

RE-SET

The Simple Miracle to healing and wholeness

By Hannah Viviers

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For years I'd begged. And pleaded. And done all I knew how to. *Nothing* had worked.

Then, one night, I stumbled upon the answer.

Even though I didn't fully understand it yet, I yelled to my husband: "*That's it! That's what I need!*"

And it was. Far more than I'd possibly imagined it would be.

My name is Hannah. And yes, just like the woman I was named after in the Bible, I too struggled to conceive a child.

I know what it's like to want something so bad You ache in the very depths of your being.

I lived with that ache for *years*.

Today, I'm mom to three beautiful children.

It has always been my belief that every woman who desires a child can conceive.

No, I don't have all the answers. But I do have one. And for someone out there, this one answer I found may be enough.

It begun with hope. A burning desire. A re-definition of God. A breaking down of lies. And, a little coffee.

It all begun in 2010 when I was FED UP!

For years I'd battled infertility- I cannot tell you how many times I'd cried myself to sleep over that.

I'd gone on various rounds of fertility treatment- *nothing* had worked for me.

What I spent on doctors' visits, specialists' consultations, fertility treatments quickly ran into tens of thousands of rands. All that time and money spent yet I had nothing to show for it except disappointment and tremendous heartache at the end of each try I attempted.

I was exhausted.

Added to that, there was the ongoing abdominal pain I lived with. The never-ending bloating, constant constipation and skin break outs.

By 2010 I thought I'd heard it all- from recommendations to eat copious amounts of yogurt designed specifically to make me "regular"- to supplements- to laxatives mild, strong and everything in between- to "eat dried fruit, especially dried apricots- we find it helps!" URGH- I was **sick** of it! *NOTHING worked!*

OK maybe not nothing- running for about 20 minutes a day seemed to help a little. But I hated running. Plus I'd heard that one shouldn't be on a strenuous exercise program when trying to fall pregnant.

I cannot describe in words how *gatvol* (*figuratively and literally*) I was with feeling sick all the time: the nausea, my face breaking out *often*- eventually there was a permanent itchy fine rash on my face.

I'd ended up in the hospital Emergency Room twice.

My life felt like a nightmare.

I'd lie in bed and think: *how is it possible that I'm SO broken!*

On my second rush to the hospital ER the doctor told me I'd probably need to be on chronic medication to "manage" my condition.

Oh I didn't want this to be "*my condition!*"

To have to live on chronic meds for the rest of my life! Just to have a regular bowel movement! That was not living!

Everything in me rose in anger at the thought of that.

The problem was: that much unflushed out waste in my system was making me sick- very sick. I didn't have many other options left.

I was in my late twenties- going on 30. Childless. Sick most of the time. Overweight. And a face that looked like a contagious disease.

I remember driving home from the hospital ER with my husband that day thinking- *this cannot be my life. There has to be another way.*

Turns out there was. I just didn't know it yet.

So fast forward to the day I came across coffee enemas.

It'd actually been about two years before my 2010 "you'll probably need to be on chronic medication" episode.

I'd been watching TV with my husband and we came across a show where a nutritionist treated her patients with coffee enemas as part of her healing program.

I knew that these *so-called 'coffee somethings'* were precisely what I needed!

To be honest I hadn't even known what enemas were until that TV Show.

It took two years for me to finally learn how to make and administer them.

I explain more details about this in my book:

RE-SET
The Action Plan for a Slimmer, Sexier, Healthier You

On day two of using the coffee enema I saw pieces of rot come out of my body- I *was shocked!* So much so that for a long while I just looked at those pieces that looked like death- and cried.

To this day I still get teary eyed thinking back on that moment- because it changed my health and I believe probably saved my life.

Today, almost 8 years since that day I am so grateful I came across coffee enemas.

Since then I've heard countless testimonies of people being healed from various illnesses with the help of coffee enemas.

It has been my personal experience and the testimony of many others that proper nutrition alongside the coffee enemas produces even more amazing results.

When I was told I would probably need chronic medication just to live a "normal" life- I remember being determined to find a solution to my problem even if it meant finding that solution myself.

Using the coffee enemas and all I discovered about proper eating, I went on a vigorous month-long detox. Through that detox I got rid of the agony I'd lived with for years.

I became naturally regular. The constant pain and bloating I'd endured all that time disappeared. I began to sleep deep and beautifully- something I hadn't been able to do for many years. My skin cleared up and I looked years younger. I lost a tremendous amount of weight *without even trying*. And best of all, three months after my intensive detox I fell pregnant- naturally, with my first child Luke.

I ache when I hear people talk about conditions they've come to believe they'll "have to live with" for the rest of their lives.

Most times I tell people about the power of detoxing, share my testimony and why this stuff works- and I get looks like I'm an alien from Pluto.

It could be that it sounds too bizarre- or perhaps the solution sounds far too simple. And yet there are literally hundreds of thousands of people who have used coffee enemas and good nutrition to heal even the most aggressive health conditions.

The number one problem we have when it comes to self-healing is *our own thinking*.

I get into this in depth in my book **RE-SET: *The Action Plan for a Slimmer, Sexier, Healthier You*** because I've come to realise that until we change how we think it is virtually impossible to get the results we want.

If we believe that chronic medication is the only solution for us to live "normal" then that is where we'll remain.

However if we can dare to look beyond everything we've heard, experienced, and everything we've seen others experience and believe that our bodies are *not broken- we have a fighting chance*.

As we delve deeper into that belief we find that our bodies were incredibly put together by a Supreme Being with Intelligence nothing has ever come close to matching.

We're not broken- just toxic.

Most natural and holistic health practitioners believe that toxic overload in our bodies is the number one cause for disease. And given the right tools our bodies have the powerful ability to heal themselves.

Our conditions are not impossible to cure. Health and wholeness are possible for us-

But only if we dare to rage against the lie that we are to live "*broken*".

You are not broken. *Please don't believe the lie that you are.*

There is so much more I want to share with You.

I've written it all in my book **RE-SET: *The Action Plan for a Slimmer, Sexier, Healthier You.***

In that book I provide the very practical things I did to change my mind regarding what I was experiencing. I honestly do not believe I could've been able to overcome had I not changed my thinking first.

I also provide the background of enemas, nutritional healing and how both have been used to heal various conditions for centuries- even before the time of Hippocrates, the man believed to be the father of modern medicine.

Here's a well-kept secret: *Hippocrates did not believe in medication being the first avenue for healing. He believed the prescription of medication to be a very last resort.*

Hippocrates' top recommendations for healing were:

- *Enemas*
- *Good, wholesome, nutrition,*
- *Salt baths*
- *Light Exercise and*
- *Salt baths.*

In my book I share how Hippocrates believed that the body had the incredible power of healing itself. He taught that the main function of the health practitioner was to equip their patients to strengthen their bodies so that their bodies could tackle the disease. It was from this conviction that Hippocrates treated his patients.

You might hear people say that coffee enemas have “no scientific backing”. That is not true; there are documented case studies that were published in peer review medical magazines, as far back as 1922, that prove that coffee enemas work.

Over the years I have met many couples struggling with infertility. I understand the agony- I lived it myself for years.

I speak with women severely battling infertility, I share my story with them- and again I get that: *"You're crazy!"* look from them.

I understand.

The reason I knew coffee enemas were the solution I'd been looking for was because everything I was hearing about them seemed to be just what I needed. Plus I was desperate. By the time I came across coffee enemas I was willing to try anything. And I had. Coffee enemas turned out to be the only thing that truly worked.

For years my husband urged me to share what I'd learned about coffee enemas and body detoxing with others. For years I was hesitant.

Earlier this year my husband got so sick I feared for his life.

His doctor told him he had an infection in his chest and stomach and prescribed antibiotics. By the end of his antibiotics treatment my husband was worse.

I was terrified.

"We've got three small kids," I reminded him, "Don't you die on me!"

I was that scared.

In all the 11 years my husband and I had been married I'd never seen him that sick. Only one other time had I seen him sick enough to be in bed during the day- and now he was crawling into bed in broad daylight!

I urged him to try detoxing.

Friends warned us against detoxing fearing he could get worse.

"I don't think I could feel any worse," my husband responded.

I had him stop eating and only juice all day. Every day I made him a coffee enema.

After 7 days he felt a lot better.

By day 9 of his detox he'd drastically cut down on all his chronic meds- he didn't feel he needed them as much. He was completely cured from the infections, the constant

headaches he'd had for months disappeared, the chronic irritable bowel he'd suffered was gone- the change in his health was literally *night and day*.

It was with that experience that I knew that I had waited long enough.

I felt I was doing a great disservice not telling more people about the power of coffee enemas and eating good, wholesome, nutritious foods.

Of course there will always be people who'll look at me like I'm an alien from Pluto when I talk about coffee enemas, but there are also people who are desperate- as desperate as I was when I came across coffee enemas and was at my wits end having tried everything I'd been told to. For those people, I'm putting myself out there and talking about the power of coffee enemas and good nutrition- because I know this combination works.

In my book ***RE-SET: The Action Plan for a Slimmer, Sexier, Healthier You***, I've also dedicated a chapter to weight loss.

Initially I wasn't sure if we should include weight loss to our detox program but more and more people are approaching us to help them lose weight.

The reason for this is people naturally lose weight on my detox program- while it's not the goal it's been a side-effect people appreciate.

I'd designed my detox program primarily to get people healthier- to give individuals the tools they needed to overcome what I had: chronic constipation, infertility and other conditions caused by a poorly functioning digestive system.

But people see friends or family who've been on the program lose weight and they approach us to help them reach their weight loss goals.

The number one problem in weight loss is this: **less than 1% of people who lose weight manage to keep it off**. Most people after they've lost weight eventually gain most, if not all, of it back again.

We knew we had to address this problem in my book because our goal is to help people be healthier long-term.

I say "we" because the weight loss chapter has been written by my husband Rico.

While we share more details in the book I'd like to share this in the meantime: If we focus on being healthy in our mind and body, everything else, including the struggle with weight is dealt with.

Like my husband shares in his chapter, there's a lot to weight loss issues that goes unaddressed which results in people going through a roller coaster ride with weight. I know the drill; I struggled with weight since I was 13.

At the end of the book **RE-SET: *The Action Plan for a Slimmer, Sexier, Healthier You***, we also provide a 7 day eating plan we hope will kick start your path to health.

We know it can be overwhelming with all the information out there about healthy eating- so we've cut out all the guess work and provided a detailed 7 day meal plan where you'll know precisely what to eat and drink from the moment you wake up until your last meal of each day.

If you're keen to take a look at what we already have on offer regarding detoxing using coffee enemas and good, wholesome, nutritious eating then visit my website hannahviviers.com.

We're already seeing tremendous success from people who are embarking on this health journey with us.

We hope the book ***RE-SET: The Action Plan for a Slimmer, Sexier, Healthier You***, will give you a deeper hunger to discover the incredible health, vitality and wholeness meant for you.

Overall we've written a book that comes from the depths of us in a bid to help individuals get healthier and happier.

We're in the final edits of the book- if You'd like to be among the first to get your hands on it and start your new year stronger, healthier, slimmer and yes *sexier*- then contact us at info@hannahviviars.com with the subject line: *RE-SET*.

As soon as we've published the book you'll be able to purchase it directly it from us as an ebook- This means you'll get a copy of '***RE-SET: The Action Plan for a Slimmer, Sexier, Healthier You'*** as soon as you order.

We hope you'll join us on this journey- it could be the simple miracle you've been looking for.

We look forward to serving You.

Much Love,

Hannah

P.S. Do you have questions you'd like to ask me now? You can reach me on info@hannahviviars.com