



Superfoods

Intensive one-day workshop

**Tonic Longevity Herbs, Elixirs and Superfoods
with Inga Bylinkina (USA/RUSSIA)**

International gathering. Open to all to attend.
with lunch and dinner held at the

Heilsustofnun Center

July 11th

In this engaging class, Inga will explore the ancient and time tested strategies to address our most common modern day health concerns that are rooted in nutritional deficiencies, stress and environmental factors.

You will get an overview of Herbal Tonic and Superfood Nutrition approach to health and practical life enhancing information along with specific protocols and recipes.

What you will get out of this workshop:

- Find out about specific herbs and superfoods that support the whole body adaptation to the demands and stresses of modern living.
- Learn to make delicious tonic elixirs and smoothies that boost health and longevity, balance the emotions and lift the spirit.
- Get tastings of Inga's favorite herbal teas and elixirs recipes

The presentation will start with an introduction to **The Art of Radiant Health**, the ancient

Taoist philosophy of **Three Treasures**, and the world of **Tonic Herbalism**.

Tonic herbs and medicinal mushrooms are considered superior medicine for keeping the body healthy and balanced. They nourish and support the body's systems on a deep level and naturally increase our energy levels. Medicinal mushrooms are essential for managing chronic illness and helping the body rebuild its own natural defenses. Current research indicates that many of these herbs help our bodies manage stress response. Gynostemma, Astragalus, Schizandra, He Shou Wu, Reishi and Cordyceps are a sampling of herbs we'll discuss in this class.

We will then explore what **Superfoods** are and what role they play in our nutritional demands these days. You will learn how to plug nutritional gaps in your diet using superfood nutrition and practically apply the principles of "Food as Medicine".

We will then explore the **Elixir Craft!** Crafting elixirs that combine tonic herbs and superfoods is a fun and inspiring process. The basic formula for crafting is simple and it is a wonderful art that can evolve over time as you learn the way different herbs and ingredients work together.

We will discuss:

- Anatomy of a superfood elixir and principles of herbal alchemy
- Innovative way to use superfoods and herbs in warm smoothies
- Guidelines for taking herbal elixirs to get the most benefits

Timetable

9am-12: session 1

Lunch

2-5pm; session 2

Dinner

Join us this evening for a special event: ORMES MAKING

7.30-9.30pm Ormes workshop

The Art of ORMES: A practical Workshop

The term ORMES comes from "**Orbitally Rearranged Mono Atomic Elements**". Ormes is a source of trace elements and minerals which are extracted from seawater using a unique process. Ormes materials are thought to be the precious metal elements in a different atomic state. They are anti-aging minerals, and on the cutting edge of superfood nutrition. These precious metals have the unique ability to remain stable in the monatomic form, which can then lead to effects ranging from levitation (weight losses) and to many fundamental biological effects.

It is a way of capturing the 'Life Force' and Prana and "Bio Photons"

Featuring

- Learn how you can capture and utilize these amazing elements
- Join us in uncovering the ancient history and modern use of this unique state of matter.

- Learn the powerful healing effects of these minerals.
- Learn how to make them in your own home and save many dollars.
- The precious metals known to exist in this 'ormes' state are known as the “light and heavy platinum group”.
- They are cobalt, nickel, copper, ruthenium, rhodium, palladium, silver, and osmium, iridium, platinum, and gold.
- These minerals are known as super conductors and can in a monatomic, high spin state and lose their chemical reactivity and metallic nature

The ORME represents a huge subject area, involving state-of-the-art chemistry, physics, physiology and interpretations of Sumerian, Egyptian and other histories including the Alchemical Western Esoteric Traditions. Walk in the footsteps of the ancients and cross the bridge of time into the latest understanding of quantum mechanics, bio-medicinal properties and permaculture applications of these amazing substances.

Use in Agriculture

They attract light energy (photons) which is a major reason for increased growth and production in covered crops, full moonlight, cloudy conditions and for higher photosynthetic activity of the treated crops in general. They have the unique ability to remain stable in the monatomic form and this makes them biologically compatible and easily assimilated or absorbed at a cellular level, hence increasing nutritional density in plants and causing stronger and rapid growth.

Ormes create a range of biological effects, in basic terms they are able to ‘catch’ more bio-photon energy. The nutrition density and disease resistance of crops increases, and their ‘phase conjugate’ electrical and magnetic qualities also help to make a happy home for microorganism growth.

