and it’s usually less than 50 cents a gallon. You can add Fulvic electrolyte minerals to your sterile water to help it come alive.



Store your water in glass jugs because plastic leaches and makes the water acidic. This may damage hormones and have an estrogen-like effect in men.

Recommendations For Home Water Systems

There is one home filtration system that we feel is far superior to anything we have tried. We have tested many and found that this one purifies the water better than others and feels more hydrating than the reverse osmosis or distilled machines at the grocery store. It is called Pristine Hydro and it costs \$1200-\$2,000 depending on the model. If you have the money and want the convenience of a home system, it is worth it. If you do not want to spend that much money you can check out these much more affordable recommendations:

Water Distiller with 1 gallon Glass Jug - (\$199)

http://www.amazon.com/Water-Distiller-Countertop-Enamel-Collection/dp/B00026F9F8/ref=sr_1_1?ie=UTF8&qid=1401860120&sr=8-1&keywords=water+distiller

Dr. Clarks counter top carbon-based water filter - (\$85)

drclarkstore.com/counterfilter.html

Dr. Clarks shower carbon-based water filter - (\$49)

Avoid toxic chlorine vapours from the shower that go straight into your lungs. You will notice softer skin and hair with a shower filter. drclarkstore.com/dr-clpushfisy.html

Change your water. Change your life.



Minerals

We can consume all the clean air, water, protein, sugars, fats, vitamins and probiotics we want, but without organic plant-sourced minerals all the other components of the body are only partially functioning.

This kit provides the minerals the body needs to awaken the life force on a cellular level.

Humic/Fulvic Minerals: One of Nature's Miracles


From the beginning, human beings have received beneficial amounts of Humic/Fulvic acid complexes through our consumption of plants, just as nature intended. Modern use of pesticides and fertilizers, along with inadequate agricultural practices, erosion, and mineral depletion, have contributed to decreased microbial activity in the world's soil deposits. As a result, adequate quantities of Humic/Fulvic acid have been missing from our food crops for generations.

USDA studies show a 25–80% decline in minerals in the food we eat. A U.S. Senate document (264, 1936) states the following:

“The alarming fact is that foods, fruits, vegetables and grains, now being raised on millions of acres of land, no longer contain necessary levels of essential minerals. They are starving us, no matter how much we eat.”

What are Humic/Fulvic Acids?

Humic acid and fulvic acid are the major components of organic matter found throughout nature as a result of the action of millions of beneficial microbes on decomposing plants (humification). Considered to be the most chemically




active compounds in soil, humic substances contain many nutritional phytochemical groups, including natural sterols, hormones, fatty acids, polyphenols, and ketones, as well as phytochemical subgroups of compounds such as flavonoids, flavones, flavins, catechins, tannins, quinones, isoflavones, and tocopherols, among others. These compounds are some of the most valuable and promising life supporting nutrients known today.

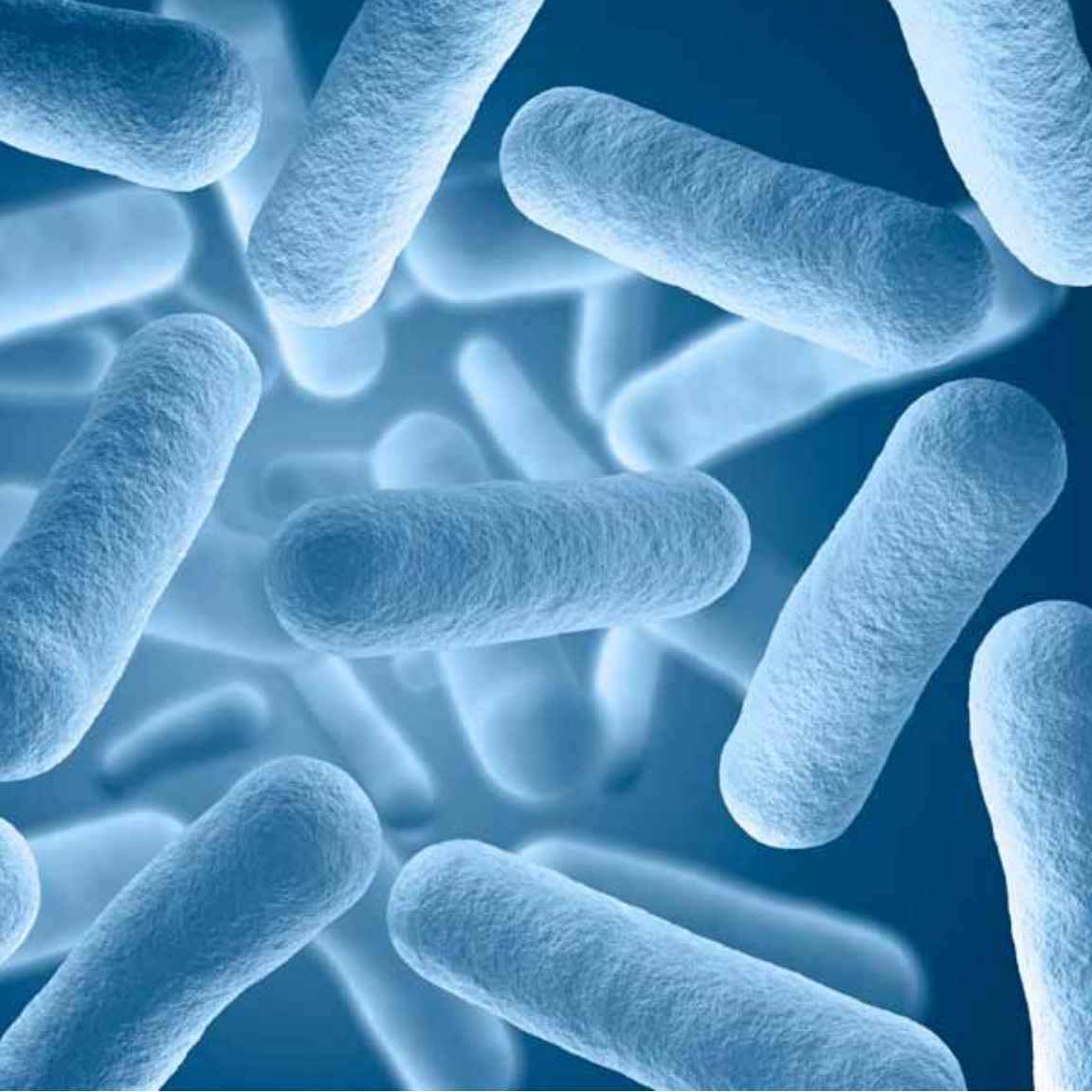
Powerful Organic Electrolytes: Fulvic Acid is the electrolyte component of Humate. Electrolytes are active minerals used by the body's cells to maintain voltages across cellular membranes and to convey electrical impulses to other cells. Fulvic Acid helps cells achieve a vital electrochemical balance.

Free Radical Scavengers and Antioxidants: Fulvic Acid can react with both negatively and positively unpaired free electrons to render free radicals harmless, changing them into new usable compounds or eliminating them as waste. Fulvic Acid also promotes oxidation-reduction reactions of transition metals that can damage the body's cells and tissues.

Natural Chelators and Detoxifiers: Humic/Fulvic Acids are the only organic chelators. Chelation is required for the detoxification and transformation of heavy metals and minerals into readily absorbable forms. Humic/Fulvic Acids bind with pesticides and herbicides to form new types of metal ions and catalyze the breakdown of toxic pollutants.

Aids in Increasing Nutrient Bioavailability: Fulvic Acid's low molecular weight helps render cellular walls more penetrable by reducing their surface tension, thus allowing cells to more easily and efficiently respire; hydrate; absorb minerals, amino acids and other nutrients; and eliminate waste.





Probiotics: the inner world of your gut

70% of our immune system lives in the gut in the form of aerobic bacteria. The body has TEN TIMES more microorganisms than human cells. That means for every 1 human cell there are 9 non-human cells living within us. They regulate everything from pH to nutrient absorption and detoxification. They break down and assimilate our nutrients as well as create many of our B vitamins. Our inner ecosystem requires a ratio of 85/15 aerobic to anaerobic bacteria. This delicate balance of our inner ecosystem can define our health, quality of life, neurological development and the rate at which we age. These microorganisms also play a major role in weight gain and loss.

What happens when the anaerobic bacteria take over?

We lose our life force! This prevents us from effectively assimilating vital nutrients and eliminating waste, which compromises our immune system. Many Americans have an aerobic to anaerobic bacteria ratio of 50/50 or even 40/60. This toxic, putrid, overly acidic environment creates a perfect breeding ground for disease, viruses and fungus, and can lead to mineral deficiency; inflammation; chronic pain and tension. The condition of one's inner ecosystem is foundational for basic health.

Research indicates that many unhealthy conditions are closely linked to a contaminated intestinal environment. This is a nearly universal condition among humans, accounting in some significant way for upwards of 70% of medical visits and premature aging.

Flora cover territory from your lips, mouth, teeth and gums, to your tongue, tonsils, throat, sinuses and bronchial passages, to your esophagus, stomach, small and large intestines and colon, to perennial-genital area, vagina and cervix, to urethra and bladder, with possibly even the kidneys and bloodstream

involved in severe cases of candidiasis (yeast infections) and certain parasites.

The combined weight of all of the different types of flora can equal 2–5 pounds. Out of balance, this equals a gang of evil little creatures about the weight of your arm from the elbow down. This can be compared to having a creature the size of a cat using your body as its litter box.

Simply put, bad flora eats your food and nutrients before you do, and it even eats at you and then poisons you with carcinogens and other wastes in return.

Worse yet, bad bacteria create a multi-pound rotting layer of dead cells, nesting and thriving. This putrid moldy goo called mucoid plaque blocks nutrients from being absorbed, and keeps toxins inside your body, saturating your organs and cells. Fecal liquids are re-absorbed and cycled over and over resulting in their victim being toxic, fatigued, irritable, dull thinking, pasty, undernourished, vulnerable to cancer and heart disease, gaining weight and feeling just plain sick.

Why Strata-Flora?

More and more research is showing that many diseases are closely linked to failing intestinal flora. Strata-Flora allows good bacteria to flourish by providing and stimulating an environment conducive to their existence. These bacteria are closely connected to your body's ability to process the food you eat in a way that is beneficial to your health and well-being.

We believe StrataFlora is the most comprehensive blend of world-class soil and lacto-based probiotic microorganisms available. It turns the putrid moldy goo situation around as the healthy aerobic organisms crowd out and repel undesirable species such as parasites, staph, strep, candida albicans yeast, clostridium, salmonella, E. coli, and even sore throat and tooth decay-causing bacteria.

After that, your entire body can kick into cleansing mode. If pursued too fast or without enough water, then exiting toxins can overwhelm elimination systems and cause gas and allergic or flu-like symptoms. Always remember to exercise, walk and drink plenty of pure water during cleansing.

Most probiotics sold in stores are designed to keep us coming back for more. They generally get us to about 60% of where we want to go. The reality is that stores want to keep the products on their shelves moving so products are often strategically designed to fall short. The idea is that we have a positive experience, and want to keep buying more. It's like a carrot we keep chasing. We can turn this situation around with a soil and lacto-based probiotic formulated at the caliber of Strata Flora because the microorganisms chosen are able to colonize in the gut, so we don't need to continue buying bottles over and over. Cass has found after over a decade of research and experimentation that the combination of our Humic/Fulvic minerals with the right microorganisms, and the morning flush offers the most affective yet gentle protocol for building a clean healthy vitally alive inner ecosystem. The Foundation Kit offers our proprietary protocol. It is our belief and experience that this protocol can offer the nourishment required for the enteric brain to detoxify, repair and reawaken to its full potential. This along with providing the body with the Basic Five, in specific forms and ways the body is requesting, creates a powerful Practice for cultivating Health, Immunity, Balance and Well-Being.

A word on pH and the MicroBiome

It is important to understand that the pH of our body defines the inner ecosystem and determines whether or not these friendly organisms flourish. pH in this case is the measure of how acid or alkaline our body fluids are. It is pure biochemical science. Due to each person's biochemical individuality, how each of us balances our pH is unique. Some of us establish balance by eating more

fats and proteins while others do so by eating more fruits and vegetables. The Five Signals Practice teaches us how to listen to our body's biological food cravings and signals for optimal weight balance and overall health.

Proper mineralization and hydration is the key. Introducing even the very best probiotics will not do the job if they don't have an environment in which they can flourish. They simply cannot colonize in a deficient environment and either die or leave through our stools. In the Five Signals Practice we learn that fats, proteins, minerals, sugars and water play a vital role in creating this nourishing inner environment. These essential nutrients also feed the aerobic microorganisms, allowing them to flourish. It is crucial to have each of these nutrients in the clean, highly absorbable forms that your body is asking for.



Establishing the Rest Point

The potent reservoir of the Life Force is accessed in the Rest Point. Sonic Foundation Level One is a tool for accessing this deeply nourishing state.

Stress does not allow us to rest.

In our complicated fast-paced world based in technology and 24-hour industry, many of us remain stuck in fight or flight, and therefore don't get deep Delta sleep. This can narrow our perspective, which limits our life options and potential. It can also inhibit proper digestion, assimilation and detoxification. Science tells us the body's digestion can come to almost a complete halt when

we are in the fight or flight response. This could be one of the major causes for digestive disorders, including constipation, which many people deal with today. BioTunes Sonic Foundation Level One can assist the nervous system in connecting with the earth's electromagnetic field. This allows us to shift into a deep and steady breathing pattern, where our nervous system can at last let go into a relaxed, energized and expanded state. Our awareness can then drop below fight or flight and into the Life Force reservoir where we can **restore, regenerate and rebuild.**

What makes BioTune unique?



When Cass Phelps was creating the BioTune system, he realized that there were many sound healing and brain entrainment programs that overlook Delta and focus on the higher frequency states such as Epsilon or Gamma. He found that without the deep Delta, none of the higher states could be integrated, and the nervous system remained over-stimulated and stressed.

Our nervous system must access deep Delta brain waves in order to enter into repair mode. In repair mode, we produce human growth hormone. Being stuck in fight or flight creates an inability to enter these states, and affects the immune system, the metabolism, our clarity and therefore our productivity and ability to be in healthy relationship.

“When we are in fight or flight we are not able to receive nourishment.”

Being in the Rest Point can bring you:

- Deeper experience of Life Force
- More complete experience of peace
- Resetting of the nervous system
- More restful Delta sleep
- Calm clarity in challenging times
- Greater insights

What is Sonic Foundation Level One?

Sonic One is the starting place for the BioTune journey, and the first phase of the Sonic Foundation Series.

The recording offers precisely tuned sound frequency tones mixed with gentle ocean waves. It is designed to bring you into the deep and balanced Rest Point.

Several audible and inaudible carrier frequencies cross-weave throughout Sonic One, assisting to re-open the mind and facilitate a deeper state of resonance, understanding, remembering and re-tuning to your true, original, stress-free self.

How to use Sonic Foundation Level One

We recommend that at first you use this program at night. For best results, use high-quality headphones or ear buds and lie down with your eyes closed. Relax and let go. Let the recording do the work for you! Enjoy!

You can read more information about BioTunes at www.biotune.net

BioTune Questions & Answers

Q: Can I overuse BioTunes?

A: Yes. You can overuse all powerful tools. The idea is to follow the suggested instructions laid out in the 4-week program.

Q: Can I use speakers instead of headphones or earbuds?

A: Yes, however most people find they have the best results listening through headphones.

Q: Does the quality of my listening equipment affect the benefits I receive?

A: Yes. The higher the quality, the better the experience. Especially if you have good BASS!

Q: Why are there two identical tracks with different lengths in this program?

A: This recording comes in two lengths, 25 minutes and 45 minutes. Only the length of time is different, otherwise these programs are identical. Your choice will depend on how much time you have and what feels best for you. We often start with the shorter track, then within a few sessions start using the longer track, which offers a deeper experience of the program.

Section 3:

What now?

Congratulations! Now that you have completed the Foundation Program we recommend ordering the Foundation Maintenance Kit or considering the 3-month Five Signals Program. Here is a bit of information about all of that.

Five Signals

In the Five Signals practice, we focus on satisfying our five most basic food requirements: Water, Sugar, Protein, Minerals and Fats. We learn to trust our sensory (sensual) system as part of the guiding intuitive intelligence that teaches us how to listen to the body's unique and basic needs on a deeper level.

We learn that authentic nourishment activates, balances, and regulates the hormones and neurotransmitters (such as dopamine, serotonin and oxytocin), which greatly affect our mood and energy level. This can awaken a previously dormant life force and intrinsic intelligence.

If you are ready to begin experimenting with the Five Signals methodology and lifestyle, here are some resources to get you started.

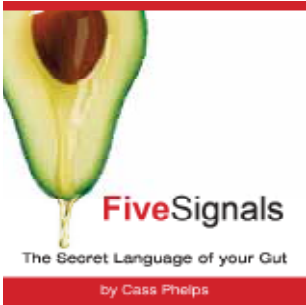
You can view all of our products and resources at www.fivesignals.com

Recorded Five Signals Intro [here](#) .

Five Signals book [here](#).

More Resources

When you become fully accustomed to receiving clean water, Humic/Fulvic minerals and organic soil-based probiotics, your body will begin asking for



more amazing power-packed nourishment. Consider investing in our Exsula Superfood Blends, the highest quality, most bioactive and comprehensive nourishment we have ever found!

You may feel ready to start our longer Five Signals Programs right after The Foundation Program, or you may want to continue using The Foundation Program for a few more months and then see how you feel. You can learn more about these in the 'programs' section of the Five Signals Book or at www.fivesignals.com

If you enjoyed the BioTunes Sonic Foundation Level One, and are ready to dive more deeply into rest and renewal, you can purchase the entire Sonic Foundation series here: <http://awake-one.com/~awake/biotune-landing>

Congratulations on completing the Foundational Program! We look forward to continuing to provide you with the resources and guidance to help get you where you want to be!

Enter code `donewithlevelone` and receive a 10% discount on your first order.

Remember if you need support or guidance you can always call or email us.

Email: info@awake-one.com

Phone: (719) 428-4754

Love,
Cass and Kai

