

Join us for 9-day *Why Is This Happening To Me... AGAIN?!* Residential Intensive, May 23-31, 2025 in ABINGDON, VA with dr michael ryce

We have held our prices at HeartLand at \$1,575 for years, however, with the increase of food prices and the fact that we are renting a facility, this intensive is \$2,000 for a shared room, \$2,500 for a single if available.

BONUSES EXPIRED MAY 9TH, BUT YOU CAN STILL REGISTER FOR THE 9-DAYS.

LETS TALK ABOUT THE INTENSIVE FOOD!
We will be doing the Nutritarian “Eat For Life” Program.

Are you familiar with the equation: $H = N \div C$?

ARE YOU READY TO SERIOUSLY UPGRADE YOUR NUTRITIONAL INTELLIGENCE, HEALTH AND ABILITY TO PREPARE AND ENJOY DELICIOUS FOOD AND ACCOMPLISH SIGNIFICANT INNER HEALING ALL IN ONE 9-DAY INTENSIVE? Once one puts the mind/“body”/Being interrelationship in order through AUTHENTIC Forgiveness the realization comes that:

HEALTH = nutrients \div calories.

During this nine day “*Why Is This Happening To Me... AGAIN?!*” INTENSIVE, aside from the deep inner work we will be doing (see the flyer below) we will be using the scientific, whole-food, Nutritarian food program created by Dr. Joel Fuhrman as a healing/detox/weight loss regimen. In this proven dietary system, micro/macro-nutrient density and diversity creates a synergistic effect between vitamins, minerals, phytochemicals and flavonoids that support efficient metabolism, immune function and DNA synthesis which protects from free radicals and oxidative stress. Supplement input will be offered to assure nutritional excellence. **The objectives?** Create an enhanced lifestyle that resolves nutritional insolvency that protects cellular integrity while moving toward vitality and ideal weight; achieve hormone favorability (*specifically reducing insulin and IGF-1 — which promotes longevity, slows aging process and inhibits cancer activity*); help in reversing chronic disease; prolonging life span and maximizing health! Dr. Fuhrman explains...
<https://www.youtube.com/watch?v=JjLDVvScmJA>



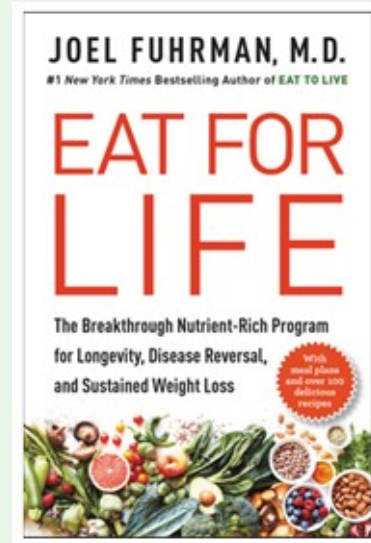
We are **blessed** to have our food preparation and nutritional teaching program led by Jurate Rubikene, certified Nutritarian Health and Wellness Coach. Everyone in the Intensive will have the hands-on opportunity to learn how to prepare tempting, delicious dishes that optimize detoxification, body fat composition and enhance well-being! Jurate will present ANDI: the

Aggregate Nutrient Density Index — a guidance system that uses 36 nutritional factors to

help identify the most nutrient dense foods! Jurate shares, “On a personal level Nutritarian diet helps me to keep my health at its peak. It was a main tool while my son was healing from non-Hodgkin’s lymphoma and played a huge role in my partner Tom’s quick recovery from ventricular arrhythmia heart attack.”

Sickness and disability are not normal! The SAD (Standard American Diet) promotes chronic disease, suppresses immune function, and leaves people overfed and undernourished. There will be no empty calorie foods such as sugar, junk sweeteners, white flour, pasta and rice, no processed foods and we will use little or no salt, oil, or sugar. All foods will be freshly prepared and, much as possible we will utilize whole, organic foods!

For those who want to kick coffee, a suppressant that, with 4 cups, cuts blood flow to the brain by 40% and raises blood pressure... we will have a healthy breakfast beverage, DandyTea, most people enjoy as much as coffee!
WATCH HERE — THE BRAIN ON CAFFINE:
<https://youtu.be/kjEXroCD4O8?si=uW0Us8FeUKHcgZbx>



“Why Is This Happening To Me ... AGAIN?!”



9-Day Residential Intensive

Fri., May 23 to
Sat, May 31, 2025

Abingdon, VA / Bristol, TN



Proclaimed one of the most profound, life-transforming events on the planet!

**INCLUDES ACCOMMODATIONS, VEGETARIAN MEALS,
WORKSHOPS, AND WORKSHOP MATERIALS**

TOPICS COVERED INCLUDE:

- ♥ **Why Is This Happening To Me...AGAIN?!**
- ♥ **Healing Through Relationships**
- ♥ **Hands On Energy Field Work**
- ♥ **MindShifters & StillPoint Breathing**
- ♥ **Communication – Did You Hear What I Think I Said?**
- ♥ **3 Personal Code Evaluations (Pre, Post and Future)**
- ♥ **On Creating Consciously**
- ♥ **Nutritarian Food Program**
- ♥ **Empowered To Heal**

A unique, original syntheses of science, psychology, Naturopathic medicine and theology, rich with insights from the ancient Aramaic language, especially 1st century Aramaic Forgiveness. A workshop that offers practical, workable *tools for self-healing* and putting an end to recurring life patterns.

**A clear message of hope for healing our human family!
TOOLS WITH WHICH LIFE CAN BE TOTALLY RECREATED!**



“THE LAST SET OF SELF-HELP TOOLS YOU WILL NEED TO USE”

Contact dr. michael ryce (954) 205-4996

P O Box 1901, Bristol, TN 37621

FREE APP: “HeartLand Aramaic Forgiveness” in App Stores

FREE BOOK: Download at www.whyagain.org/book

FREE 5 day/week support on Nedl from Noon-2 PM EST

Download the NEDL App, register and select MindShifters Radio!



Try email marketing for free today!