



Erika Nabuurs, Medicine Woman

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Merville, BC

## General Treatment Approach

### - Overview -

The content below is intended to inform you about my clinical approach, and to describe the fullest expressions of the treatment program I offer. It is content-heavy, so I will ask you to take some time to really sit with it and read through it thoroughly. Then please ask me to clarify anything if necessary.

#### 1. Description of My Offering

#### 2. General Treatment Approach (MECA-morphosis Program)

In order to successfully address and resolve physiological ailments, emotional entanglements, psychological distress, spiritual unrest, and electromagnetic imbalance, we must first create a stable physiological environment, via optimal hydration, blood sugar regulation, hormone balancing (endocrine system recalibration), optimization of intestinal micro-biota, and activation of the **parasympathetic nervous system**. See attached documents for more details:

#### 3. Autonomic Recovery Sugar Control Program (find at [MECA.Life/services](http://MECA.Life/services))

#### 4. Nervous System Overview (find at [MECA.Life/resources](http://MECA.Life/resources))

5. You may be interested to know that I am a practicing **Yogi**, with guidance from Sadhguru Jaggi Vasudev and Isha Foundation. I also walk with the Si Si Wiss medicine people of the Pacific North West. After my medical training, I was guided to a place and moment in which I was invited to join the Red Cedar Drumming Circle. I recognize that I have always been walking and healing in this way, and now I share in learnings and teachings and healing practice from deeply rooted Pacific West Coast medicine lineage. You can ask me about it if you wish.

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## 1. Description of My Offering

To shift the body's autonomic nervous system, default setting from Sympathetic Dominance to Parasympathetic Dominance. ie: From Fight or Flight to Rest and Digest. From STRESS to RELAX

To Guide You along your Journey from mind into HEART!!

To draw You out of Your disillusioned state of struggle and **victimhood**, and guide You into Your True Reality, as **Master Creators of Your own Experience!!**

Which means, recognizing the reality that we create every situation in our Lives, including illness, injury, and insult!

We are creating opportunities for Personal Growth... How we choose to navigate these opportunities is a different story!!

I offer the **Skills** and **Training** at all Physical, Emotional, Psychological, and Spiritual levels, necessary to navigate each opportunity we create for ourselves in a **Purely Constructive Manner**, in order to produce **Active Growth!!**

Revive Personal Integrity, through Physiological Restoration, Emotional Untangling, Release of Recurring Psychological Patterns, and Spiritual/Energetic Awakening.

**MECA-morphosis** is a Comprehensive Health Rehabilitation System, which restores your body's ability to self-regulate by establishing physiological and energetic Harmony. **MECA-morphosis** provides restoration and rehabilitation on all levels: structural, physiological, psychological, emotional, and spiritual.

This health system is foundationally derived from the art of Magnetic Healing. Assessment occurs by the use of touch points on the body, which correlate with specific physiological systems.

Muscle testing (applied kinesiology), is used to identify dysfunctional systems via specified body touch points. Optimal physiological function of each system is restored through corrections performed as a series of mechanical stimulation to spinal nerve roots. These stimulate the autonomic nervous system and activate parasympathetic dominance, aka "Rest and Digest."

This is the **only physiological state in which Healing can occur.**



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By combining MECA-morphosis, Chakra Harmonization, Magnetic Healing, Homeopathy, Bowen Therapy, Hydrotherapy, Acupuncture, Breath Training, Yoga Training, Language-use retraining, and more, I offer a comprehensive pathway through your rehabilitation process, and movement OUT of your current state of pain, suffering, and victimhood.

I strive to retrain You and Your body to Listen and Recognize Your own cues, in order to Self-Regulate Harmoniously!

In essence, I'm guiding you through the clearing-out of all the 'noise' so that you can communicate with Your SELF, to **implement Your uniquely optimal lifestyle**, and become **Master Creator of Your Own Life!**

With Love.

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## 2. General Treatment Overview

BELOW is the GENERAL OVERVIEW that I send out to all patients, to give clarity on the most comprehensive approach I offer; and to describe what my foundational intentions are. From this baseline, we will customize our approach with more or less involvement, according to the symptoms/scenario you are presenting with, what you are willing to accept in terms of healing guidance, and what level of work (changes/adjustments/personal investigation) you are willing to commit to for yourself!

My hourly rate is \$200CAD.

The initial appointment should be no less than 90min and ideally 120min, which will give me time to do a thorough history taking, consultation, "game-plan" development, and brief therapy session to get you started...

I will customize an approach for you based on your needs as revealed in the initial consultation, but my approach will follow generally along the format of my personally designed MECA-morphosis offering. This offering has proven indescribably transformative (physiologically, mentally, emotionally, spiritually, and energetically) for hundreds of people who have committed to the investment in themselves. The incredible results come primarily from the commitment, made from both sides; you having the courage to dig deep and clean out the "crud" on all levels, and me to guide and support you through the ups and downs of that journey!!



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For this reason, I encourage you to consider the full 40hrs offering. We can discuss variations and alternatives in session.

You can check out testimonials from people who have walked through the **40hrs MECA-morphosis** Offering here: <https://meca.life/all-testimonials/>

### **MECA-morphosis (40hrs)**

It Is Time to Shift Your Paradigm! Cut through Your Bullshit! Identify Your Hypocrisies! See through Your Perceptions! Drop Your Storyline and Make Way for the Integrity of Your Being!

Within this offering I address cross-spectrum health issues including physiological, emotional, psychological, spiritual, and electromagnetic.

You will learn how to RESOLVE and WALK OUT of Your acute illnesses, chronic ailments, and traumas, Once & For All!

You will learn how to identify persistent and prevailing stressors and emotional blocks in your life and how to re-perceive their purpose and opportunity.

You will REMEMBER how to Navigate your own Life and relationships around you, via directive from Your Inner Being... by Clearing Out all the auxiliary information, all the chatter, self-doubt, mistrust, self-destructive, & self-sabotaging patterns... to See, to Listen, to FEEL and to TRUST Your Authentic Truth, Your SELF!

You will Learn how to Come to Choice, Take Action, and Follow Through on Life, from this place of PERSONAL CLARITY & UNDERSTANDING.

You will become the "Watcher of the Thinker" as you step into simultaneous observation of, and participation in, Your own Life!

Essentially, You will watch YourSELF Transform:

From compounded complexity into flowing simplicity,  
From mind into HEART,  
From fractured separation into Oneness & All-ness simultaneously.  
From illness into ALLNESS!



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If you feel this process (as I describe it above) resonates with you, and if you feel you are ready and wanting to look at and resolve some of your most **persisting chronic issues, deepest emotional blocks** and **traumatic entanglements**, than You will most definitely benefit from this experience, and this investment... in YOURSELF!! You will **start noticing a difference in yourself** (the choices you make, the way you feel about yourself, the way you conduct yourself with others, the way you feel about your presence in this world, etc, etc) **within weeks!!** That being said, this is an **extended work project** and the work will go on, beyond the 3 months that you spend with me... but you will see that it becomes much easier and more JOYFUL to navigate life for yourself, and with others... because, you will learn how to HONOUR YOUR OWN BEING (and others) by LISTENING to YOUR CLARITY about your own health on all levels (physical/mental/emotional/spiritual/electromagnetic). Moreover, you will learn how to CLEARLY IDENTIFY & EXPRESS YOUR TRUTH to whomever, whenever, wherever, without reservation or guilt for doing so!

By the time we reach 3 months, you will be laughing at yourself more often; speaking Your Truth clearly without reservation; you will recognize your stress triggers in real-time (as they are occurring) and be able to navigate through them and release them on your own; and among many other things which we will discuss in session, you will find yourself LOVING YOURSELF (and others) and being COMPASSIONATE with YOURSELF (and others) on a regular basis!!!

**The 40hrs (3 month) MECA-morphosis program is \$7000.00**

My clinical rate is \$200/hr. Yet, by choosing into the full program (or an agreed variation thereof), you receive a **\$25/hr discount** on my hourly rate, because of your obvious commitment to put in the work for yourself; and also because concrete, lasting results for you, translate into referrals back to me. I have tried various approaches but have found repeatedly that **40hrs of committed team-work** is the "sweet spot" which produces **lasting life-changing results**. This amount of time **allows you to get comfortable with the process** and **trust yourself** to identify, navigate and resolve long-standing, even generational issues, **without** having your buttons pushed too hard or too fast, and **without** leaving you flailing with a stirred-up "shit pile" because "therapy time ran out."

**My primary interest** is in getting a **commitment from you**; that you are **ready to dig deep for yourself** and to **work for your own health** (with my guidance and support of course). I do not want finances to be a barrier to your health and healing journey... So, **I am willing to negotiate**.

Some options include: extending the 40hrs of work over 4 to 5 months; conducting the 40hrs within 3 months but creating an extended payment plan; or **condensing the 40hrs into no less than 20hrs** such that total cost becomes **\$4000**, but UNDERSTANDING that this means **I will push you harder and faster**, and call you on your bullshit **more swiftly and directly** than I otherwise would. Such that, you may find yourself getting triggered more often, trying to reject/escape/deny what I share with you, and



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even feeling upset or angry with me by times. I want to accommodate various financial situations but DO NOT want to leave anyone in the middle of an unresolved “shit-storm” because we did not dig deep enough in the time we had. So, I describe the conditions of the alternative such that YOU can make an INFORMED CHOICE about what you are willing to commit to, for Yourself.

### Original MECA-morphosis Program Schedule

Month 1 (22hrs): First month is very dense with multiple and lengthy appointments and concentrated work.

Month 2 (14hrs): Second month is still lengthy appointments, but less frequently.

Month 3 (4hrs): Third month is a tapering period, with less lengthy and less frequent appointments.

### MECA-morphosis Program Appointment Schedule

#### Week 1: Two Appointments

1. **Initial Appointment** (2hrs): Review of Intake form; Discussion of Chief Concerns; Discussion of Health Goals; Introductory Therapy.
2. **Basic Exams – Extended** (2hrs): Basic Physiologic Exam; Begin 2-week **Autonomic Recovery Program** (see document) ie: resetting **Parasympathetic Dominance** (Relax, Rest & Digest state) via hydration, exercise, diet, sleep, and stress factor elimination.

#### Week 2: Two Appointments

1. **Basic Exams – Extended** (2hr): Blood Sugar Check; Basic Exams (Structural, Allergy, Emotional, Energy, Learning, Immune)
2. **Basic Exams – Extended** (2hr): Blood Sugar Check; Basics Exams (**Retest ALL Basic Exams** – Physio, Structure, Allergy, Emotion, Energy, Learning, Immune)

#### Week 3: Two Appointments

1. **Basic Exams–Extended** (2hr): Blood Sugar Check; Basics Exams (**Retest previous positive findings** from ALL Basic Exams – Physio, Structure, Allergy, Emotion, Energy, Learning, Immune – To ensure corrections hold)
2. **Harmonization Vials + Emotional Untangling** (4hrs): 30min segments every 90minutes (Body needs time to process after each set of vials, and after every 3-5 emotions). You can leave clinic and return. We can discuss how many segments you may need or want to do per day. We can do multiple half-days if preferred); Blood Sugar check



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Week 4: Two Appointments

1. **Harmonization Vials + Emotional Untangling** (4hrs): Same as above ... **Blood Sugars now stabilized.**
2. **Harmonization Vials + Emotional Untangling** (4hrs): Same as above

Week 5: Two Appointments

1. **Core Inquiry** (2hrs): Identification of Your Core Truth and Falsehood. Begin training to identify triggers.
2. **Trigger Clearing** (2hrs): Address real life triggers that have surfaced/presented during the week.

Week 6: One Appointment

1. **Emotional Untangling + Trigger Clearing** (4hrs): Vital Scan; Chakra/Energy work; Emotions; Triggers

Week 7: One Appointment

1. **Emotional Untangling + Trigger Clearing** (4hrs): Vital Scan; Chakra/Energy work; Emotions; Triggers

Week 8: One Appointment

1. **Extended Visit** (2hrs): Vital Scan; Chakra/Energy work; Emotions; Triggers; Symptom Resolution\*

Week 9: One Appointment

1. **Brief Visit** (1hr): Vital Scan; Chakra/Energy work; Emotions; Triggers; Symptom Resolution\*

Week 10: One Appointment

1. **Brief Visit** (1hr): Vital Scan; Chakra/Energy work; Emotions; Triggers; Symptom Resolution\*

Week 11: One Appointment

1. **Brief Visit** (1hr): Vital Scan; Chakra/Energy work; Emotions; Triggers; Symptom Resolution\*

Week 12: One Appointment

1. **Brief Visit** (1hr): Vital Scan; Chakra/Energy work; Emotions; Triggers; Symptom Resolution\*

\*Treatment will be chosen on the given appointment day, depending on patient progress and necessity.



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Additional Therapies include:

- Lifestyle & Nutrition counsel
- Emotional & Psychological counsel
- Homeopathy
- Hydrotherapy
- Herbal Therapy
- Acupuncture
- Tissue Manipulation: Fascia, Muscles, Organs, Bones
- Bowen Therapy
- Auric Cleansing
- Chakra Harmonization
- Sound Therapy – Music of The Spheres
- Electro-Magnetic Field Clearing & Restoration
- Past-Life Integration: Time Line Therapy
- Inner-Child Integration Therapy
- Spirit Realm Navigation
- Spirit Drum Journey
- Guided Meditation
- Yogic Instruction/Inspiration
- Language-use Retraining
- Breath Training

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I look forward to working with you and answering any questions you may have.

We will start with **2 hours** for intake, counsel, and initial therapy.

Following the initial session we can discuss options for continued work together, as you feel willing and wanting.

With Love & Gratitude,

Erika

