

Dr. Ylona Hartford's
Base Protocols



Dr. Hartford's Daily, Weekly, Monthly, & Yearly Protocols

I am often asked what I do to support my own health as well as my family's while navigating through our crazy, unpredictable, and all too frequently uncontrollable world.

Let's face it, there are many scary things in our modern world from GMOs to various poisons dusted over us and added to our water and foods to an acceptance and even expectation of chronic illnesses and the need for multiple drugs to cope with these dis-eases. This is not to mention the lockdowns, panic, and more genetic manipulations.

HOWEVER, LET ME MAKE THIS CLEAR: LIVING IN A STATE OF FEAR OR A STATE OF SHAME IS DETRIMENTAL TO YOUR HEALTH AND WEAKENS YOUR IMMUNE SYSTEM EVEN FURTHER.

I have found avoiding what I can and strengthening my own health is a far better path than worrying over the toxins, germs, and other nasties I may encounter.

To do this, an understanding of what prevention really is and how to nourish the body is necessary. Real, whole foods filled with minerals, vitamins, and amino acids are vital. Fresh air, hydration, exercise, and a loving, playful, grateful attitude are important.

IT IS ALL ABOUT HOW YOU LIVE, LOVE, EAT, DRINK, FEEL, AND THINK.

A healthy body has enough good things to flush out the bad things. This isn't to say you should never get sick. Acute (or small, self-limiting) illnesses help your body clean things out and allows your immune system to get stronger and more resilient! However, you are constantly filling any gaps so you can recover swiftly.

YOU ARE MORE POWERFUL THAN YOU MAY HAVE EVER REALIZED.

Without further ado, here are the steps I take in my home to keep true nourishment and real prevention first. This list is not exhaustive, nor is it perfect for everyone. But it is a good base.

DAILY CORNERSTONES

PURE WATER — Did you know our bodies are more than 60% water. Water is required for your body to function properly, and if you aren't drinking enough water, your body is functioning at less-than-optimal levels to say the least.

Dehydration can actually cause mineral deficiencies, especially magnesium deficiency. Magnesium is a necessary mineral in many reactions in the body.

Pure water is preferably reverse osmosis or purified/distilled water that has been remineralized with real salt or trace minerals. Do the best you can with your water, but try to avoid tap water.

To properly hydrate your body, it is important to drink 1/2 to your weight in pounds in ounces daily. This means if you weigh 100 pounds, you should drink 50-100 ounces daily. For many, 90 ounces a day is a good target.

This can be daunting to some who haven't been drinking enough water. I recommend drinking a mouthful of water every 5-15 minutes throughout the day to keep yourself safely hydrated. This is actually my preferred method for staying hydrated.

ADEQUATE REST — Sleep is when your body rests and repairs itself. It has been said that not getting enough sleep can undo *everything else* you've done in the day for your health. Most sources suggest at least 7-8 hours of sleep nightly. Find your number though since we are all unique

HEALTHY FATS — Saturated fats are not the enemy they've been made out to be. They are warming and grounding and are essential for the use and absorption of many nutrients. You want to use only organic, grass-fed, raised-with-love-and-respect animal and plant fats. Some examples include butter, ghee, tallow, schmaltz, lard, coconut oil, olive oil, avocados, and nuts and seeds. Aim for at least 3 servings of fat daily (most of us need more like 5-10).

NOURISHING BEVERAGES — Along with water, there are some other beverages that help to support your health. Herbal infusions are similar to teas (just covered and steeped longer) and can count towards your water goals. Bone broth is made from organic, grass-fed, raised-with-love-and-respect animal bones. Freshly pressed green juices are filled with nutrients.

UNREFINED SALT — Real salt is an essential substance. It is chock-full with 70-90 trace minerals depending on the type. Refined salt has zero trace minerals. Even most "sea salt" you purchase has been bleached, processed, and even iodized. Yuck!! Use real, unrefined salt generously. Examples include pink Himalayan, Celtic grey, and Redmond Real Salt. Add a pinch in any liquid you are going to drink for a health benefit. If it tastes salty, you've added too much!

RAW HONEY — Raw honey is filled with enzymes and amino acids as well as minerals and vitamins. It helps to support the immune system. Local, raw honey can help allergy sufferers! Raw honey can even help strengthen our etheric field, and with 5G (a dangerously concentrated form of electromagnetic radiation) hitting more areas, it is vital to strengthen and protect ourselves. Just 1 teaspoon of raw honey daily gives so many benefits. *Note: do not give honey to any child under 2 years old.*

ALMOST DAILY+

PROBIOTICS — Friendly flora not only aids in digestion and the absorption of minerals, but they keep the balance in the gut properly maintained. It has been said that our immune system and even brain may be more realistically located in our gut! Fermented foods like kombucha, kefir, lacto-fermented vegetables, yogurts, and even apple cider vinegar have probiotics to strengthen our microbiome.

REMINERALIZE — Minerals are the building blocks of almost everything in our body. They are the foundation for enzyme activity and they are required for the body to make and use vitamins. There are a few methods for helping your minerals including a trace mineral formula, real salt, herbal infusions, solé water, and cell salts.

VITAMINS — Though this can vary for each person, in general, vitamin C and D3 are two that are important for most people. D3 aids in calcium absorption, supports the immune system, promotes anti-tumoral activity, and is crucial for the replication of healthy cells. And these are just a few of its roles in the body! Vitamin C boosts the immune system, helps promote healthy tissues, and helps with adrenal function among other things.

EXERCISE — We all know it is important to exercise regularly. Depending on your particular needs, exercise can be a vigorous run or a relaxing, meditative tai chi session.

GET OUTSIDE — Fresh air and sunshine are crucial! Sunshine is the only way vitamin D3 is activated in the body (even with supplementation). Touching the earth and being in nature can even help you recover faster from jet lag!

MAGNESIUM SPRAY — Magnesium aids in digestion and enzyme function and is even stress-reducing. Using this at day can set the scene for a restful night. I recommend spraying a few sprays on your arms, legs, stomach, and back and rubbing in gently just after a shower (turn off the water, but don't dry off until you've put on the magnesium spray).

FLOWER REMEDIES — I love flower remedies. Every client of mine has a blend, I always have a blend, my husband always has a blend, even my furbabies get blends! They work on an energetic level to gently restore balance between our minds and bodies. Remember, the root cause of almost all dis-ease is suppressed emotions along with toxicity and nutritional deficiencies. The best approach is to have a naturopath assess and create a personalized blend. However, Rescue Remedy / Five-Flower Formula is wonderful to have on hand for any acute, stressful, traumatic moment.

GRATITUDE — Gratitude speaks to your subconscious mind helping you attract positive things into your life. Finding 5 things to be grateful for before sleep every night will allow you to begin to program your subconscious to align and work with your goals. Every cell in your body listens to your thoughts.

STILLNESS — Whether it is a breathwork practice (pranayama), meditation, self-hypnosis, prayer, or something as simple as resting in corpse pose, the ability to allow the body to rest and enter a parasympathetic state of rejuvenation and repair is important for your health on every level.

WEEKLY+

DETOX BATH OR FOOT SOAK — Using Epsom salt combined with unrefined salt (I like a 2:1 or 1:1 ratio) has a powerful ability to rid the body of toxins. This can help promote better sleep, relieve stress, alleviate irritability, and even improve brain activity and focus.

SILICA — Silica affects many body functions and also has a relationship with mineral absorption. It also helps to protect the body from electromagnetic radiation. Further, silica helps to gently remove aluminum from the brain.

ZINC — Zinc has many roles in the body. It has been shown to help inhibit virus replication. Zinc is important for reproductive health and prostate health for men. Zinc strengthens and stabilizes the structure of the DNA, RNA, and ribosomes. Zinc also helps the body and liver detoxify. In fact, many naturopaths joke that if you stink, you need zinc because of its role in detoxification.

SELENIUM — Another key nutrient for your DNA. Selenium is critical for reproduction, thyroid hormone metabolism, DNA synthesis, and even helps to protect from infections and oxidative damage. Selenium helps to prevent DNA damage and even helps support the ability of DNA to repair itself. Some studies have even shown selenium is helpful with cancer. My favorite form is actually an amino acid called selenomethionine.

IODINE — Iodine is crucial for almost everything in the body! In fact, every cell in the body needs iodine. It even helps with brain function, nerve function, and balancing the emotions. Because of the frequency of iodine, taking iodine and nothing else can bring up all the rest of the minerals in the body. Without iodine, we cannot neutralize toxic substances. Iodine even helps to protect our brain from electromagnetic radiation. Sadly, our food is sorely lacking in iodine for various reasons. There are a few good sources of iodine that can boost your iodine with just a single drop in water or juice a few times a week.

AS NEEDED

ELDERBERRY SYRUP (HOMEMADE) — Elderberries stop virus replication. Use this syrup that is easy to make and store as needed to prevent and recover quicker from illnesses. It can even be taken as a preventative measure when you can't afford to get sick.

FIRE CIDER (HOMEMADE) — A spicy tonic that helps to boost the immune system and decrease inflammation. It is filled with antioxidants, antivirals, adaptogens, antimicrobials, and even analgesics. This is another that can be used as a preventative and as a tonic to get better faster.

MONTHLY+

CHIROPRACTIC CARE — A properly aligned spine allows the central nervous system the best chance to be healthy and function fully. This actually helps your own innate healing powers function better. Monthly is a good maintenance program; however, to get to a maintenance program you may be going 1-2 times a week for awhile.

BODYWORK — Massage, reflexology, lymphatic drain, craniosacral therapy, and even things like Alexander Technique all can help you to move in a more relaxed, comfortable way and release tensions and impingements that are stopping your body from performing at its best. I often recommend some form of bodywork monthly or every other month for optimal health.

ENERGY WORK — What bodywork does for the body, the various forms of energy work do for the energetic layer of our beings. Whether it is reiki, polarity therapy, chakra work, color therapy, sound therapy, or Energy Medicine, working with the energy layers of the body can be transformational. Like bodywork, I frequently recommend energy work be done monthly or even every other month to help bring your entire being at every level into balance.

QUARTERLY+

NATUROPATHIC PROGRAM UPDATES — These sessions allow us to really dig through the layers to approach your health with a truly customized approach. Even though I am a naturopathic doctor, both my husband and I see another naturopath to get the same focused, sacred space and time I give to my clients.

Why is a naturopathic program so worthwhile?

This is where we tailor a program for YOU. Do you need support with your digestion? How are your hormones? How are your organs doing? Do you have parasites? How is your emotional state? What body and energy work sessions are the most beneficial for you? There are so many tunings we can make to bring you into the most harmonious state you can imagine.

Our goal is to bring your body into homeostasis (balance). No matter your thoughts about your body, it is not failing you. It speaks to you of symptoms in an attempt to get your attention so you can make any necessary adjustments. It is also created like a map that repeats in many areas of your body including your face, feet, hands, eyes (both the white and the colored parts), ears, and tongue. In fact, we often see repeating patterns of imbalance in these areas. The goal is to not just guess at something that has helped some people but to find the right blend of things that will work for you! Your naturopathic doctor is trained to interpret the signs and show you how to bring harmony to your health.