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## COMMITMENT TO SAFETY AND ETHICS

This guide is the result of rigorous research into advanced natural medicine and holistic protocols. My goal is to provide you with valuable tools for your well-being.

- **Integrative Approach:** This manual is a support tool and does not replace your doctor's diagnosis. I encourage you to work closely with your healthcare professional to monitor your progress.
- **Responsible Use:** The protocols described here should be applied following the indicated doses and steps.
- **Professional Quality:** The information shared seeks to activate your body's innate capacity for recovery through proven natural methods.
- **Readers should always consult with a neurologist or qualified healthcare professional before making any changes to their medication, diet, or lifestyle. Use of the information provided in this guide is the sole responsibility of the reader.**

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# INTRODUCTION:      Your      Journey Toward Healing

If you are reading this, you have probably experienced the most intense pain a human being can suffer: trigeminal neuralgia. That sharp, electric pain that appears without warning and leaves you paralyzed has led you to seek answers beyond conventional treatments.

My name is Natalia Abellaneda González: I am a researcher in natural health, a specialist in integrative and holistic medicine, a science communicator, and a writer. For years, I have dedicated my life to studying the human body from its many dimensions: biochemistry, energy, emotion, and spirit.

But what gives me the real authority to write this book is not just my training. It is having experienced this condition firsthand. I personally know the despair of that electric pain that leaves you speechless, the anguish of not finding answers, the exhaustion of conventional treatments that do not cure. And I also know, with the same intensity, what it is like to recover completely, without pain, against all clinical odds.

That experience forced me to research tirelessly: to combine neuroscience with traditional Chinese medicine, psychoneuroimmunology with advanced supplementation, differential diagnosis with deep emotional work. The result is this guide: the book I would have needed when it all began.

### The most important thing you need to know:

- ✓ Healing is possible—I know because I experienced it myself.
- ✓ You are not alone on this journey.
- ✓ Your body has the ability to regenerate itself
- ✓ There are extraordinary natural tools for your recovery
- ✓ The first step is to FIND THE REAL CAUSE of your pain

□ [SEE: Understanding the anatomy of your pain and its holistic approach](#)

If you are reading the physical book, visit [youtube.com/ANANDASALUD](https://youtube.com/ANANDASALUD)

## CHAPTER 1: The Anatomy of Pain and System Failure

### 1.1 Understanding the Trigeminal Nerve

The trigeminal nerve is the most complex and extensive cranial nerve in your body. Its name comes from the Latin "tri" (three) and "geminus" (twin), because it divides into three main branches that act as the most important electrical cables in your face:

Branch	Area it controls	Common symptoms
V1 – Ophthalmic	Forehead, scalp, eyes	Pain in forehead, around eye, frontal headache
V2 – Maxillary	Cheekbones, nose, upper lip, upper teeth	Pain in cheek, upper arch, nose
V3 – Mandibular	Lower lip, lower teeth, gums, chewing muscles	Pain in jaw, ear, lower teeth

## 1.2 The Biology of the "Bare Wire"

To heal, you must first understand what is happening inside your skull. The trigeminal nerve is like an electrical cable with three branches. Pain occurs mainly for these reasons—although they are NOT the only ones:

- Lack of Myelin: The "plastic coating" on the wire has worn away. Any electrical impulse becomes a bolt of pain.
- Vascular Compression: An artery, muscle, or inflamed tissue is squeezing the nerve at its root.

- Systemic Inflammation: Chronic inflammatory processes that damage the nerve sheath.
- Secondary causes: Tumors, sclerosis, nutritional deficiencies, infections... (see Chapter 2).

## THE APPROACH OF THIS GUIDE

We are not just looking to "numb" the nerve.

We seek to REPAIR THE COVER, release the pressure, and heal the root cause.

Without finding the cause, the treatment is a band-aid, not a cure.

□ [DISCOVER all the real causes here](#)

□ [5 THINGS YOU SHOULD AVOID NOW – Watch video](#)

YouTube go to Anandasalud if you are reading the physical book (same for the following)

### 1.3 The Conventional Clinical Approach: What Official Medicine Has to Offer

Before embarking on the natural protocol outlined in this guide, it is important to understand the options offered by conventional medicine, what each one can contribute, and, with the same honesty, what their real limitations are. Knowing this will give you perspective and criteria for making informed decisions.

The conventional medical system approaches trigeminal neuralgia primarily as a problem of pain management, not of resolving the cause. The available treatments are as follows:

<b>Treatment</b>	<b>How it works</b>	<b>Limitations</b>
<b>Antiepileptics</b> ( <b>Carbamazepine, Oxcarbazepine</b> )	First-line drugs. They reduce neuronal hyperexcitability by blocking the nerve's sodium channels, decreasing the frequency and intensity of seizures.	Drowsiness, dizziness, nausea, double vision, liver disorders. Tolerance over time: the required dose increases progressively. They do not regenerate the nerve: they only mask the symptom.
<b>Anticonvulsants</b> ( <b>Gabapentin, Pregabalin</b> )	They modulate the transmission of neuropathic pain by acting on calcium channels. They are used when carbamazepine is not tolerated or is insufficient.	Sedation, weight gain, cognitive impairment, dependence. Like the previous ones, they act on the symptom without addressing the underlying cause or regenerating nerve tissue.
<b>Tricyclic antidepressants</b> ( <b>Amitriptyline</b> )	Used as adjuvants to modulate chronic pain pathways at the central level.	Dry mouth, constipation, blurred vision, urinary retention, cardiac arrhythmias. Limited efficacy in

Treatment	How it works	Limitations
	<p>They have an analgesic effect independent of their antidepressant action.</p>	<p>Classic trigeminal neuralgia. Clearest indication in postherpetic neuralgia.</p>
<p><b>Neurosurgery (Microvascular decompression – Jan-netta)</b></p>	<p>Open surgical procedure that accesses the posterior cranial fossa to separate the blood vessel compressing the nerve root, interposing a protective material.</p>	<p>Only indicated if vascular compression is confirmed by MRI. Requires general anesthesia and craniotomy. Risks: hearing loss, facial paralysis, stroke, meningitis. High initial success rate, but recurrence possible in the long term.</p>
<p><b>Stereotactic radiosurgery (Gamma Knife/Cyber Knife)</b></p>	<p>Non-invasive technique that directs high-precision radiation beams to the Gasser ganglion or trigeminal root to interrupt pain signals.</p>	<p>Non-immediate effect: may take weeks or months. The result is the controlled destruction of nerve tissue, not its repair. Risk of permanent facial numbness. Does not eliminate the root cause.</p>

<b>Treatm ent</b>	<b>How it works</b>	<b>Limitations  Fre quent</b>
<b>Percutaneous techniques (rhizotomy, balloon, glycerol)</b>	Minimally invasive image-guided procedures that selectively damage the pain fibers of the Gasser ganglion using heat (thermocoagulation), mechanical compression, or chemical injection.	Generally temporary relief with frequent recurrence. They cause facial numbness as a direct side effect of the procedure. They can be repeated but with less effectiveness in each session.
<b>Neural Therapy</b>	Injections of local anesthetic (procaine) into trigger points, nerve ganglia, or scars that act as sources of interference. Modulates the autonomic nervous system and can interrupt the cycle of chronic pain.	Variable and unpredictable effectiveness. Requires a highly experienced professional in neural therapy. Not widely available or standardized in the public health system. Can be a valuable complement but rarely a solution on its own.

## THE REALITY THAT NO ONE TELLS YOU

None of these treatments regenerates myelin or addresses the root cause of the problem.

Most act by suppressing the pain signal, not by eliminating what causes it.

Decisions are often made in a formal manner, without evaluating the individual profile of the patient.

Emotional, nutritional, and energetic follow-up is conspicuous by its absence in standard consultations.

This does not mean that they should be rejected: in severe crises, they may be necessary. But they cannot be the only option.

### ◆ PERSONALIZED INTERNATIONAL CARE ◆

*I know exactly what it means to receive a diagnosis of trigeminal neuralgia and feel that the medical system offers you standardized protocols that do not take into account who you are, what your history is, what triggered your crisis, or what unique resources your body has to heal.*

That is why I provide personalized care to people from all over the world who want to go beyond the standard protocol. In an individual consultation, I analyze with you:

→ **Your complete medical history and the tests already performed**

- **The possible specific root causes of your case: emotional, structural, nutritional, energetic**
- **The most appropriate protocol for you at this time, with clear sequence and priorities**
- **The integrative interpretation of your symptoms**
- **Support so that you don't have to figure out a huge and sometimes overwhelming field on your own**

**I don't work with generic protocols. I work with you, with your specific case, to find together the most direct path to your recovery.**

Contact and appointment booking: \_

**[www.anandasalud.com](http://www.anandasalud.com) [YouTube](#)**

· **ANANDASALUD channel**

# CHAPTER 2: BEFORE YOU START

## – Rule out the root causes

### △ □ WHY THIS CHAPTER IS ESSENTIAL

Trigeminal neuralgia can be a SYMPTOM of another underlying disease.

Starting natural protocols without ruling out serious organic causes can delay a critical diagnosis.

A good holistic approach ALWAYS begins with differential diagnosis.

This chapter guides you on which specialists to see and which tests to request.

One of the biggest mistakes I see in people with trigeminal neuralgia is starting to take supplements without first ruling out secondary causes. Neuralgia can be the first symptom of something that requires urgent medical attention. Your safety comes first.

## 2.1 Multiple Sclerosis and Autoimmune Diseases

Multiple sclerosis (MS) is one of the most important secondary causes of trigeminal neuralgia and should be actively ruled out in young people or when the neurological picture is atypical.

### Why does MS cause neuralgia?

In MS, the immune system attacks the myelin in the central nervous system. When demyelinating plaques affect the brainstem or trigeminal root, the result can be exactly the same electric pain characteristic of neuralgia.

### **Warning signs that should prompt you to see a neurologist/rheumatologist:**

- Age under 45 with bilateral neuralgia (both sides)
- Episodes of double vision, numbness in the extremities, or weakness
- Family history of autoimmune diseases
- Extreme fatigue without cause
- Symptoms that improve and worsen in cycles (flare-ups and remissions)

<b>Autoimmune disease</b>	<b>Relationship with the trigeminal nerve</b>	<b>Test/specialist</b>
Multiple sclerosis	Demyelinating plaques in the brainstem	Brain MRI with contrast + Neurology
Systemic Lupus Erythematosus (SLE)	Vasculitis affecting cranial nerves	ANA, anti-dsDNA + Rheumatology

Autoimmune disease	Relationship with the trigeminal nerve	Test / Specialist
Sjögren's syndrome	Sensory neuropathy due to lymphocytic infiltration	Anti-SSA/SSB + Rheumatology
Arthritis Rheumatoid	Vasculitis and compressive cervical joint	Rheumatoid factor, anti-CCP + Rheumatology
Systemic vasculitis	Inflammation of blood vessels supplying the nerve	ANCA, biopsy + Rheumatology

## 2.2 Neurological causes: Tumors and structural lesions

Although less common, intracranial tumors, vascular malformations, and epidermoid cysts can directly compress the trigeminal nerve and cause neuralgia. This possibility **MUST** be ruled out with imaging tests before initiating any protocol.

### Structural causes to rule out:

- Acoustic or trigeminal neurinoma (schwannoma)
- Pons cerebellar angle meningioma
- Epidermoid or arachnoid cyst
- Arteriovenous malformation (AVM) compressing the root

- Basilar artery or superior cerebellar artery aneurysm
- Brain metastases in the brainstem

### ESSENTIAL TESTS BEFORE ANYTHING ELSE

→ Brain MRI with and without contrast (FIESTA/CISS sequences for the trigeminal nerve)

→ MR angiography if vascular compression is suspected

→ Cranial tomography if there is a contraindication for MRI

Specialist: NEUROLOGY - expressly request these tests

## 2.3 Emotional Shock and Trauma as Biological Triggers

From the perspective of Biological Decoding and Psychoneuroimmunology, severe emotional trauma can alter the autonomic nervous system and cause real physical changes in the trigeminal nerve. This is not "just psychological"—it has a proven neurophysiological basis.

- Post-traumatic stress: Chronically elevates cortisol, damaging the myelin
- Unexpected shock: Activates the amygdala and hypersensitizes the facial nerves
- Unresolved grief or betrayal: Can become "encoded" in the nervous system

If the onset of pain coincided with a significant emotional event, this chapter has its specific treatment in Chapter 3.

□ [Master Class: The Emotional Origin of Neuralgia](#)

## 2.4 Essential Nutrient Deficiencies

Before supplementing "blindly," it is essential to MEASURE whether you have any deficiencies. Nutritional deficiencies can be a direct cause of myelin damage and nerve hyperexcitability.

Nutrient	Why it is critical for the trigeminal nerve	Laboratory Test
Vitamin B12	Essential for myelin formation. Its deficiency causes direct neuropathy.	Serum vitamin B12 (optimal >400 pg/mL)
Vitamin D3	Immunomodulatory. deficiency is associated with MS and autoimmune neuropathies	25-OH Vitamin D (opt->60 ng/mL)
Magnesium	Regulates neuronal excitability. Deficiency causes spasms and pain	Magnesium in erythrocytes (not just in serum)
Omega-3 (DHA/EPA)	Component of myelin and powerful neural anti-inflammatory	Omega-3 index in healthy gre. Recommended Omega Asea Via. Consult me.

Nutrient	Why it is critical for the trigeminal nerve	Laboratory test
Zinc	Cofactor of nerve DNA repair enzymes	Serum zinc + copper (Cu/Zn ratio)
Vitamin B1 (Thiamine)	Neuroprotective. Its deficiency causes severe peripheral neuropathy	Thiamine in whole blood
Iron / Ferritin	Necessary for myelin synthesis and neuronal metabolism	Ferritin (optimal 70-150 ng/mL)

## RECOMMENDED ACTION

Ask your primary care physician for a complete blood test that includes ALL of these values.

Do not take supplements without knowing what you are lacking: more is not always better.

Specialist: Primary care physician or integrative physician / Functional nutritionist

## 2.5 Maxillofacial and Dental Causes

The trigeminal nerve innervates the entire orofacial region, so any dental or temporomandibular joint (TMJ) problem can directly irritate its branches. This is one of the most common and least diagnosed causes.

## Dental and maxillofacial causes to rule out:

- Severe bruxism (nighttime teeth clenching and grinding)
- TMJ (temporomandibular joint) dysfunction - clicking, pain when chewing
- Chronic dental infection sites: poorly sealed root canal-treated teeth or teeth with periapical cysts
- Poorly fitting dental prostheses that generate asymmetrical pressure
- Severe dental malocclusion
- Dental implants that have affected the inferior nerve
- Osteonecrosis of the jaw (BRONJ) - especially in patients taking bisphosphonates

### RECOMMENDED SPECIALISTS

→ MAXILLOFACIAL SURGEON: For infectious foci, cysts, and structural bone causes

→ DENTIST SPECIALIZING IN TMJ: For joint dysfunction and bruxism

→ Test: Orthopantomography + dental CBCT (cone beam CT) + occlusion study

**IMPORTANT:** A chronic dental focus can keep the nerve active for years. Do not agree to treatments, operations, etc. without first ruling out all other possibilities.

## 2.6 Cervical disorders

The upper cervical spine (C1-C2-C3) has a direct anatomical and neurological relationship with the trigeminal nerve through the trigeminal-cervical nucleus. Cervical compression or irritation can cause referred pain in the face that perfectly mimics neuralgia.

### The Trigeminal-Cervical Complex:

The nerve fibers of the first three cervical nerves (C1-C3) converge in the brainstem with the trigeminal fibers. This means that:

- A high cervical disc herniation can cause facial pain
- A subluxation of the atlas or axis can compress these pathways
- Chronic muscle tension in the trapezius and sternocleidomastoid can irritate the nerve
- Arnold's syndrome (occipital neuralgia) often coexists with trigeminal neuralgia

### RECOMMENDED SPECIALISTS

→ TRAUMATOLOGIST/NEUROLOGIST: X-ray and MRI of the cervical spine

→ OSTEOPATH trained in cervical TMJ, visceral, and holistic medicine

→ Test: Cervical MRI, functional X-ray C0-C3

Many cases of neuralgia improve significantly when treating the cervical spine

## 2.7 The Liver: Key Organ in Trigeminal Neuralgia

According to traditional Chinese medicine and Western functional medicine, the liver plays a central role in trigeminal neuralgia. This is not just an energetic metaphor: there are real biochemical mechanisms at work.

### Mechanisms by which the liver affects the nerve:

- The liver metabolizes stress hormones (cortisol, adrenaline). An overloaded liver maintains high inflammatory levels that damage myelin.
- The liver produces most of the proteins that transport neural nutrients. A congested liver reduces the availability of B12, magnesium, and zinc for the nerves.
- In TCM, the liver meridian rises through the neck and face and reaches the head. Liver Qi stagnation manifests as facial pain and migraine.
- Suppressed anger and chronic frustration "congest" the liver energetically and biochemically.

### SIGNS OF A CONGESTED LIVER

- Irritability or morning moodiness (between 1 a.m. and 3 a.m.: liver hour in TCM)
- Pain in the right hypochondrium or under the right rib
- Unilateral migraines on the right side
- Red eyes, blurred vision, or sensitivity to light
- Slow digestion, gas, nausea with fatty foods

→ Tests: transaminases (ALT/AST), GGT, bilirubin, lipid profile

## 2.8 Restrained Emotions and Energy Blockages

Psychoneuroimmunology has shown that unprocessed emotions generate real biochemical changes: elevation of inflammatory cytokines, alteration of the HPA axis (hypothalamic-pituitary-adrenal), and dysfunction of the autonomic nervous system.

### Emotions most frequently associated with neuralgia:

- Contained anger that could not be expressed ("I swallowed it all")
- Public humiliation or deep shame
- Feeling of having no say in important situations
- Unresolved grief over the loss of a person, job, or identity
- Chronic feeling of not being seen or heard
- Contact trauma: having been beaten, assaulted, or raped in private

These emotional patterns are specifically addressed in Chapter 3, with tools such as EFT-Tapping, Biological Decoding, and working with the energetic liver. I highly recommend personalized Bach flowers. Count on me.

## 2.9 Master Table of Differential Diagnosis

Before beginning the natural protocol, verify that you have ruled out these possible causes:

Cause a	Why it is important	Specialist / Test
Multiple multiple	Causes direct demyelination of the trigeminal nerve. In young people, it is the first suspicion	Neurology + MRI Brain FIESTA (high-resolution magnetic resonance imaging)
Other autoimmune diseases	Lupus, Sjögren's syndrome, and vasculitis can affect the nerve	Rheumatology + ANA, ANCA, complement Complement
Tumor/structural compression	Schwannoma, meningioma, pontocerebellar angle cyst	Neurology + MRI with contrast
Deficiency of B12 / D3 / Mg	Deficiencies cause demyelination and hyperexcitability	Complete analysis with head physician
Dental focus / TMJ	Infection, bruxism, joint dysfunction in the trigeminal area	Maxillofacial surgeon + Orthopantomography

Cause Rule out	Why it is important	Specialist / Test
Cervical C1-C3/C2	Trigeminal-cervical compression ge- facial pain referred to	Traumatologist/specia- list physiotherapist or osteopath + cervical MRI
Liver congested	Liver biochemistry and energy affects myelin and Qi	Liver analysis + Integrative medicine
Trauma emotional	Biological shock hypersensitizes the trigeminal nerve	Psychologist / Therapist therapist + techniques such as EFT (I can help you)
Herpes Zoster (shingles)	It can affect the trigeminal nerve and leave postherpetic neuralgia	Dermatology / Neurology + viral tests
Purchase vascular	Superior cerebellar artery compresses the nerve at its origin	Neurosurgery + An- High-resolution MRI

## ALWAYS REMEMBER

You are not being "hypochondriac" by requesting these tests.

You are being responsible about your health.

A good doctor will appreciate your proactive approach.

And if your conventional doctor does not listen to you, seek out an integrative or functional doctor.

# CHAPTER 3: The Emotional Origin – The "Slap in the Face of Life"

Behind every symptom there is a story. Neuralgia is often triggered by an unexpected emotional shock that the nervous system was unable to process. In conventional medicine, pain is seen as a mistake. In Biological Decoding, pain is an adaptive response to an unresolved conflict.

## 3.1 The "Emotional Slap" Conflict

The trigeminal nerve is the nerve that allows us to feel our face, our "mask" to the world. The root conflict is usually an unexpected shock: something that hit you head-on and left you reeling. It is called "the slap" because emotionally it feels like that: like a blow to the face that you didn't see coming.

- A real example: Betrayal by someone very close to you, sudden dismissal from your job, scathing criticism that "hit you right in the face," or unexpected public humiliation.
- The biological reaction: The brain interprets this emotional aggression as actual physical aggression. The nerve becomes "hypersensitive" in an attempt to protect you from future blows.

## 3.2 The Imposed or Rejected Contact Conflict

Since the trigeminal nerve governs facial sensitivity, pain can also be a response to:

- Contact Tax: Having to put up with someone or a situation you don't want to be around. The unconscious desire to "not be touched" or "not be looked at."
- Lost Contact: Pain as an echo of a caress that is no longer there, unresolved grief, or a traumatic separation.

### 3.3 The Liver: The Storehouse of Courage and Anger

In Traditional Chinese Medicine, the liver manages the free flow of energy (Qi). When we suffer an "emotional blow," the predominant emotion is contained anger or repressed rage.

- If we do not express that anger, the Qi of the liver becomes stagnant.
- This stagnation generates "fire" (pathological heat).
- By nature, fire rises. As it rises, it travels through the meridians that pass through the face, inflaming the path of the trigeminal nerve.
- Therefore, healing the trigeminal nerve is, to a large extent, pacifying the liver and releasing anger.

#### EMOTIONAL SELF-ASSESSMENT

Ask yourself: When exactly did my pain begin?

Was there any significant event 4-8 weeks before it started?

Did you feel like you received an unexpected emotional blow?

Is there someone or something that literally "gets on your nerves"?

Have you been bottling up your emotions for years without expressing them?

### 3.4 How to De-program Conflict: EFT-Tapping

For supplements and redox molecules to work at 100%, we must remove the "program" of pain. The Emotional Freedom Technique (EFT or Tapping) consists of gently tapping specific points on the acupuncture meridians while focusing on the pain and emotion.

#### Why does Tapping work for neuralgia?

- It measurably reduces cortisol (the stress hormone) levels.
- It sends a signal of calm to the amygdala, telling the nervous system that you are no longer in danger.
- It allows you to process that "emotional slap" so that your nerves stop reacting as if they were under attack.

Working affirmation: "Even though I received that emotional blow and felt like my world was falling apart, today I choose to be safe in my own body."

- [SEE: Guided EFT Session for Trigeminal Pain](#)
- [Complete Emotional Liberation Practice](#)

# CHAPTER 4: Advanced Supplementation – Nutrition and Herbal Medicine

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Neuralgia cannot be healed by masking the pain, but rather by restoring the resources that the nervous system has lost. In this chapter, we combine modern cellular science with the wisdom of Traditional Chinese Medicine.

## 4.1 Redox Signaling Molecules: The Cellular Revolution

Of all the pillars of the protocol I present in this book, redox signaling molecules are undoubtedly the most revolutionary and the one that most transformed my own recovery. It is the pillar on which everything else rests.

### WHAT ARE REDOX MOLECULES?

They are molecular messengers that the body itself manufactures within each cell, in the mitochondria.

Their function is to detect cell damage and activate the body's native repair mechanisms.

Without these signals, cells do not "know" that there is damage. With them, the body repairs itself.

They are not a drug or a conventional vitamin supplement: they are cell signaling technology. Advanced biotechnology that is unique in its category.

## **The Problem: Redox Loss with Age and Stress**

From the age of 25 onwards, the production of redox molecules in our cells gradually decreases: by 10% per decade. Chronic stress, inflammation, oxidative damage, and disease drastically accelerate this process. The result is that cells lose their ability to communicate and, therefore, to repair themselves.

In the context of trigeminal neuralgia, this has direct and very specific consequences:

- Schwann cells (responsible for producing myelin) do not receive the signal to regenerate the damaged sheath.
- The nerve's native antioxidant mechanisms become inactive, allowing oxidative damage to progress.
- Communication between nerve cells becomes chaotic, generating the electrical discharges characteristic of pain.
- The immune system loses its regulatory capacity and may attack the nerve tissue itself.

## **The Solution: Replenish Signals from Outside**

Science has managed to develop technology capable of replicating and stabilizing these molecules outside the body so that they can be supplemented. This does not involve

about introducing a chemical substance foreign to the body: it is about returning the body's own communicating molecules, which it should already be producing but no longer produces in sufficient quantities.

### HOW DO THEY WORK SPECIFICALLY IN TRIGEMINAL NEURALGIA?

- They activate native antioxidant genes (NRF2), protecting myelin from oxidative damage.
- They stimulate the regeneration of the myelin sheath in Schwann cells
- They regulate the inflammatory response that irritates and compresses the nerve
- They improve cellular communication in the brainstem and Gasser ganglion
- They reduce oxidative stress that keeps the nerve in a permanent state of "alert."
- They support the mitochondrial function of neurons, providing them with energy to repair themselves

### My Personal Experience with Redox Molecules

When I discovered redox molecules, I had been researching for some time without finding anything that explained the underlying mechanism of the disease. As soon as I understood the science behind it, I knew it was the missing link. It is no exaggeration to say that it was the factor that marked a before and after

in my recovery. Not only NT, but also thyroid issues, autoimmune issues, and any situation given its reparative function from the cells.

What impressed me most was not the speed (nerve regeneration takes time and requires consistency), but the depth: the feeling that something was changing at the cellular level, not just suppressing symptoms.

I've been doing this for years because it's one of the best habits you can have in this regard and the only one of its kind in terms of its characteristics and scope; but it's definitely part of my daily routine. Ask me for any information you need. I'll leave you here

### How long does it take?

Myelin regeneration is a real biological process that takes time. The results are not immediate, and that is precisely a sign that the process is genuine and profound. In general terms:

Period	What you can expect
First few weeks	Improved sleep, less fatigue, reduction in general inflammation. The system begins to receive repair signals.
1 to 3 months	Gradual reduction in the frequency and intensity of seizures. Improving quality of life day by day.
3 to 6 months	Progressive regeneration of myelin. Pain episodes become less frequent and less intense.
6 to 12 months +	With consistency and the complete protocol, many people achieve prolonged periods without crises or symptoms.

## Learn All About Redox: My Master Classes on YouTube

I have created a comprehensive playlist on my YouTube channel where I explain in depth what redox molecules are, how they work, the science behind them, and how to apply them. I recommend watching them in order:

Video topic	Direct link
<b>Complete list: All about Redox (playlist)</b>	<a href="https://youtube.com/playlist?list=PLPf4o81-r0-jML1yTnYyQpUIXqa9-L1aAu">youtube.com/playlist?list=PLPf4o81-r0-jML1yTnYyQpUIXqa9-L1aAu</a>
What are redox signaling molecules?	<a href="#">Watch video</a>
Redox: how does it regenerate tissues and systems?	<a href="#">Watch video</a>
Redox and trigeminal neuralgia : my experience	<a href="#">Watch video</a>

### MY PERSONAL RECOMMENDATION

Start with the complete playlist. Each video is designed to help you understand not only the WHAT, but also the WHY.

The more you understand the mechanism, the more consistent you will be with the protocol.

And consistency is everything in nerve regeneration. I continue to work and upload videos for you. You can subscribe for free and turn on notifications to receive alerts every time I update with new content.

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## 4.2 Chinese Phytotherapy: Traditional Chinese Medicine Preparations – YAP Line

Traditional Chinese Medicine (TCM) offers phytotherapeutic formulas that are extraordinarily effective for the nervous system and neuropathic pain. My personal recommendation is the YAP Line preparations from Equisalud, which combine Chinese herbal wisdom with Western plants in a highly bioavailable drop format.

Use the coupon code **NATURITAS7130** to get a discount on your orders at Naturitas.

Formula	Why I recommend it	Recommended dosage
<b>YAP 3</b>	To calm the nervous system, neuropathic pain, spasms. Natural sedative and analgesic.	20-30 drops, 3 times a day. 30 drops before bedtime.
Formula	Why I recommend it	Recommended dosage

<b>YAP 10</b>	Qi stagnation of the Liver: erratic pain, irritability, facial and cervical tension.	20-30 drops, 3×/day before meals .
<b>YAP 12</b>	Fixed, chronic, and stabbing pain. Blood and circulation stagnation.	20-30 drops, 3 times a day.

### DISCOUNT COUPON AT NATURITAS

Use the special code **NATURITAS7130** when completing your purchase at [naturitas.es](http://naturitas.es)

Applicable to the entire YAP line from Equisalud and other supplements in the protocol

→ [www.naturitas.es](http://www.naturitas.es)

## 4.3 Essential Nutrients for Myelin

To rebuild nerve insulation and prevent electrical short circuits, your body needs specific biological building blocks:

- Vitamin B12 (Methylcobalamin): Active form, essential for the regeneration of the myelin sheath. Never cyanocobalamin.

- GABA: An inhibitory neurotransmitter that slows down uncontrolled electrical discharges in the nerve.
- Vitamin D3 + K2: Immunomodulatory and neuroprotective. Under medical supervision for therapeutic doses.
- Omega-3 DHA (>1g/day): Structural component of myelin and powerful neural anti-inflammatory.
- Magnesium Bisglycinate: The most bioavailable form. Reduces neuronal excitability and calms facial spasms.

Supplement	Key Benefit	Action on Trigeminal Nerve
Molecules Redox	Repair and activation of myelin self-repair	Regenerate the nerve sheath and slow oxidative stress and
YAP 3 (Equisalud)	Sedative, antispasmodic, natural analgesic	Calms the Shen and reduces neuropathic flashes .
YAP 10 (Equisetum)	Drains the liver, calms irritability, activates Qi	Unblocks stagnant Qi that causes pain to return

Supplement	Key Benefit	Action on Trigeminal Nerve
YAP 12 (Equisalud)	Circulation of Qi and blood in areas of fixed pain	Chronic and localized pain reliever
Vit. B12 Methylcobalamin	Formation of the myelin sheath	Rebuilds nerve insulation
GABA	Neurotransmitter inhibitory neurotransmitter, relaxes the CNS	Reduces hyperexcitability in response to the slightest stimulus
Omega-3 DHA	Component of myelin, neural anti-inflammatory	Reduces inflammation in the nerve sheath
Magnesium Bisglycinate	Relaxes muscles and nervous system	Reduces facial spasms and neu-excitability

# CHAPTER 5: Complete Daily Protocol with YAP Preparations

Traditional Chinese Medicine has been addressing the nervous system from its energetic root for over 5,000 years. The YAP line of preparations allows these principles to be applied simply and precisely at home. Combining them exponentially enhances the results.

Remember to use the coupon code `NATURITAS7130` at [naturitas.es](http://naturitas.es) to get your discount on all YAP products.

Time of day	Supplement / Formula	Dosage and notes
MORNING (on an empty stomach)	YAP 10 + Mo-Redox tablets	20 drops of YAP 10 in water. Wait 15 minutes before eating breakfast.
WITH BREAKFAST	Vitamin B12 + Omega-3 + Vitamin D3	Active forms. With foods for better absorption. better absorption
MIDDAY DAY (before eating)	YAP 12 + Magnesium	25 drops YAP 12. Magnesium if there are spasms or tension
AFTERNOON (5:00 p.m.)	YAP 3 Re-dox molecules (take 2	25 drops in water. To calm the nervous system in the evening

Time of day	Supplement / Formula	Dosage and notes
	capsules per day)	
NIGHT (before bedtime)	YAP 3 + GABA	30 drops YAP 3. GABA for deep, restful sleep

### SAFETY NOTE

YAP formulas contain approximately 65% alcohol. Consult your healthcare professional if you are undergoing treatment.

Always inform your doctor about any supplements you are taking.

Start with low doses and gradually increase them, observing your individual response.

Supplements are complementary to medical treatment, never substitutes.

# CHAPTER 6: Complementary, Energy, and Emotional Therapies

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The body is an indivisible unit of matter, energy, and consciousness. Healing trigeminal neuralgia in a profound and lasting way requires addressing all three dimensions. The therapies I present in this chapter are not alternatives to each other: they are complementary, and their intelligent combination is what makes the difference between temporary relief and real recovery.

## 6.1 Body Acupuncture

Acupuncture is one of the therapies with the most published scientific evidence for facial neuropathic pain. It works by regulating the flow of Qi through the meridians that energetically supply the face and nervous system, while also modulating pain neurotransmitters at the central level.

### **How it works on the trigeminal nerve:**

The meridians of the stomach (E), gallbladder (VB), large intestine (IG), and liver (H) run directly through the facial area. When there is an energy blockage in these channels, stagnation occurs, which manifests as pain. Acupuncture restores free flow and deactivates points of nervous hypersensitivity.

Point	Location	Therapeutic action
<b>E2 / E3</b>	Under the eye, in the infraorbital groove	Branch V2 - pain in cheek, cheekbone, and nose
<b>E6 / E7</b>	Angle of the jaw dibular and in front of the ear	Branch V3 - pain in the jaw, lower teeth lower teeth
<b>VB14 / VB2</b>	Above the eyebrow and in front of the tragus	Branch V1 - frontal and periocular pain
<b>IG4</b>	Between thumb and index finger of the hand	Master point for facial pain. Powerful analgesic analgesic
<b>H3 (Tai-chong)</b>	Back of the foot, between 1st and 2nd metatarsals	Drains Liver Qi. Key to emotional component
<b>Taiyang (extra)</b>	Temple, lateral to the eye	Headache and neuralgia of branch V1
<b>VB20 (Fengchi)</b>	Neck, at the base of the skull	Releases cervical tension that compresses the trigeminal nerve

## PRACTICAL RECOMMENDATION

Find an acupuncturist trained in Traditional Chinese Medicine, not just Western acupuncture. I work with auricular acupuncture + digitopuncture + reflexology. This combination is very powerful.

A minimum of 10-15 sessions is required to assess results in chronic neuropathic pain.

Moxibustion (heat on the points) is especially effective when pain worsens with cold or humidity.

Always combine it with emotional work and supplementation for synergistic results.

## 6.2 Auriculopuncture

The ear is a microsystem that reflects the entire body. Auriculopuncture works by stimulating specific points on the auricle that correspond to the nervous system, the trigeminal nerve, and the organs involved in the disease. Its advantage is that it can be applied in short sessions, complementing other therapies, and even using adhered vaccaria seeds that the patient can stimulate at home.

### **Key auricular points for trigeminal neuralgia:**

- Shen Men point (corner of the triangular fossa): Calms the central nervous system. It is the first point to treat in any chronic pain process. Reduces anxiety and nervous hyperactivity.

- Trigeminal point (inner side of the antihelix): Directly corresponds to the nerve. Reduces local hyperexcitability and calms acute crises.
- Liver Point (central area of the concha): Unblocks liver Qi, works on pent-up anger and the emotional component of pain.
- Autonomic Nervous System Point (lower antihelix): Regulates the sympathetic-parasympathetic balance, which is essential in neuropathic pain.
- Zero Point (center of the concha, ear navel): Point of general balance. Harmonizes all other treatments.
- Thalamus Point (antihelix): Acts on the central control of pain at the thalamic level. Very effective in chronic pain.
- Jaw/Maxilla Point (lobe): For pain in branches V2 and V3, especially when there is a dental or TMJ component.

### AURICULOPUNCTURE AT HOME: VACCA-RIA SEEDS

Vaccaria seeds or small magnets attached with adhesive tape can be used on the points.

Stimulate them with gentle circular pressure for 1-2 minutes, 3-4 times a day.

They are especially useful in times of crisis or when pain is anticipated (weather changes, stress).

Consult your auriculopuncture therapist for a personalized map of your case. I'm here for you.

## 6.3 Foot Reflexology

The feet are a complete map of the body. In foot reflexology, each area of the foot corresponds to an organ, system, or structure in the body. Through precise stimulation of these reflex zones, impulses are sent to the central nervous system that promote self-regulation and pain reduction.

For trigeminal neuralgia, reflexology works simultaneously on several levels: it relieves systemic nervous tension, unblocks the organs involved (liver, kidneys, nervous system), and stimulates circulation to the craniofacial area.

### Priority reflex zones in the foot for the trigeminal nerve:

Reflex zone on the foot	Location on the foot	Why it is important
<b>Head and face</b>	Toe tips and base (especially the big toe)	Direct correspondence with the trigeminal nerve and the skull
<b>Central nervous system</b>	Base of the toe fat and area	Calms the hyperexcitability of the trigeminal nerve
Reflex zone in the foot	Location on the foot	Why it is important
	spinal (inner edge of the foot)	

<b>Liver</b>	Middle area of the right foot, under the arch	Unblocks liver Qi. Fundamental to the emotional component
<b>Kidneys / Adrenal glands</b>	Center of the plantar arch	Regulates the stress axis. Reduces cortisol that damages myelin
<b>Cervical spine</b>	Inner edge of the foot, upper area	Releases cervical tension C1-C3 referred to the trigeminal nerve
<b>Solar plexus</b>	Center of the arch, under the pad	Calms the autonomic nervous system its entirety

Foot reflexology is especially valuable in times of acute crisis, as working on the feet is completely painless and does not require touching the affected facial area. It is also a self-care tool that you can apply yourself or practice with a partner under the guidance of a reflexologist.

## 6.4 EFT Tapping – Complete Protocol for the Trigeminal Nerve

EFT (Emotional Freedom Techniques) or Tapping is one of the most powerful and accessible tools available for chronic neuropathic pain. By combining the stimulation of acupuncture points through gentle tapping with mental focus on the emotional conflict, it sends a direct signal to the limbic system that the danger has passed.

Published studies show measurable reductions in cortisol of 24% in a single session, and significant improvements in anxiety, chronic pain, and post-traumatic stress. For trigeminal neuralgia, it acts on two levels simultaneously: it calms the autonomic nervous system that keeps the nerve in a state of alarm, and it processes the emotional conflict that anchored that state.

### Tapping Points and Their Correspondence:

No.	Point	Location	Energetic Action
1	<b>Ka-rate point (KC)</b>	Outer edge of the hand, below the little finger	Start the process, break down psychological resistance to change
2	<b>Onset of brow (EB)</b>	Start of the lower arch, inner side	Releases trauma and fear. Bladder meridian
3	<b>Side of the eye (SE)</b>	Bone lateral to the eye (not on the temple)	Anger, resentment. Gallbladder meridian
No.	Point	Location	Energetic action

4	<b>Under the eye (UE)</b>	Center of the bone under the eye	Anxiety, fear of the future. Stomach meridian
5	<b>Below the nose (UN)</b>	Between the nose and upper lip	Shame, humiliation, "the slap." Governing vessel
6	<b>Chin (CH)</b>	Crease between lower lip and chin	Confusion, embarrassment. Glass of conception
7	<b>Clavicle (CB)</b>	Clavicle-sternum junction, both sides	Fear, systemic stress. Kidney meridian
8	<b>Lower the arm (UA)</b>	Side, 4 fingers under the armpit	Generalized anxiety. Me- midday of spleen
9	<b>Crown (TH)</b>	Center of the top of the head	Connection and openness. Governing vessel

### The Complete Sequence – How to Practice It:

1. **MEASURE YOUR PAIN:** Before you begin, rate the intensity of your pain or discomfort on a scale of 0 to 10. This number is your starting point.
2. **THE SETUP PHRASE** (at the Karate point, 3 times): "Even though I have this electric pain in my face and I know it has an emotional root that I haven't completely let go of, I deeply accept and understand myself."
3. **THE TAPPING SEQUENCE:** Gently tap each point 5-7 times with two fingers while verbalizing aloud how you feel. Don't censor yourself. Say exactly what is there: the pain, the anger, the fear, the exhaustion.

4. POSITIVE ROUND: When the number has dropped by at least 2 points, do a second round with positive affirmations: "I am choosing to feel safe in my body," "I allow my nervous system to release this alarm."
5. RE-MEASURE: Rate yourself again from 0 to 10. Repeat the cycle until you reach 2 or less.

## SPECIFIC TAPPING PHRASES FOR NEURALGIA

"Even though I received that emotional slap in the face that I didn't see coming, I choose to be safe now."

"Although I have this anger that I couldn't express and it got under my skin, I allow myself to let it go with love."

"Although I feel that I must endure and remain silent, I choose to regain my voice and my space."

"Although my liver holds years of unexpressed anger, I give it permission to release itself."

"My nervous system can learn that I am safe now. The danger has passed."

- [SEE: Guided EFT Tapping session for trigeminal neuralgia](#)
- [SEE: Complete emotional release practice](#)

## 6.5 Energy Medicine Exercises

Energy Medicine, systematized by Donna Eden among others, works directly on the body's energy fields: meridians, chakras, aura, and energy grid. For trigeminal neuralgia, some exercises are especially powerful because they act on the nervous system through the bioenergetic field, without touching the painful area.

### **Exercise 1: The Hook – Calming the Emergency Nervous System**

This exercise connects the two hemispheres of the brain and activates the flow of energy in the triple heater meridian, which governs the nervous system's state of alertness.

- Place the middle finger of one hand on your navel and the middle finger of the other hand on your brow (third eye).
- Breathe deeply and move both fingers upward with gentle pressure, as if you wanted to stretch the skin inward.
- Hold for 3-5 slow breaths. Close your eyes. Feel your nervous system begin to release tension.
- Repeat whenever you feel a crisis approaching or anxiety setting in.

### **Exercise 2: Neurovascular Hold – Frontal Alarm Points**

These points, located on the forehead above the eyes, are the "switches" of the stress system. Hold them gently with your palms while

visualizing the emotional conflict deactivates the fight-or-flight response that keeps the nerves on high alert.

- Place your palms gently on your forehead, covering the frontal points (above the eyebrows, on the frontal protuberances).
- Do not press: just a gentle, warm touch.
- Visualize the moment when the pain began, the associated emotional conflict, while keeping your hands in place. Breathe.
- Hold for 3 to 10 minutes. You will feel a gentle pulse under your palms: this is a sign that the energy flow has been restored.
- Ideal to do before bedtime or during moments of high tension.

### **Exercise 3: The Energy Shower – Cleansing the Field**

This exercise cleanses the body's electromagnetic field of stagnant energies and restores the harmonious flow of all meridians.

- Standing, rub your palms vigorously for 10 seconds to activate them.
- Bring your hands to the crown of your head, with your fingers pointing toward the center of your head.
- Slowly slide your hands over your face, neck, chest, abdomen, and thighs, as if you were "showering" yourself with clean energy.
- When you're done, shake your hands to the sides to release what you've swept away.
- Repeat in the opposite direction (from your feet to your head) for the second pass.

- Do this every morning before getting up and every night before going to sleep.

#### **Exercise 4: Crossing Energies – Rebalancing the Hemispheres**

This exercise activates the cross-pattern energy flow that connects the two hemispheres of the brain. It is especially useful when the pain is unilateral, as in most cases of trigeminal neuralgia.

- Standing or sitting, raise your right knee and touch it with your left hand. Then raise your left knee and touch it with your right hand.
- Perform this cross movement slowly and consciously for 2 minutes.
- You can do it while sitting by moving only your arms, crossing them over your chest alternately.
- Add eye movement: as you cross your arms, move your eyes in a large circle.
- Finish with deep breaths and your hands crossed over your heart.

#### **Exercise 5: The Wayne Cook Position – For Neurological Chaos**

This posture, created by physical therapist Wayne Cook, is one of the most powerful for calming the energetic chaos of the nervous system. It is ideal to use in moments of acute pain or associated anxiety crises.

- Sit on a chair. Cross your right ankle over your left knee.

- Wrap your left hand around your right ankle and grasp the sole of your right foot with your right hand.
- Breathe deeply through your nose for 4-6 breaths. With each exhalation, consciously relax your jaw, neck, and shoulders.
- Switch sides: left ankle over right knee.
- When you're done, bring your fingertips together and press your fingertips against each other (without interlocking them), place your hands in front of your chest and take four deep breaths.

## HOW TO INCORPORATE THESE EXERCISES INTO YOUR ROUTINE

MORNING (5 min): Energizing shower + Energy crossing

MIDDAY (2-3 min): Energy hook if there is accumulated tension

AFTERNOON (10 min): EFT Tapping with specific phrases for your conflict

NIGHT (5-10 min): Frontal neurovascular points + Wayne Cook if there has been a crisis

IN ACUTE CRISIS: Wayne Cook immediately + Energetic hook + Auricular Shen Men

## 6.6 Craniosacral and cervical physiotherapy and anti-inflammatory diet

Craniosacral therapy works on the membranes surrounding the central nervous system, releasing fascial tensions that compress the trigeminal nerve at its root. Combined with specific cervical work on C1-C3, it can be absolutely transformative, especially when there is a postural or structural component at the origin of the neuralgia.

In terms of diet, the trigeminal nerve benefits greatly from eliminating promoters of systemic inflammation: refined sugar, white flour, refined vegetable oils, and alcohol. It also benefits from boosting nutrients that repair myelin: dark green leafy vegetables, oily fish, antioxidant red fruits, turmeric with black pepper, ginger, extra virgin olive oil, and collagen-rich bone broths.

## 6.7 Video Resources – ANANDASALUD Channel

Video Topic	Link	Chapter
Anatomy of pain and holistic approach	<a href="https://youtu.be/-V70ELC5VBo">youtu.be/-V70ELC5VBo</a>	Chapter 1
All causes related to justifiable	<a href="https://youtu.be/fvae0xiZPQM">youtu.be/fvae0xiZPQM</a>	Chapter 2
5 things you should avoid NOW	<a href="https://youtu.be/ci_Xv1d5W1M">youtu.be/ci_Xv1d5W1M</a>	Chapters 1 and 2
Guided EFT session Tapping	<a href="https://youtu.be/ZAIN2BdC1pY">youtu.be/ZAIN2BdC1pY</a>	Chapters 3 and 6
Video Topic	Link	Chapter

Emotional Release Practice	<a href="https://youtube.com/watch?v=gZSgkmQfgCg">youtube.com/watch?v=gZSgkmQfgCg</a>	Chapters 3 and 6
Complete playlist: Mo-Redox pills	<a href="https://youtube.com/playlist?list=PLPf4o81-r0jML1yTnYyQpUIXqa9-L1aAu">youtube.com/playlist?list=PLPf4o81-r0jML1yTnYyQpUIXqa9-L1aAu</a>	Chapter 4
Complete list Trigémino	<a href="https://youtube.com/playlist?list=PLPf4o81-r0j0Va2cXLcrTWeA2nDNNavOZ">youtube.com/playlist?list=PLPf4o81-r0j0Va2cXLcrTWeA2nDNNavOZ</a>	All

## 6.8 Remote Energy Healing and Support

Quantum physics and psychoneuroimmunology have taught us something that shamanic and healing traditions around the world have known for millennia: the human energy field does not end where the skin ends. Therapeutic intention, cardiac field coherence, and work with the body's subtle energy systems can be transmitted and received regardless of geographical distance.

Remote energy work is not magic, nor is it a promise of instant healing. It is a form of therapeutic support that acts on a person's bioenergetic field, facilitating the unblocking of energy and emotional nodes that the nervous system has been unable to process on its own, and creating the optimal internal conditions for the healing process to accelerate.

In the context of trigeminal neuralgia, remote energy work is particularly relevant for:

- Processing the original biological shock that triggered the disease, when conscious access to that moment is difficult or painful.
- Releasing emotional patterns rooted in the energetic liver: pent-up anger, chronic frustration, the feeling of not being able to express oneself.
- Calming the hyperactivation of the autonomic nervous system that keeps the nerve in a permanent state of alert.
- Support and enhance the effects of the other pillars of proto-colo: supplementation, phytotherapy, active energy medicine.

#### ◆ REMOTE ENERGY HEALING SESSIONS ◆

*If you feel that there is a deeper layer in your process that physical and nutritional protocols cannot quite reach, remote energy work may be the missing link.*

I offer individual remote energy healing and support sessions in which I work on:

→ **The bioenergetic field and blockages in the meridians involved in the trigeminal nerve**

→ **Identified emotional nodes: shock, pent-up anger, denied contact**

→ **The energetic liver and its relationship with the facial nervous system**

→ **The coherence of the autonomic nervous system to reduce the state of chronic alarm**

→ **Activation of your energy field's own self-repair resources**

The sessions are conducted remotely, at the agreed time, while you rest comfortably at home. Before each session, we conduct an assessment consultation to understand your specific case and design the work as precisely and effectively as possible.

Information and session reservations: \_

[www.anandalud.com](http://www.anandalud.com) YouTube:

ANANDASALUD

## **CONCLUSION: Your New Beginning**

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You have reached the end of this guide, but in reality you are at the beginning of something much bigger: your true healing. Not the temporary suppression of pain with medication, but the real regeneration of your nervous system.

## THE 5-STEP PATH TO HEALING

**1. DIFFERENTIAL DIAGNOSIS:** Rule out serious causes with the specialists in Chapter 2.

**2. IDENTIFY YOUR ROOT CAUSE:** Emotional, nutritional, structural, or a combination

**3. WORK ON THE EMOTIONAL ASPECT:** EFT, decoding, energy liver work, personalized Bach flower remedies with a specialist

**4. SUPPLEMENT INTELLIGENTLY:** Redox + YAP + nutrients specific to your case

**5. BE CONSISTENT:** Myelin regeneration takes time. Trust the process.

- [All videos and tips on neuralgia](#)
- [Go to the channel on Natural Medicine and Holistic Health](#)

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*With hope, experience, and science on your side,*

**Natalia Abellana González**

*Researcher · Natural Health Specialist · Educator and Writer*

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