



**MY  
HEALING  
PLAN**

**CREATE YOUR  
CUSTOMIZED HEALING  
PLAN INSIDE**

**LISA GAIL ROBBINS**

# **My Healing Plan**

## **A Self-Healing Workbook**

Presented by

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# **Introduction to Your ‘A’ Plan for Healing**

Put together your holistic support team with all or some of the following practitioners.

Your Healing Plan can be a crucial tool to help you move forward to optimum health.

Follow the steps below to create your own individualized Healing Plan.

## **Integrative Physician or Naturopathic Doctor**

Your Integrative Physician or Naturopathic Doctor can order tests for deficiencies of certain nutrients, and toxicities of nutrients, heavy metals, and toxins. Magnesium levels are often low in people with cancer and Calcium levels are often high. How are your levels?

Your physician can order diagnostic tests, so you know exactly what you are dealing with. What type of cancer, where is it exactly? It's important to know details, however, don't get caught up in owning your cancer or tumor by calling it, 'my tumor. Instead, recognize this as a message from your body that you have not been treating yourself as well as you could be. Is this true for you?

Your doctor can refer you to a specialist who may order tests for glandular function and other specific tests related to your condition. They can also order tests for heavy metal toxicity. Many cancer patients have heavy metal toxicity from mercury amalgam dental fillings or exposure to industrial chemicals. Is this you?

Choose a physician who is open minded, supportive and available to you.

Focus on removing the causes of your disease such as toxicity, vitamin, and mineral deficiencies and so on, rather than on the disease itself.

## **Holistic Biological Dentist**

Your Holistic Biological Dentist can help remove toxic mercury fillings and infected root canals. Infected teeth can have a very harmful effect on your overall health as your body struggles to contain the infection. This practitioner will be trained in using rubber dams and methods of safely removing mercury amalgam fillings.

Some regular dentists (not all) do not accept the theory that mercury is harmful. This is not true. Mercury is the second or third (depending on who you talk to) most toxic element to biological life.

Silver fillings are made up of Mercury, Silver, Tin, Copper and other compounds. Independent tests

have shown that Mercury Amalgam dental fillings are dangerous to our health and leak out Mercury on a constant basis. (1999, Lorscheider, Leong, Syed)

Mercury can have extreme negative effects by interfering with your nervous system, breaking down the structure of neurons and suppressing liver function by interfering with biochemical processes in your liver. Your liver needs to be functioning optimally to clean your blood, complete Vitamin D conversion, and heal your body. (2013 Robbins)

## **Holistic or Functional Nutritionist**

Your Nutritionist can help you formulate a series of cleanses that will help to detoxify your organs, tissues, and body systems. They will also help you develop a natural nutrition plan that wholly supports your body's functions while rebuilding and healing damage caused to cells and organs.

They will help you decide what supplements are beneficial and what supplements are not. Specifically, Registered Holistic Nutritionists focus on improving nutrient uptake with raw whole natural foods and supplements made from raw whole natural foods and herbs. They recognize that not all supplements are helpful, and some may be contributing to illness and disease.

This practitioner will be trained in the emotional and spiritual connection to disease and will help provide



steps and resources to remove negative blocks that may be preventing you from healing completely.

## **Master Herbalist**

Your Master Herbalist may be in private practice or may own a health food store or herbal shop. They can support your healing journey with specific herbs or combinations of herbs that help to detoxify and heal your body.

Many herbs have extremely powerful properties that can help to open your detox pathways and get things moving through your eliminatory organs, chelate heavy metals, provide valuable nutrients, kill pathogens, viruses, bacteria, and fungi, and generally improve the state of your health.

Most herbs are medicinal in small quantities and harmful in large quantities, or in certain situations or conditions, so it's important to have a credible source of information.

## **Support Group**

Your Support Group will provide a safe place where you can voice your fears, share valuable information about healing, and focus on moving forward. If it doesn't, find another one that does support you fully.

In some cases, specific to online groups, people can be negative and force their opinion about new ideas and natural healing therapies. If you run across

someone like this notify the Group Admin and ask that they be spoken to or removed from the group. In one case, a woman who chose to heal herself naturally was completely deflated when a woman who claimed to be a physician told her, "Well unfortunately you are the type of person who does need chemotherapy to really get rid of the cancer." Surely, a real physician must know they cannot diagnose and prescribe medication to a person with information from an online group.

You may also find a local support group that meets weekly or monthly in your church or community center. If you can't find a support group that is positive and focuses on healing, you could start your own.

## **Movement, Stretching, or Yoga Practice**

Your Practice will provide a way to de-stress and detoxify your body with movement. Yoga and Stretching are extremely healing practices.

Whether you choose to join a local or online class, be sure your instructor is well trained and privy to the fact that you are dealing with a serious illness. If the thought of 'yoga 'turns you off, please realize that yoga is simply a form of serious stretching.

You may wish to bring your stretching practice home so you can enjoy the benefits more frequently, while at the same time improving immune function by lymphatic stimulation through movement. Your

lymphatic system is passive, unlike your cardiovascular system, which uses your heart pump to press fluid through your arteries and veins. The lymph system requires movement for optimum flow of lymph fluid through your lymph system, nodes, and spleen, which is your largest and most important lymph node.

If you sit still all day, so does your lymph fluid. Movement fosters good health.

Moving outside in the fresh air and sunshine has multiple benefits which will always make you feel better. Take up a practice of moving outside every day you feel it's possible for you. Stretching on the deck or lawn, taking the dog for a walk, or taking yourself for a walk in the forest, or a park, are all options. The best option for you, is the one you enjoy most. Just move.

## **Organic Natural Food and Supplement Suppliers**

Here is a space to list the names, locations, and contact information for the places where you purchase your healthy food and supplements.

## **Practitioners 1 to 4**

This is an extra space for you to add any Practitioners not listed above.

# My Healing Plan Instructions

Your power to heal your body is enormous and your ability to do so requires knowledge, support, action, and ongoing commitment.

The right goals and intentions can create an effective vision for healing success.

Picture your vision of optimum health in your mind and revisit this picture every time you get a chance to sit or lie in quiet. When you go to sleep and when you first wake are perfect times for this.

What I mean is, what is your vision of perfect health for yourself? Where are you standing, how do you look, how do you feel, what do you know about body and your strength?

Listing your healing accomplishments can help bring clarity to how far you've already come. Sometimes we forget how far we have advanced. Don't focus on all you need to do to become healthy, focus on the improvements you have made to increase your power and motivate you to move forward in healing. Take baby steps. Be gentle and caring with yourself and keep moving forward.

Be specific, detailed and focused when you create your plan. Reread your Healing Plan daily until it is firmly fixed in your mind. Tweak as needed.

Stay focused and remember the secret to success in anything is to NEVER, EVER GIVE UP!

Fill out the template below.

Place My Healing Plan where you can see it every day.

Update My Healing Plan as often as needed.

# **My Goals, Visions, and Resources**

**Today's Date**

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**My Healing Goals**

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**My Ideal Vision of My Health and Life**

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**My Accomplishments to Date**

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**My Resources**

**Books To Read**

The Cancer Journal Heal Yourself

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## **Videos and Audios**

<https://thegoodwitch.ca/category/teachings/healing-interviews/>

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**Courses To Take**

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**People To Follow**

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# Practitioners

## Integrative Physician or Naturopathic Doctor

Name

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Phone

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Location

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### **What I Need from This Relationship**

Example: Caring, Honesty, Open Mind, Support,  
Specific Testing

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**What I Will Give to This Relationship**

Example: Honesty, Trust, Positive Attitude, Respect

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**Things I/We Are Working On**

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**Questions For My Next Appointment**

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## Notes

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# Holistic Biological Dentist

Name

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Phone

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Location

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## What I Need from This Relationship

Example: Experience with Amalgam Filling Removal,  
Honesty, Open Mind

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**What I Will Give to This Relationship**

Example: Honesty, Trust, Positive Attitude, Respect

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**Things I/We Are Working On**

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**Questions For My Next Appointment**

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## Notes

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# **Holistic Nutritionist or Functional Nutritionist**

Name

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Phone

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Location

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## **What I Need from This Relationship**

Example: Honesty, Attention, A Kick-Ass Nutrition  
Plan

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**What I Will Give to This Relationship**

Example: Take Notes, Listen, Trust, Respect, Take Action, Commitment

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**Things I/We Are Working On**

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## **Questions For My Next Appointment**

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## Notes

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# Master Herbalist

Name

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Phone

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Location

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## What I Need from This Relationship

Example: Broad and Specific Knowledge, Caring Attitude, Effective Herbal Therapies

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### **What I Will Give to This Relationship**

Example: Take Notes, Listen, Ask Questions, Mutual Respect, Take Action, Follow Through, Allow Herbal Medicine Time To Work

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**Things I/We Are Working On**

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## **Questions For My Next Appointment**

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## Notes

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# Support Group

Name

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Phone

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Location

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## **What I Need from This Relationship**

Example: Openness, Honesty, Support, Caring  
Attitude, Listening Ear, Great Recipes, Tips and Ideas  
About Healing, Natural Focus

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**What I Will Give to This Relationship**

Example: Openness, Honesty, Support, Caring  
Attitude, Listening Ear, Great Recipes, Tips and Ideas  
About Healing

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**Things I/We Are Working On**

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## **Questions For My Next Appointment**

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## Notes

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# Movement Practice

Name

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Phone

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Location

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## **What I Need from This Relationship**

Example: Care, Kindness, Variety, Safe Place,  
Friends

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**What I Will Give to This Relationship**

Example: Focused Attention, Punctuality, Friends, Kindness, Commitment to My Practice

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**Things I/We Are Working On**

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## **Notes For My Next Practice**

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# Whole Organic Natural Food Suppliers

Name

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Phone

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Location

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## **What I Need from This Relationship**

Example: Variety, Honesty, Quality, Fair Prices,  
Knowledge

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**What I Will Give to This Relationship**

Example: Respect, Support, Understanding, Sense of Community, Commitment

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**Things I/We Are Working On**

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## **Questions For My Next Appointment**

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## Notes

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# Practitioner #1

Name

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Phone

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Location

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**What I Need from This Relationship**

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**What I Will Give to This Relationship**

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**Things I/We Are Working On**

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## Questions For My Next Appointment

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## Notes

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## Practitioner #2

Name

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Phone

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Location

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**What I Need from This Relationship**

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**What I Will Give to This Relationship**

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## **Things I/We Are Working On**

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## **Questions For My Next Appointment**

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## Notes

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# Practitioner #3

Name

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Phone

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Location

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**What I Need from This Relationship**

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**What I Will Give to This Relationship**

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**Things I/We Are Working On**

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## Questions For My Next Appointment

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## Notes

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# Summary

As you create 'My Healing Plan' please take the time to let me know if there were anything you would like added to this template. I value your opinion and want to be sure my products help you move toward your goals.

Please send me a quick email at [lisa@thegoodwitch.ca](mailto:lisa@thegoodwitch.ca) to let me know what changes and ideas you have, to make this template better.

Thank you!

Wishing you much healing and blessings,

Lisa

Lisa Robbins, BScHN, RHN, CTT

[www.thegoodwitch.ca](http://www.thegoodwitch.ca)

## References

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