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We can't control what goes on the outside. But we can always control what goes on the inside. Being intentional is about adding in practices that raise your personal vibration frequency.

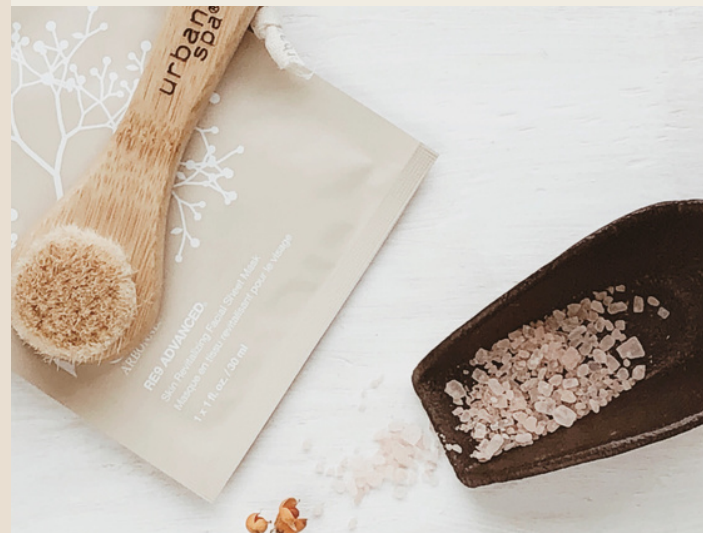


GO SEE SUE
*high vibration
thinking partner*

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5 HIGH VIBE *tools*



Align your lifestyle, spirit & energy.

www.goseesue.ca

Five tools to high vibe....

Crystals are known for their powerful vibrations, acting to raise, realign & recalibrate your energy. Wear them as jewellery, place them on your skin or keep them where you work. To amplify love vibration - Rose Quartz, to infuse joy and enthusiasm - Citrine or Tiger's eye.



Add in high vibration **essential oils** to your day. Think of your day in terms of frequency, energy & vibration. While all essential oils vibrate with high frequency, consider these to diffuse during your day to improve your rounding and high vibration frequency: Helichrysum, Rose, Idaho Blue Spruce

Benefits of raising our Frequency:

deep relaxation for stress

enhance well being, sleep & happiness

enhanced cognitive and brain function*

*<https://pubmed.ncbi.nlm.nih.gov/16731723/>



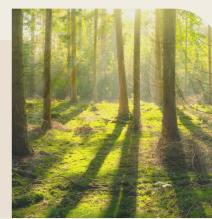
Dry Brushing

body & face

Your lymphatic system lies just below the skin's surface. **Dry brushing** supports stimulation of the lymph, improve surface circulation, exfoliates skin & supports the body to raise its overall vibration frequency with this healthy daily habit.

Forest Bathing

grounding yourself



Shinrin Yoku* is the Japanese practice of taking in the forest atmosphere. Many studies are starting to document the benefits on our bodies while walking in the woods and benefitting from the trees.



Skin Care

high vibration skin care regime

Flower essences contain the healing power of nature. We work with our skin daily, try adding floral infusions, switch to a plant based skin care system.

*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2793347/>



Want to go deeper?

- reach out for a personal Nutri-body assessment
- schedule a 1-1 chat to review nutrition supports
- access resources for brain fog, digestion, energy
- access to essential oils and benefits and great Canadian companies to purchase from
- receive a holistic approach to possible solutions
- access to vetted practitioners and programs

learn more at: goseesue.ca