

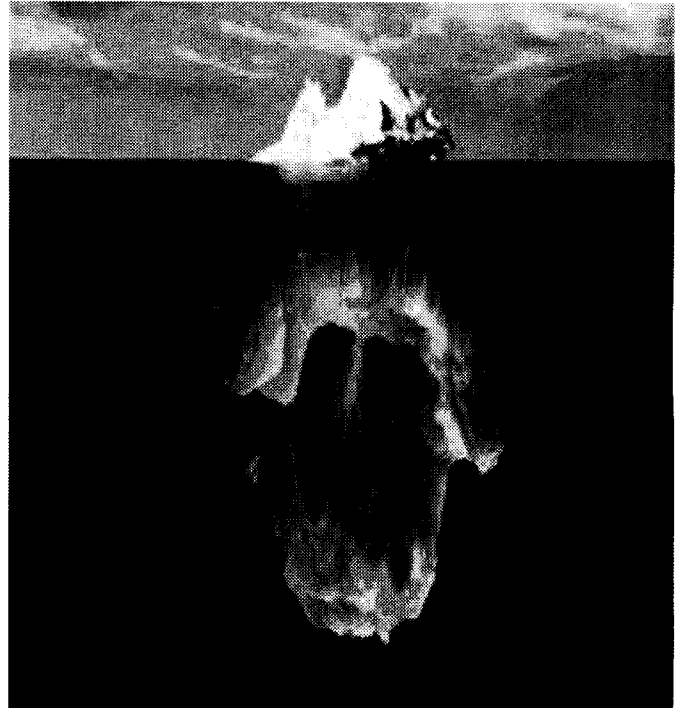
# Our Bodies and The Iceberg

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## ~ The Iceberg: A Wonderful Metaphor for Our Bodies ~

**The Iceberg Above the Surface of the Water:** This is what we have come to know as our symptoms: our “pain body,” the things that hurt. These are the things we are *consciously* aware of such as: I have anxiety, I can’t focus, I don’t sleep enough, my joints ache, I have neuropathy, I get migraines, I hurt here and there, I have this disease or that, etc.

**The Iceberg Below the Surface of the Water:** This is the part of us, our health, and our developing “dis-ease” state that we are consciously unaware of because we cannot see “it” or feel “it” **yet**. This is representative of the diseases-in-the-making under the surface of our conscious knowing. For example: Did a person who is diagnosed with cancer just get cancer the day they received their diagnosis? Of course not. This condition of imbalance had been developing for years quietly under the surface of a person’s conscious knowing. This is true of most other chronic illnesses. Due to toxins, stress, and genetic predispositions there are “causal chains of diseases” that exist under the surface of our knowing, i.e. that iceberg under the surface of the water which cannot be seen or felt.



**The Beautiful Thing about Our Product:** Upon entering the body, the phytocannabinoids in our organic, water-soluble, full spectrum, nutrient-rich hemp oil KNOW immediately where to go to serve our body and every system in it! Our body’s wisdom directs them to go to EXACTLY where they are needed to recreate homeostasis. For some of us, these phytocannabinoids go immediately to our symptoms, our pain body. When this happens, we feel relief. When our symptoms are relieved we have a conscious gauge and we say, “Oh my! This hemp oil is working” because we see it, feel it, and know it. However, sometimes the phytocannabinoids will be directed to go below the surface of our conscious knowing, to those places of imbalance where “pain” may not **yet** be associated. If this is where the phytocannabinoids are being directed in our body we may say, “Oh this hemp oil doesn’t seem to work for me. I don’t feel any different.” But, nonetheless, they are “doing their job!”

**What Science is Revealing about the Endocannabinoid System:** The scientific and medical community is learning that the phytocannabinoids in our 100% water-soluble, full-spectrum hemp oil play an essential role in reestablishing homeostasis in EVERY system of the body. Yes, every system of the human and animal body. It has been known for several years now that most of us suffer from an “Endocannabinoid Deficiency.” By introducing UltraCell™ into our bodies we are literally fueling all engines to bring balance to every system in our body.

**The Perfect Supplement:** MDs and other medical professionals who have learned about UltraCell™ believe it is nature’s perfect nutraceutical in a perfect delivery system for the human and animal body!

# Health Questionnaire #1:

Please take this questionnaire **BEFORE** you start taking your UltraCell™

**INSTRUCTIONS:** On a scale of 1 to 10 rate each of the following categories (with **1** representing **NO** health challenge and **10** representing a **BIG** health challenge):

- |                       |                              |                              |
|-----------------------|------------------------------|------------------------------|
| a. Joint Health _____ | e. Neurological Issues _____ | i. Sense of Well-Being _____ |
| b. Sleep _____        | f. Overall Mood _____        | j. Memory Issues _____       |
| c. Headaches _____    | g. Stress _____              | k. _____                     |
| d. Body Pain _____    | h. Focus _____               | l. _____                     |

**IMPORTANT THINGS TO NOTE AS YOU START YOUR 7-DAY CHALLENGE:**

- After you have completed the pre-questionnaire above, fold it under and don't look at it until after you have completed the 7-Day Challenge and also have completed the "AFTER" Questionnaire.
- Do not change anything else in your life this next week. The only thing different is that you are taking this full spectrum hemp oil.

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## Dosing and How to Take the Hemp Oil:

Recommended Dose: The daily recommended dose for the UltraCell Mini 7-Day Challenge is 1 m.l. or 3/4 of a dropper-full or 15 drops under the tongue (hold it there for a minute, swish it around, and swallow it). Some people like to take half their dose in the morning and the other half before going to bed. There is a small percentage of people who when taking their full dose in the evening before bed, experience challenges sleeping while others sleep like a rock. For people in this group, take your full dose earlier in the day and then you too will hopefully sleep like rocks! There is **NO** toxicity associated with this product nor can one take too much. (Please Note: For the Hemp 7 Mini the full dose is 50 drops a day.)

Detox Reaction: Some people may experience a "detox reaction" (irritability, headache, nauseous, etc.) taking our hemp oils because phytocannabinoids support detoxification. Detoxing is not a bad thing, but it may be uncomfortable for some people and may inhibit one from fully functioning. You will find some people will want to push through their detox symptoms, while other want to avoid them. For the small percentage of people who feel they may be prone to a detox reaction, here are the instructions: Start taking your 7-Day Challenge by introducing the oil to their bodies gradually. Take a first dose in the morning by placing one drop under tongue. In another one to three hours, place 2 drops under tongue. In another one to three hours, place 3 drops under tongue. In another one to three hours, place 4 drops under tongue. In another hour or two, place 5 drops under tongue. At this point one will have taken a full dose of 15 drops of UltraCell or 3/4 of a dropper-full. Of course, if a person notices any detox reaction, they may stop dosing. Wait several hours or until the next day and then advise them to keep their dose to that level and gradually increase it over the course of a few days. (For the Mini of Hemp 7, do the same. Work up gradually until you achieve the full dose of 50 drops a day.)

Possible Additional Dosing: The MDs I work with recommend people with chronic conditions consider taking two or three doses a day for two or three months. It is thought that this dosing will "reboot" the endocannabinoid system.

Dosing for Animals: Many of us are experiencing wonderful results with our 4-legged companions. Start out with 1-2 drops per 10 pounds. It is best to rub on gums or have them lick it off your hand. If this is not possible, add to water.

Questions: If you have any questions about dosing, please contact me.

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## Health Questionnaire #2:

Please take this questionnaire **AFTER** you start taking your UltraCell™

**INSTRUCTIONS:** On a scale of 1 to 10 rate each of the following categories (with **1** representing **NO** health challenge and **10** representing a **BIG** health challenge):

- |                       |                              |                              |
|-----------------------|------------------------------|------------------------------|
| a. Joint Health _____ | e. Neurological Issues _____ | i. Sense of Well-Being _____ |
| b. Sleep _____        | f. Overall Mood _____        | j. Memory Issues _____       |
| c. Headaches _____    | g. Stress _____              | j. _____                     |
| d. Body Pain _____    | h. Focus _____               | k. _____                     |

How many days were you on the Challenge? \_\_\_\_\_

Describe how you did your dosing: \_\_\_\_\_

After reading about "The Iceberg and Our Bodies" (on the other side) how do you feel the Hemp Oil has helped to improve the quality of your life and your health?