



Clear away the (brain) fog

Gillian O' Shea

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I have been blessed to have had a very full fifty one years on this planet so far... with tumultuous ups and downs. I say blessed yes, because all the lessons I have had to learn are now the blessings and gifts I use to have a blissful life, and to be of service to others.

My journey gave me a huge opportunity to try and test various avenues to overcoming trauma, recover from stress, heal from imbalance and live from a heart space of Love. I use energy and frequency medicine to assist me with this process.

This is my checklist of 10 important steps to dealing with Brain Fog and living a healthy, happy life. May they help you xxx

- Gillian O'Shea

- ☐ One of the best ways to test for and treat any imbalance, **including** Brain Fog and Inflammation, and to increase blood flow, is with **Frequency Medicine**. Send us a hair sample, order your test Now and we can treat you remotely!
- ☐ Remove dairy and excess sugar from your diet.
- ☐ Remove all wheat products from your diet. Beware wheat can hide in unusual places, such as pre-made sauces and soups, condiments, alcohol, deli meats, and more. Always read those labels! As the saying goes, "You can't be a little pregnant." you can't have just a little wheat. It is important to commit to eliminating ALL wheat product from your diet.
- ☐ Enjoy fresh organic fruits, especially those with powerful antioxidants, to curb the sugar craving. Examples include strawberries, blueberries and blackberries.
- ☐ Supplements - Vit D and B12 can help. I provide very good products - Brain Inflammation by Vida Heal - specially formulated to address brain inflammation, Fulvic acid supplements and Shilajit.
- ☐ Mild exercise to increase blood flow and oxygenate cells.
- ☐ Electromagnetic field (EMF) pollution disturbs immune function through stimulation of various allergic and inflammatory responses, as well as by affecting the body's tissue repair process. Today EMF pollution is everywhere from cell phones to computers and more. Switch off Wifi in evening when going to bed and take breaks from your computer. Invest in items like Salt lamps, Orgonite and other anti-radiation products.
- ☐ Hydrate - Dehydration can impair short-term memory function and the recall of long-term memory. Himalayan salts added to filtered water creates living water.
- ☐ In consultation with your doctor, try and reduce chronic medications that can affect your brain.
- ☐ Lastly, if you can find the **cause** of the symptoms and address that, you can bring about balance. In my experience pathogens like viruses, bacteria, parasites and toxins, are most often the cause of inflammation.

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