

Being Your Own Doctor

Introduces her own named framework — 10 terrains of healing — and the practical habits that support it.

What this lesson covers

- Her own framework, named directly: 10 terrains of healing
- Stopping before stress hormones surge, not after
- Coming back to the breath as a nervous-system reset
- Mistakes from her first year post-diagnosis, so others skip them
- The free medicines: river, sun, water, barefoot qigong
- Demanding proof before trusting a therapy; cross-referencing everything she takes

HOME EXERCISE *One terrain (environment, relationships, work, air, water, food) I haven't looked at honestly:*

What that terrain actually looks like for me right now:

One realistic change I could make there this month:

BEFORE NEXT MODULE: Write your “everything I take” list and bring it to your next appointment.