

# Joy Wisdom Trust



## Joy Wisdom Trust investing in humanities future health.

Supporting women and families health with bespoke Body-Mind-Emotional needs.

'Get fit' for conception, pregnancy and prepare for birth.

Mental & Maternal psychological issues (PTSD/PPD anxiety, depression etc.)  
Birth trauma; Children's behaviour issues. Parenting education and support packages.

*A 12-point plan providing a new vision network of self-help, professional, corporate, individual, parental  
comprehensive approach to education.*

*Combination approach with 'Therapy' solutions and functional medicine support programmes.*

# Joy Wisdom Trust

## A VOICE and PLATFORM

### for women's and children's health disorders.

### JWT a comprehensive approach with

### specialists waiting to help you.

**Joy Wisdom Trust, comprehensive multifaceted approach investing in humanities future health. Providing education and understanding with bigger picture approaches to reduce mental health issues for families.**

Professional and health providers education highlighting birth implications.  
Psycho-Somato (Body-Mind-Emotion) spotlighting long term health cause and effects.  
Exposing behaviour and mental health associations from types of birth received.

**Supporting women and families with an integrated approach whole Body-Mind-Emotional need.**

*Providing a new vision combination framework bespoke to individual*  
*A network of self-help, prevention, educational support and therapy solutions for society.*  
A big agenda of inspirational programmes.

Empowering women's health prevention, new visions on avoidance in menstrual disorders.  
Conception to maternity, pregnancy loss support with education programmes.

#### **Specialist Trauma education and method solutions**

Trauma is more than discussion. For effective results a whole-body ,specialist methods applied together with education for long term health improvements.

Key for couples in maternity, pregnancy loss, IVF, Maternal mental health (PND, PTSD).

Birth choice education, risks, prevent, prepare for birth packages.

Birth impacts: Parental, infant Birth Trauma solutions and corrections.

New perceptions on associated trauma and mental health scenarios for children.

How? Reasons for Children's behaviour associated with birth and trauma.

Education on behaviour disorders and parental support packages.

#### **Menopause, Abuse scenarios, Mental health impacts in home and work environment**

The magnitude of ripple effect on families when mother is unwell is astonishing! Requires better understanding and support for our women and children to a bigger degree. Education is key for professionals and society.

*Economically saving services millions and trillions!*

*We only know what we know until we know differently!*

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**JWT offers paid and concession programmes of assistance.**

**Professional training, grants/donations help JWT to become self-sufficient and support low-income families providing FREE support.**

**We need your help - please donate at website.**

**As a not-for-profit organisation your donations allow JWT to assist others in need. Paying it on, to help others who are not so fortunate. Women and children in need.**

# JWT goal is to provide effective education and clarity for professionals and couples.

JWT goal is to help reduce the merry-go-round cause and effect of suffering outcomes, to improve complex trauma outcomes for infant, mother, and family. *Trauma and birth trauma in today's birthing processes are ignored, seen as normal when from a JWT perspective ...abnormal.*

*Professional education requires updating and JWT goal is to facilitate New Era education and learning. Bring a new era of understanding to all areas of pregnancy, birth, and birth trauma outcomes.*

No medic or health provider wants a mother or child to suffer. Fact is our health administrators; health providers are being trained in outdated beliefs and misunderstanding. Causing untold harm to our precious baby's and their families. Society and health providers can't go on ignoring the facts and outcomes that happen every day due to lack of education, around birth and birth trauma. Continuing cause and effect maternal stress etc. with long term psychological health outcomes. Society is in crisis from practices at birth and live long term health disorders from misunderstanding from long ago.

**Collective Trauma:** Intergenerational impacts are misunderstood. Inherited cultural, social, and institutional trauma remains within society, multicultural providers, medic and health providers outlook, hospital protocols, government advisors etc. Involved in health providers and societies approach, their own cultural beliefs may be out of sync with today's advanced thinking and trauma appreciation.

**Relationship Trauma:** Dynamics change with birth and children. Strains within relationships can happen. Parents unprepared for a newborn can either strengthen or push apart/fracture close relationships and within families.

- 1) Already a sensitive time for parents and infant, dynamics can be impacted.
- 2) Parents own birth trauma impacts can be in the mix! Bringing unable to cope, with subconscious memories melded with birth trauma PPD (PND)/PTSD. A cocktail of insecurities and vulnerabilities within adults.

Understanding impacts of trauma and how it manifests as symptoms in brain, body and behaviours is essential. The continuance of birth impacts is related in many ways to type of birth chosen. Couples require informed choice, clear details to help prevent our children being impacted from birth and birth trauma. Education improves tragedies of birth trauma, and the magnitude is underestimated and happens daily.

JWT is paving the way highlighting and bringing a platform of education offering effective support for families. Physical, emotional, and psychological compassionate long-term programmes of maternity care, birth (birth trauma), and maternal psychological health.

Improve planning, with effective preparation for success in pregnancy and birth.

Education and a multifaceted approach is the key for avoidance and prevention understanding.

Helping to prevent bigger picture and future health disorders, solutions for improved wellbeing for parents and infant.

**See back of brochure for more information – check out digital brochure link and website for more details.**

# Women's Health is a big subject.



**It makes sense to support women, averaging half the population.**

Flaws and misunderstanding exists around women's health. Women are frustrated, misunderstood, and lived with poor physical and emotional support for decades.

The ripple effect of women's health is economically disastrous, traumatic to families and children. Cause and effect ripples globally.

JWT provides a platform of support, compassionate ear, person centered guidance, education and promotes therapy support to help deliver better health and wellbeing for *all* the family.

Improving relationship dynamics, society stability. Corporate and career improvements. Economically makes huge sense with sound humanitarian objectives. Logic tells us look after women's health and children will fare much better too!

Women's health disorders from puberty to menopause are complex at times and tricky to find understanding and support. There are many factors involved. And unique to each female. Hardship and economic challenges exist from menstrual factors. Fact is magnitude of menstrual health, infertility, pregnancy loss is misunderstood within society, employers, and health providers.

**The elephant in the room: Governments survey on women's health in 2021** shows large gaps in wellbeing support and *proved medical misunderstanding continues on women's health*. Focus fixed on science and clinical, with little understanding around menstrual and maternal emotional impacts. Cause and effect continues from institutional old thinking, with an urgent need for enlightened trauma and mental health education.

**Data has proved aftercare is ignored and little understanding of need for it!** Missing critical points of information. Women need more focus on prevention, avoidance, self-help. Learning after care provides faster recovery options from various dysfunctions lived. Helping to reduces ongoing health, mental health issues.

**JWT has a platform to support with integrated combination approach**, for all types of health conditions, understanding the reality and depth of emotional trauma. Education, functional medicine, and hormonal alignment, helping women to take charge of their wellbeing. Empowering women with wellbeing and self-esteem programmes. Hormonal education is essential to help avoid oestrogen dominance and products that mimic hormonal response biochemically, active internally. Hormonal disorders start early unknown by individual until disorders emerges to disrupt life and relationships. Early education is required to inform and prepare females of all ages.

**Education is the key**, professionally and individually. Misunderstanding exists in all quarters of society. JWT webinars, presentations, 1-2-1 table talk and therapy support brings an integrated approach. Understanding hormones, biochemical results, complex trauma together with functional medicine. Teaching how to correct, prevent and avoid various issues in women's health.

Understanding is key to reduce the cause-and-effect disorders plaguing society and our precious children today. JWT packages and support programmes help improve family dynamics, reduce health and mental health demands.

**Economically, saves billions and trillions! Brings stability in women and children's health.**

**Social and economic improvements felt within society.**

See more information on programme options on page 18.



## Maternity, conception to birth.

Maternity is a big part of a woman's life. Little assistance and understanding exists around conception and maternal stress. Media and universities have highlighted to no avail.

Crisis exists for couples around Miscarriage and Pregnancy loss within society: Unfortunately, psychological long term health issues happen daily. IVF the preferred intervention around conception has a cause and effect and psychologically demanding on relationships.

Couples don't know where to go for help, support, aftercare corrections and encouragement. It can be a long, lonely road for some couples to find answers and guidance.

*JWT offers bespoke specialist help, packages, and programmes.*

## Infertility, Miscarriage, and IVF.

Complications in conception exist with known and unknown factors. A distressing time with maternal anxiety and depression grief, devastation often underestimated in conception and pregnancy loss for couples. Trauma from pregnancy loss is vastly misunderstood within society and professions. IVF brings its own distress and pressures. And will contribute to further anxiety. Age, leaving it late to start a family brings more complications and risks.

**JWT offers packages and programmes to help reduce trauma impacts from conception and pregnancy loss.** Get fit for conception and pregnancy packages, supporting couples, helping to iron out complications, guiding through IVF and conception onto pregnancy.

Miscarriage impacts are greater than anticipated and couples need trauma specialist help to recover from their ordeal. Reducing stress, literally opening doors to more success.

Physically as well as biochemically a woman's body needs to be realigned for success even through IVF. Logically processes have been started and, in some scenarios, gets stuck in a loop contributing to delay in success. Especially with IVF back-to-back processes. Correction and realignment are required to bring processes to a new stage of development.

*Tweaks in lifestyle changes, functional medicine, eliminating stress and trauma are all methods to help for a smoother outcome.*

Preparing body for new life can take time, especially where conception is involved. For example, to change sperm and egg quality takes approximately 90 days to log improvements. Complications can be historical and genetically inherited. With specialist and bespoke assistance improvements and changes happen with specialist guidance.

- 1) Sperm and egg dysfunctions, poor quality are all factors involved.
- 2) Women's pH (too acidic) internal environments kills off sperm.
- 3) Infection and bacteria are common factors involved in miscarriage and infertility.

Why JWT support programmes are tailored to suit couple/ individual. Bespoke long- and short-term packages.

Let JWT specialist packages empower, and support... JWT can help you.

*It makes sense to 'Get fit' for pregnancy, prepare to help prevent disappointments and pregnancy loss.*

**See brochure page 19 at back of brochure for support programmes offered.**

# Maternity and Birth; Birth Trauma - Big subjects and complex outcomes for some women.

Age is a factor where areas of maternity needs even greater support from a JWT perspective.



- 1) Maternity and women's health issues during pregnancy.
- 2) Exhaustion is a big factor in birth intervention.
- 3) Women need support throughout pregnancy especially in 3<sup>rd</sup> trimester. To prevent pre-term birth and improve smoother birth options.
- 4) Little is understood of the contraindicators of what intervention brings long term to both mothers and infants.

JWT has identified concerns and developed pre and post maternity multifaceted structured support packages for maternity. Preparation of mother is key for a smooth labour process. Especially in 3<sup>rd</sup> trimester when infants' demands are higher.

Third trimester is a surprise for most women as baby grows fast and puts on weight. Impacts on woman's physicality, tiredness, and exhaustion increases, as mothers try to juggle demands of home, career, and family, while pregnant. Fact is there can be more risks to health in 3<sup>rd</sup> trimester especially to older women. JWT education is essential for professional providers and couples to understand the contraindicators of poor rest in 3<sup>rd</sup> trimester. *Helping to prevent pre-term birth in women is a goal of JWT.*

- 1) Individuals and health providers require bigger picture understanding the ripple effect from mothers exhaustion and over tired situations.
- 2) Exhaustion logically, includes intervention risks. Mother, worn out, not strong enough for natural delivery process. Va, Va, Voom lost in birth delivery!
- 3) In these situations, intervention will be imminent to prevent a *life risk outcomes*.
- 4) Preparation for birth, knowledge and education helps women to avoid exhaustion. Improved bonding opportunities being prepared for labour. A critical factor to avoid intervention. Today, little is observed or understood of the need of the mother before arrival. Other than the check list of equipment for arrival and hospital check-ups.

*No effective preparation is involved in pregnancy healthcare today. When used it can reduce suffering outcomes to both parent and infant. Reduce intervention and reduce health and psychological contraindicators for parent and infant/family.*

**There are many birth impacts even from a natural birth process.**

- 5) Shock impacts occur from fast and long births.
- 6) Effectively modern-day birthing structures include elective C-Section. May seem to be a good option for mother, however not so great in the long term for infant! Majority of couples are not clear on what intervention and C-section will mean to them individually and impacts on infant.
- 7) Sadly, contraindicators will show later as infant grows.

Not realising the 'physical and psychological, biochemical kick starts' infant misses out on important internal automation programmes when C-Section used and/or intervention risk is involved. See page 20 for options available.



## Many body-mind disorders have core links to birth and birth trauma.

**Birth trauma is not acknowledged** although exists in most birth processes. Maternal shock, trauma, PPD (PND) PTSD is involved. And from a JWT perspective postpartum birth exhaustion is often mistaken for PPD(PND). Misunderstanding continues to exist around birth trauma and the long-term impacts directly received to mother and baby. Dad and family can also be suffering birth trauma from unexpected birth outcomes.

*Unfortunately, physical, and psychological contraindicators are growing for infant and mother from birth trauma, emergency sections and intervention. The contraindicators have been known for decades, yet on a society level, facts remain unknown. Health providers misunderstanding of emotional trauma and birth continues to cause serious long-term outcomes from birth trauma and unexpected intervention.*

**JWT offers Birth Trauma packages: solutions for mother and infant recovery. Any kind of complex trauma requires specialist and whole-body methods for long term recovery.**

**JWT 3<sup>rd</sup> trimester support helps to prevent and reduce intervention cause and effects: Mother has more time for herself with relaxation and improved body alignment. Opportunity for mother and infant to bond. Prepare herself. Factual birth planning. Plan going home. What to expect, be prepared.**

- 1) **Working too long:** Women's economic, home and career pressures can hinder pregnancy happiness. Women find themselves too weary to bond with infant in utero. Causing underlying tiredness, detachment, and overwhelm, in pregnancy. Exhaustion before birth process hinders a smooth birth.
- 2) In first pregnancy, women can worry about labour and delivery unknown territory. Or perhaps they have had a traumatic birth and want to avoid a repeat. Planning for birth and going home, preparing self, knowing facts helps women to be more confident and relaxed about the event.
- 3) Improving infant birth process, allowing good bacteria pick up from birth canal. (Preventing colic and digestion issues). Diet knowledge when breast feeding etc.
- 4) Allowing natural kick to start physical processes in birth for Infant. Infants own stress defence is provided and incorporated hormonally automatically in natural birth.
- 5) Supporting infant, reducing impacts psychologically with foetal natural birth process.

**Helps to provide a good start for infant, improves bonding process for parent and infant.**

- 6) **Birth trauma release for mother, dad and infant.** Removes fractious sleep, less distress, helps relax baby.
- 7) **Reduces trauma impacts and anxiety from infant.** Helps prevent psychological disorders for infant/parent.
- 8) **Reduces stress, worry and anxiety as a new parent.** *Happy baby equals happy home.*
- 9) **Physical Realignment programmes** –Infant physical restructure from squashed utero positions, and birth processes; Mothers maternity posture correction from pregnancy and labour.

JWT has a team of specialist trained individuals to help maternal and psychological issues from maternity.

With specialist dedicated listening skills, allows clients to be heard, understood and recovery acceleration.

Pregnancy tailored support and education programmes make a great difference to individual while pregnant, reducing stress in maternity. Preparing and getting ready for birth is paramount for a smooth pregnancy experience.

**See page 20 for programmes and packages available.**





## There is little help for Dads.

Obviously, dads and partners are also affected from maternity outcomes. Pregnancy loss, Miscarriage grief, IVF, Still Birth devastation etc. An indirect trauma outcome involved and often impacts are delayed. Partners can feel out of their depth and rejected in birth process. Concern of losing both partner and infant in the mix.

*Mother, infant and dad can be in shell shock and need effective specialist trauma care to help resolve.*

- 1) PND and PTSD outcomes from adverse trauma are more common than recognised for parents and family apart from the direct impacts on infant/mother.
- 2) Dads/partners can mirror the trauma from partner and be effected by their own shock and adverse trauma living a double whammy direct and indirect effects.
- 3) Requiring help as soon as possible to eliminate shock and trauma impacts.
- 4) Helping partners and dads to bond as a family, faster recovery enabling return to work, improving family dynamics.

Having a newborn can be challenging enough in relationship dynamics will change leaving as a couple and returning as a family. When unprepared for the impacts of what a little bundle of joy can bring.

- 5) Stress and distress can hit hard. Some partners cannot cope with crying and distressed infant. JWT Structure helps and JWT going home package incorporates understanding around distress and relationship impacts.
- 6) Obviously, birth trauma can be a factor and best to have infant checked out in fact JWT would suggest for parents too. Especially if coping is a problem.
- 7) The more relaxed home environment the better it is for the parent and infant. Bonding is more than the day of birth it is a long-term contact process. The smoother we can make it in early days and months the less behaviour risks will be involved.

JWT advocates supporting mother in pregnancy to help improve pregnancy recovery times. Founder Joy is a specialist and expert on birth trauma, women's and children's health issues and brings her twenty years plus, experience and knowledge to incorporate into JWT support packages. See back of brochure for programme details.

From a JWT perspective with more education and couples knowing about preparation reduction in intervention can be made. Intervention and long-term damage is underestimated, ignored and much could be prevented with specialist education. Check out back of brochure JWT programmes, packages for 3<sup>rd</sup> trimester, pregnancy support packages, Birth & Birth trauma etc.

See brochure page 20 for support programmes offered.



# Women's Health issues

Scenarios are unique to every woman.

**Women's health is a big subject and covers a wide range of disorders, physical, emotional, psychological, and unseen hormonal dysfunctions.**

Government survey 2021 showed less than 1 in 5 have enough information on menstrual wellbeing. *More than 4 in 5 (84%) said times when they (or the woman they had in mind) were not listened to by healthcare professionals. Top of the list was:*

1. Gynaecological conditions (63%).
2. Fertility, pregnancy, pregnancy loss and postnatal support (55%)
3. Menopause (48%)
4. Menstrual health (47%)
5. Mental health (39%).

**Women's menstrual disorders start early with puberty.**

- 1) Hormonal imbalances are seen early in a female's life.
- 2) Heavy periods, painful cramps, can lead to Anemia as an underlying issue.
- 3) Women's life can revolve around period cycles. Under the duvet days - missing school, college, and work on a regular basis.
- 4) Oestrogen dominance and hormonal imbalances are at the forefront of disorders. Genetic issues via generational inheritance include hormonal and menstrual issues. Infertility and miscarriage can run in families.

From an individual, public perspective a catalogue of misunderstandings exists from a health professional point of view. Survey sings loud and clear that women are not being supported.

*There is no doubt economics and relationships can suffer from menstrual, maternity and menopause issues. Great challenges are a daily occurrence for a woman with menstrual issues. Psychologically wearing and emotionally, physically draining. Menstrual issues cause exhaustion, anemia and daily under par living.*

There is a bigger picture to family dynamics when women's health issues ongoing; and/or parental psychological/emotional health issues. Children suffer and become vulnerable when parent is unwell. Causing childhood traumas. Childs own sensitivities, anxiety, separation anxiety, psychological health issues and adverse trauma will be affected. The ripple effect can be great when mum is out of order health wise.

JWT has programmes and packages to help with menstrual issues and women's health disorders.



# Menopause, Anxiety, Hormonal imbalances

**Menopause is a fact of life for women. Government women's health survey showed: Less than 1 in 10 have enough information on menopause. Over 1 million have left their jobs due to menopause symptoms! Affecting economy with impacts of family poverty living.**

Some women sail through menopause, feel liberation from this time of life. While others have the most challenging time of their lives, feeling ill throughout, lose confidence and suffer horrendous impacts from reduced hormonal support.

Data shows over a million women have left their jobs due to menopause, leaving them economically strapped. Relationships can suffer due to menopause symptoms. The issues physical, psychological, and emotional outcomes are detrimental for some women, and they feel as though the rug has been pulled.

Overall, society and health providers misunderstand the magnitude of menopause on women. Education is lacking. Much can be learnt how to manage symptoms avoid and prevent, be prepared for menopause understanding how functional medicine can assist.

There are various twists and turns on the journey of Perimenopause and menopause. Weekly, monthly, and daily impacts may be felt. And correcting hormonal imbalances is just one of the many parts to the puzzle of menopause. Each surge or depletion is uniquely played by each woman.

Menopause is underestimated and the majority of women are unprepared and unaware of the full impacts of three stages of menopause. There is no diary date as to when perimenopause will arrive, and symptoms are unique to each woman as biochemical and hormonal influences start to dwindle. Women are unprepared for the timeframes involved which can last up to and beyond 70 years of age.

The hormonal decline stops the protection hormones have given us since puberty and outcomes can make us prone to certain chronic disorders. Puberty menstrual issues and underlying weakness is highlighted in every stage in menopause. Women who have lived exhaustion and flatlining lifestyles can be hit harder as back-up adrenals are ment to take up some of the decline in hormonal reduction. The body is a fascinating machine and women need to know more about how the body works biochemically.

JWT support programmes, packages and webinars on Menopause are a comprehensive training including functional medicine and lifestyle suggestions for change. How we can improve our diet to help reduce symptoms the natural way. Brain and nervous systems are involved and frazzled impacts lived.

Learn how to liberate self from menopause. Make the smoother choice to empower self. Reduce symptoms gracefully and get your life back with JWT support packages and training.

**See page 22 for programmes and package options**



# Children's behaviour support programmes

## Parental behaviour education and support

Unfortunately, all ages suffer with underlying birth trauma issues, PTSD from birth. ADHD and Hyperactivity has been with us for decades. Attachment disorders and clingy behaviour, abandonment, rejection, and lack of bonding underlying from birth trauma experiences, **exposed in toddler, teen life.**

There is a lot to be desired in modern behaviour institutional thinking. And parents are left to muddle through without guidance or education. Outcomes are a minefield for child and parents. Direct action is required to make change for child. Educational enlightenment to society and health providers on all counts.

**Children's behaviour has become a black and white. Bigger picture is required for all the facts surrounding children's behaviour.** Physical and psychological issues have a core impact of trauma from Utero and type of birth experience. PTSD and anxiety results from early years cause and effect continues.

- 1) Parents own trauma, PTSD and depression within home environment can also be factors.
- 2) Children can feel abandoned and rejected from birth trauma.
- 3) Live underlying vulnerabilities and sensitivities, not feeling safe in the world.
- 4) Cognitively living on red alert and survival chaos. And Parents don't understand or know what to do.

***Coping with a child who has trauma and behaviour issues is tough.*** Essentially, child needs specialist help to correct outcomes. Parents require education, know the facts from birth trauma cause and effect on body-mind-emotions. Learn preventative skills, and management protocols for a more relaxed home environment. Complex trauma resolution is more than understanding ...requires full body integration. A direct approach giving inside out results with long term advancement for the individual.

**Children's negative behaviour is a mix of many factors, home environment and parents' emotional trauma.** The elephant in the room exists with institutional thinking ignoring these facts. No bigger picture consideration or links to birth, or the condition and impacts of the mother while pregnant. Victims of behaviour issues extends far and wide outside of the family home, socially and within criminality.

*Studies agree, stress, anxiety, unhappiness creates biological dominance in utero. Hormonal surges from mother to infant. Infant is formed from stress etc. Brain pathways malfunction, less coping strategies etc.*

**ADHD has grown to excessive proportions.**

**No medical solutions exist and controlled by medication.** Studies have shown Hyperactivity dominance is formed within utero, causing hormonal and biochemical imbalances. Of course, the knock-on effect is felt by infant and mother. Both can be suffering from underlying anxiety, depression and PTSD/PPD (PND) without understanding . Affecting home life for all.

See page 23 for programmes and packages available for ADHD and behaviour issues/ education etc.

**ADHD is prevalent in adults and children alike.** Boys have been seen to suffer more than girls. However, girls do suffer hyperactivity and ADHD. ADD etc. Symptoms can be seen as mild with variations compared to males.

- 1) **Transference and intergenerational trauma.** DNA/ brain base lines are altered and passed down within families and lineages. Historical influences can make future generations more prone to hyperactivity and ADHD living. Especially with a formation combination of pregnancy birth trauma mixed with intergenerational trauma.
- 2) If parent has ADHD, he/she will pass it on to their own children in varying degrees.
- 3) It can skip/jump generations, outcomes seen in grandchildren, great grandchildren, and future generations. Logic tells us without direct help, the symptoms continue, passed down the line getting worse with each generation.
- 4) Autism is another morphed variation from above. Grandchildren can be seen to develop traits of Autism and Asperger's from grand and great grandparents ADHD and trauma lived.

**Age is not a factor in ADHD. Victims do not grow out of ADHD. ADHD is also passed down from adult to infant.**

- 1) **Mirroring parents' dominance.** Additions from mother's emotional state brings a double whammy of outcomes. Hormonal and frontal cortex dysfunction, upsetting the fine balance of Dopamine etc. Hormones and brain out of sync.
- 2) **Additionally, hyperactivity is involved in diet and lifestyle.** Over stimulated a child's mind runs at 100 miles an hour (often misunderstood as ADHD) but from parental lifestyle, diet, and parents competitive outlook etc.
- 3) **Children can have a naughty streak,** due to neglect, underacknowledged, lack of attention and/or vulnerabilities.
- 4) **Shock and trauma involves clingy behaviour.** Introverted actions and withdrawal from birth trauma. Lack of self-esteem and self-confidence. Irrational fears. Sleep deprivation and unable to relax.
- 5) **School and sibling, adult bullying and being picked on is traumatic.**
- 6) **Abuse,** cause, and effect involves long term fear and terror remains in child's mind.
- 7) **Attachment disorder is involved with all the above.**

**ADHD symptoms are clear. ADHD is not normal living yet is becoming the norm within society.** Accepted with the rise of psychological long lists that are lived today. Although we acknowledge and identify mental health outcomes, it does not make it right or acceptable within society. ADHD is unusual, links to modern pregnancy and birth outcomes Modern medicine prefers medication. Stupification and suppression contraindicated, created from medication. From a JWT perspective turning our young children into drug addicts from a young age. *Fact is ADHD drugs do not cure the problem but add more.*

From a JWT perspective, misunderstanding exists in the full spectrum of children's behaviour missing critical facts that could reduce behaviour and ADHD symptoms. Medication is not enough. We need change in thinking and applications at birth and during pregnancy, to reduce head injury, pregnancy, and birth trauma.

Logic tells us this would bring correction in behaviour issues preventing mental health issues before they start! And where can't be avoided, immediate action to correct as soon as possible, with specific trauma methodologies. Stopping the tide of mental health and precious children's suffering prevented.

Economically saving trillions daily on a global scale! Reducing social and societies ongoing costs in services and education. Pregnancy and birth is more important than we realise to get right! Modern day thinking is causing a lot of health issues for unborn's, newborns ! Difficulties in parenting and challenging outcomes within society!

**From a JWT perspective we need to deal with the core issue.**

**JWT offers programmes of education and 1-2-1 therapy, functional medicine and lifestyle bespoke support to find the core issues.**

- Birth trauma programmes to correct, body-mind-emotion, with specialist trauma methodology, including mind-emotion understanding and training.
- Supporting and educating families on behaviour issues, management, and prevention.
- By avoiding and ignoring facts, by the time children are in their Teens they are out of control. Hormonally, birth trauma calls again in teens! A Rerun of what has been lived before.

*And so, it goes on! And society is paying the price for out-of-date institutional protocols.*

**Logic tells us if we can correct the core facts and impacts, heal the trauma, symptoms will abate.**

Slowing down the tide of mental health and behaviour issues. Enabling less disruption in schools. Children cognitively able.

- Instead of living chaos from trauma and cognitive disability.
- Education, services, and councils are drowning under the weight of ADHD and behaviour issues. Costs are escalating yearly. By correcting and slowing down the escalation society and families would be in a better place. With less of a drain on services and medical outlay.
  - 1) Reduce the ongoing intergenerational impacts from families and lineage.
  - 2) Child can eliminate ongoing trauma and chaos at an early age and stop the trauma outcomes from manifesting. Live a normal life instead of firefighting from societies institutional thinking .
  - 3) ADHD has a ripple effect upon the whole family.
  - 4) Fragments families, brings isolation to victim of disorder.
  - 5) Rejection and abandonment, isolating living.
  - 6) Victims are lonely and rarely understood.

A western world global issue. Society is to blame and an unjust situation allowing this to continue.

**Parental and health providers enlightened understanding and education regarding mothers support in pregnancy.** Understanding the full impact of shock, emotional and psychological manifestations produced from types of birth from hospital protocols. New thinking is required to include reality full impacts on infant and mother.

Learning the magnitude of birth trauma is paramount to help bring a new approaches for children who are victims of behaviour issues through no fault of their own.

- 7) Avoid and prevent ADHD and hyperactivity outcomes, by supporting mother.
- 8) By improving mothers anxiety and stress in pregnancy, we can reduce the outcomes to infant.
- 9) Wellbeing of the mother is paramount to reduce and prevent behavioural trauma outcomes.
- 10) Improving body-mind-emotional impacts to infant.
- 11) Improving parental support and reducing health demands and outcomes that are overwhelming for parents, carers, teachers, and society.
- 12) Improving long term health and bringing a new dynamic to family life.
- 13) Eliminate trauma and worry for parents.

Parental education brings a better understanding of complex trauma involved in children's behavioural issues. When removed family life changes to a more relaxed lifestyle.

*We only know what we know until we know differently!  
The economic savings are a non brainer. Trillions worldwide can be saved.*

*Removing zombie living brings more advancement for society. Less costs and stop firefighting.*

*As a society, parent, and grandparent it is our duty to rescue our precious children from such mental health atrocities and suffering.*

*Stop the ongoing ignorance. Reducing cognitive issues from society, from outdated institutional thinking.  
Bringing a new rational for children's mental and physical health. We all benefit from enlightened change.*

# ECZEMA & ALLERGIES

Individuals can become stuck in life as a result of birth trauma, the problems often following them into adulthood, undermining health, and psychological wellbeing.

- Lacking in self-confidence/esteem/worth, vulnerabilities and sensitivities exist from birth trauma.
- The list is long, and outcomes are fraught with emotions and underlying shock and PTSD/PPD.

**Eczema is a skin complaint and treated topically**, whereas from a JWT perspective birth formation and mothers emotional condition are factors to be considered. We are aware stress and anxiety is involved with allergies. Diet and poor digestive functions are factors too. Together with trauma the body - mind - emotion outcomes can become a loop of distress.

- Children are not aware of the complications of allergies and Eczema. They live with torment daily.
- Family life is cured with children with allergies and eczema.
- Children and adults live the distress and adverse trauma from their physical complaint.
- Allergies and Eczema (Dermatitis in adults) is a whole-body cause and effect and therefore requires a whole-body integrated approach to correct.
- Nervousness, irrational fears, and anxiety can come out of nowhere causing flareups .
- Children's lives are caught up in a loop of cause and effect and to stop the ongoing reaction and action. Core issues and causes need to be found to stop the ground – hog- day living.

*Professionals don't join the dots from birth and unfortunately contraindicators are not prevented in today's modern birth preferences.*

*Joy founder has found many factors from Mothers emotional state and grief in pregnancy linked to Eczema and writes her anidotal finds with case studies in her book Pregnancy & Birth a New Generation. The integrated and functional medicine approach was the answer in these cases.*

When mother has grief in pregnancy logically it will affect the formation of the foetus. JWT has found that sadness and grief from personal loss, going into automatic grief can affect development of skin and layers of skin development for infant. Disrupting strength formation. Mothers' dehydration can also cause dryness in skin. Tissue formation is interrupted. Hormonally grief and sadness can produce a chemical and biochemical reactions for forming infant, physically and psychologically.

Living undermining outcomes that often show early days / weeks of birth. The trauma to skin outcomes are involved at different stages of formation. Mothers' own weakness in digestion, skin strength, allergies, and poor elimination processes (skin, kidneys, bladder, lymph, spleen, and digestion systems) are also factors to consider.

JWT has programmes and packages for reducing the symptoms of Eczema. Intergenerational influences of skin, anxiety and allergies run in families and require investigation as core issues can include a cocktail of influences.

**See page 23 for programmes and package options**

# Allergies and good bacteria

Mothers' digestive good bacteria or not so good, is a factor in allergies. Dependent upon the mother's internal immunity and quality of digestive function.

Parents can live with inherited and self-induced weakened digestive and gut disorders. Outcomes will affect infants as weakened digestive and immunity is inherited, set from DNA mirrored base lines.

*Essentially, infants can miss out on picking up good bacteria from mum. Infant is meant to soaked up automatically from birth canal activated in natural birth processes.*

**When intervention such as C-Section is involved**, infant can miss out on this process. Breast feeding can help to transfer immunity to infant. If this is omitted, then the double whammy occurs with automated bacteria and immunity processes missing for infant and starting out on the back foot with excretion processes.

**Malabsorption can occur.** Meaning good nutrition and vitamin, minerals, body's building blocks can't be absorbed. Cause and effect weaken digestive systems, becoming under par, reduces resistant processes for infant. System decline. Infant symptoms can include colic and/or poor excretion for infant...systems out of sync due to several factors.

- 1) Allergies, rashes, and poor digestion.
- 2) Aversion occurs around certain foods.
- 3) Causing further issues and disorders. Headaches and dehydration, poor appetite involved. Misery for toddler and infant.
- 4) Stress and anxiety make the condition worse.
- 5) Parental overwhelm and family restrictions remain with children and adult allergies.
- 6) Parental and lineage intergenerational digestive dysfunctions are factors, passed on to future generations. Innocent children inherit ancestral dysfunctions and parents' weakness.
- 7) The real cause and effect.

**From a JWT perspective, infant and mother can benefit taking part in JWT packages and programmes to correct out of sync systems and improve immunity and bacteria. Education is provided for parents and health providers to understand the issues that can follow certain birth options and parental gut imbalances etc.**

- Mothers poor bacteria can be improved before birth therefore giving infant the opportunity of natural automation.
- Malabsorption and digestive issues can be corrected for infant and toddler/ adult, with functional and energetic medicine.
- Not black and white, many factors are involved with chronic and severe conditions.
- Poor digestive disorders can be remedied while pregnant with functional medicine, without any harm to infant.

**See JWT programmes and package options at back of brochure page 23.**



# JWT goal is to provide effective education and clarity for all professions within society.

JWT goal is to help reduce the merry-go-round cause and effect of suffering outcomes, to improve complex trauma outcomes for infant, mother, and family. *Trauma and birth trauma in today's birthing processes are ignored, seen as normal when from a JWT perspective ...abnormal.*

*Professional education requires updating and JWT goal is to facilitate New Era education and learning. Bring a new era of understanding to all areas of pregnancy, birth, and birth trauma outcomes.*

No medic or health provider wants a mother or child to suffer. Fact is our health administrators; health providers are being trained in outdated beliefs and misunderstanding. Causing untold harm to our precious baby's and their families. Society and health providers can't go on ignoring the facts and outcomes that happen every day due to lack of education, around birth and birth trauma. Continuing cause and effect maternal stress etc. with long term psychological health outcomes. Society is in crisis from practices at birth and live long term health disorders from misunderstanding from long ago.

JWT is paving the way highlighting and bringing a platform of education offering effective support for families.

Physical, emotional, and psychological compassionate long-term programmes of maternity care, birth (birth trauma), and maternal psychological health.

Improve planning, with effective preparation for success in pregnancy and birth.

Education and a multifaceted approach is the key for avoidance and prevention understanding.

Helping to prevent bigger picture and future health disorders, solutions for improved wellbeing for parents and infant.

**Please contact if you would like specific help, you cannot see listed.**

**JWT is happy to offer specific bespoke options to individuals, couples, and professionals.**

## JWT Support Programmes and Packages

[www.joywisdomtrust.org](http://www.joywisdomtrust.org)

# Professional, individual Women's health Programmes and packages

Professional and individual, couples' education – enlightenment understanding – inspirational light bulb realisations. Empowering women. with recovery programmes and packages. Improving self-esteem and 'OK to be you' personal growth training.

JWT offers consultation and comprehensive 1-2-1, table talk discussion, A&P webinars, seminars and assessment bespoke person's needs. Functional medicine, trauma is a whole-body impact and needs whole body integrated 1-2-1 Therapy support for comprehensive health and wellbeing improvements.

Women's health is a big subject and covers a wide range of disorders, physical, emotional, psychological, and unseen hormonal dysfunctions. Scenarios are unique to every woman, with complex family outcomes.

- Family dynamics change with ongoing women's health issues. Parental psychological/emotional health issues. Children suffer and become vulnerable when parent is unwell.
- Causing childhood traumas. Child's own sensitivities, anxiety, separation anxiety, psychological health issues and adverse trauma will be affected. The ripple effect can be great when mum is out of order health wise.

*There is no doubt that economics and relationships can suffer from menstrual, maternity and menopause issues. Great challenges are a daily occurrence for a woman with menstrual issues. Psychologically wearing and emotionally, physically draining. Menstrual issues cause exhaustion, Anaemia and daily under par living.*

**Monthly maintenance programmes**  
**Quarterly maintenance programmes**

Regular appointment offers

**Women's health Webinars**  
**Oestrogen dominance webinars**

Webinars/ workshops

**Puberty menstrual issues**  
**Women's menstrual disorders**  
Functional medicine - Diet and lifestyle changes  
Understanding stress and women's health disorders  
Natural approach to combat symptoms  
Therapy to correct and align hormones  
Understanding stress and health disorders  
Avoid burn out and exhaustion  
Reducing anxiety

**Bespoke 1-2 and education appointments**

**Empowering women workshops and seminars**  
Self-worth and Self esteem  
Empowering self – getting life back

**Webinars/ workshops**

See page 10 for more information.

# Conception to Pregnancy: IVF and miscarriage

**JWT offers packages and programmes to help reduce trauma impacts from conception, infertility and pregnancy loss.** Supporting couples, helping to find complications, guiding through IVF and conception onto pregnancy. Age, leaving it late to start a family brings more complications and risks. Disappointments from pregnancy loss can be a journey to find the core issues involved.

*It makes sense to 'Get fit' for pregnancy, prepare to help prevent disappointments and pregnancy loss.*

## **Get fit for pregnancy bespoke packages**

**3-6 months**

Conception and preparing body for new life can take time, especially where conception is involved. For example, to change sperm and egg quality takes approximately 90 days to log improvements. Complications can be historical and genetically inherited. With specialist and bespoke assistance improvements and changes happen with specialist guidance.

## **Miscarriage, IVF support packages for individuals and couples**

**1-3/ 6 months**

Get fit for conception Lifestyle and maternity preparation individual/couples

3-4-month programme

Pregnancy loss, Miscarriage programmes individuals/couples

= 6-10 weekly

IVF – individuals and couples

= 6-10 weekly

Maternal trauma PND/PTSD

= 8-12 weekly

Maternal depression and anxiety

= 4-8 weekly

Self-esteem programmes

= 6-8 weekly

Psychological pain and life circumstances

= 6-10 weekly

Family Grief and Loss

= 6-10 weekly

## **IVF brings its own pressures and trauma for couples**

## **Bespoke IVF support programmes**

A woman's body can get hung up on maternity processes started and not completed. Especially with IVF back-to-back processes. Correction and realignment of hormonal states and hormonal burnout is required to bring processes to a new stage of development.

## **Maternal Trauma:**

**1-3 months**

Trauma is a whole-body impact and requires whole-body specialist methods to help Individual, couple's complex trauma and devastation 1-2-1 therapy options, table talk discussions.

Webinar fertility and pregnancy loss.

Compassionate person-centred therapy and guidance

Functional medication and lifestyle guidance.

Empowering couples, giving anatomy and bigger picture understanding.

Males' complex trauma programmes 1-2-1 therapy options

= 4-8 weeks

**All JWT programmes are bespoke, created for clients' specific needs and are priced accordingly. Please see page 6 for more information.**

# Maternity support and birth programmes

Many aspects of health issues occur during pregnancy and are unique to every woman. 3<sup>rd</sup> trimester can be a more demanding time upon the mother's health and psychological impacts as infant growth spurt occurs. Preparing for birth is essential for smoother labour options.

JWT offers physical and emotional support throughout pregnancy.  
1-2-1 discussion, Functional medicine, relaxation programmes, 1-2-1 therapy options.

**Maternity pre and post support packages** (Individual and full programme options )

**3<sup>rd</sup> trimester 'Get fit' for birth bespoke packages**

**3 – 6-month support programme**

*Get fit for labour. Help mother prepare herself for birth. Relaxation programmes bond with baby: Reduce exhaustion and tiredness (contraindicators with possible risks for intervention).*  
Available as full bespoke programme.

- 1) Factual education for parents and preparation to reduce trauma impacts from birth and birth trauma. Learn how to prevent health and wellbeing issues for mother and baby.
- 2) Skeletal and pelvis alignment before birth.
- 3) Mother and baby bonding – relaxation
- 4) Education on birth choices and possible contraindicators.
- 5) Hypnobirthing
- 6) Reflexology

Going home preparation - Parenting and home expectations = Webinar and 1-2-1 table talk

- |   |                |
|---|----------------|
| 7) Mother and baby skeletal realignment after birth | = 4-6 sessions |
| 8) Birth Trauma - Mother Baby / Dad                 | = 4-6 weekly   |
| 9) Women's realignment from pregnancy               | = 4-6 weekly   |
| 10) Baby's realignment from Utero                   | = 2-3 sessions |
| 11) Baby's Colic and fractious sleep                | = 2-4 sessions |

**Birth Trauma and post pregnancy support**

- |   |                |
|---|----------------|
| 1) Birth trauma specialist therapy 1-2-1 for parents and infant   | = 2-4 sessions |
| 2) Baby's realignment from Utero  | = 2-3 sessions |
| 3) Baby birth trauma corrections.   | = 2-4 sessions |
| 4) Women's realignment from pregnancy<br>Help muscles and abdominal muscles back to realignment from pregnancy. | = 4-6 weekly   |

All JWT programmes are bespoke, created for clients' specific needs and are priced accordingly.  
Please see page 6 for more information.

# Birth trauma and Birth impacts.

**A fractious traumatised baby is not a good start to life. Parents are out of their depth to know why or how to correct.** Natural and intervention births are factors for birth trauma. Logically effecting infant and parents. *Birth trauma is misunderstood, and little is offered on the cause and effects that can follow from birth trauma complications. Professional training programmes available.*

**JWT offers tailored programmes and packages for infant/parent birth trauma and birth impacts.**

JWT 1-2-1 specialist trauma solutions, educational understanding, table talk and webinars. Understanding trauma with solutions for infant, mother and partners.

**1) 3<sup>rd</sup> trimester 'Get fit' for birth bespoke packages**

Includes 'Get fit' for labour.

Help mother prepare herself for birth. Relaxation programmes bond with baby:

**2) Parenting and Going home expectations**

**3) Birth trauma check and 1-2-1 therapy for baby**

**4) Birth Trauma - Mother Baby / Dad**

**5) Women's realignment from pregnancy**

**6) Baby's realignment from Utero**

**7) Baby birth trauma corrections.**

**8) Baby's Colic and fractious sleep**

**2-3-month support programme**

**webinars and 1-2-1 table talk**

**= 3-4 weekly**

**= 4-6 weekly**

**= 4-6 weekly**

**= 2-3 sessions**

**= 2-4 sessions**

**= 2-4 sessions**

**Maternal Trauma bespoke individual and family programmes**

**= 4- 12 weekly**

Trauma is a whole-body impact and requires whole body specialist methods to help Individual, couple's complex trauma: PTSD/PPD (PND).

- 1-2-1 therapy options, table talk discussions.
- Education understanding complexities of trauma
- Compassionate person centred 1-2-1 therapy and table talk guidance
- Functional medication improving recovery

**Mother/parents trauma impact solutions, education and therapy.**

**5) Maternal trauma PND/PTSD**

**= 8 -12 weekly**

**6) Maternal depression and anxiety**

**= 4 -12 weekly**

**7) Males' complex trauma programmes**

**= 6-10 weekly**

**8) Empowering and Self-esteem programmes**

**= 6-8 weekly**

**9) Psychological pain and life circumstances**

**= 6-10 weekly**

**10) Family Grief and Loss**

**= 6-10 weekly**

**11) Empowering couples, bigger picture understanding.**

**Webinar and 1-2-1 discussion**

**All JWT programmes are bespoke, created for clients' specific needs and are priced accordingly. Please see page 6 for more information.**

# Menopause programmes

**Empowering women in menopause; Menopause Education: practical management, understanding outcomes, 'How To' solutions. Menopause is a long-standing condition and a big part of a women's life.** JWT, offers consultation and 1-2-1 discussion for bespoke person's needs. 1-2-1 Therapy support for comprehensive health and wellbeing improvements. Comprehensive educational webinars and seminars.

## Menopause programmes

### Peri- Menopause Webinars

6-12 weeks

Diet and lifestyle changes

Understanding hormonal decline and menopause

Natural approach to combat menopause symptoms

Functional and energetic medicine

1-2-1 Therapy to correct and align hormones

### Menopause and post menopause webinars

6-10 weeks

**Women can suffer many chronic changes to health at this stage.** *Women think after perimenopause it is over... there can be at least 15-20 years where decline continues with symptoms and health issues follow. Women in their 70's can still be suffering from hormonal decline. Education and understanding helps to prevent.*

Avoid and prevent - Functional medicine - Diet and lifestyle changes

Hormonal Trauma and Menopause

Natural approach to combat menopause symptoms

1-2-1 Therapy to correct and align hormones

### Monthly maintenance programmes

### Quarterly maintenance programmes

Regular appointment offers

### Parenting with menopause

6-8 weeks

Understanding stress and menopause

Reducing anxiety

Avoid burn out

### Empowering women workshops and seminars

Webinars/ workshops

Self-worth and Self esteem

Empowering self – getting life back

To book your appointment and programme contact Joy Wisdom Trust

**All JWT programmes are bespoke, created for clients' specific needs and are priced accordingly. Please see page 6 for more information.**

# Children's behaviour and allergies

Individuals can become stuck in life as a result of birth trauma, the problems often following them into adulthood, undermining health, and psychological wellbeing.

- Lacking in self-confidence/esteem/worth, vulnerabilities and sensitivities exist from birth trauma.
- The list is long, and outcomes are fraught with emotions and underlying shock and PTSD/PPD.
- Physical and psychological impacts have a long arm and are present from type of birth and birth trauma.

*JWT offers parental and professional education regarding birth trauma, traumatic birth impacts to head can be involved. Stress of mother and behaviour issue outcome links have been proved. Mothers emotional state is a factor to consider in both behaviour and cognitive, allergies and skin issues.*

**Eczema** birth formation and mothers' emotional condition are factors to be considered. We are aware stress and anxiety is involved with persons allergies. Allergies and Eczema are also factors from mother's maternal state. Mothers own good immunity and bacteria, or not so good digestive issues are transferred to infant. Diet and poor digestive functions are factors too. Trauma held becomes a body - mind - emotion outcome, become a loop of distress. It is breaking the loop of distress and impacts with merry go around living.

**Education – bigger picture understanding from intergenerational health issues.**

JWT offers consultation and comprehensive 1-2-1, discussion and assessment of bespoke person's needs. 1-2-1 Therapy support for comprehensive health and wellbeing improvements.

A&P webinars, seminars table talk discussion. Professional programmes available.

**Tailored Programmes and packages for Eczema and Allergies**

- |  |            |
|--|------------|
| 1) Complex trauma and birth impacts – Eczema and allergies                           | 1-3 months |
| 2) Trauma and skin education.  |            |
| 3) Intergenerational absorption from mother/ parents and integrated trauma outcomes. |            |
| 4) Malabsorption   |            |
| 5) Allergy testing and hair analysis   |            |

**Infants digestive and feeding corrections**

2-4 weekly

- |  |  |
|--|--|
| 6) Stomach acid and bacteria rebalancing   |  |
| 7) Parental Digestive investigations and suggested functional medicine to correct. |  |

**Adverse Trauma and behaviour issues**

= 6-8 weekly

- |  |                   |
|--|-------------------|
| 8) ADHD and hyperactivity programmes           | = 8-10 weekly     |
| 9) ADHD / cognitive behaviour issues           | = 8-10 weekly     |
| 10) Lifestyle and diet: reducing hyperactivity | = 2-4 weekly      |
| 11) Anxiety and Sleep issues                   | = 6-8 weekly      |
| 12) Child Depression                           | = 6-8 weekly      |
| 13) Attachment disorder                        | = 8-12 weekly     |
| 14) Functional / energetic medicine            | 1-2-1 and webinar |

All JWT programmes are bespoke, created for clients' specific needs and are priced accordingly. Please see page 6 for more information.

# Parental support and behaviours

**JWT offers a New ERA cutting edge comprehensive approach in education and fact-finding data for professional, health care providers, care groups, parents, education providers and individual.**

Many factors are involved and unique to each child and family situation. Children and adult trauma is misunderstood. Parents and professionals lack of trauma understanding is part of the overall problem and new era education is required to help children who have inherited issues through no fault of their own. Unjust cause and effect situations do exist resulting in behaviour and complex trauma outcomes.

Parental guidance and education management programmes on adverse trauma, behaviour issues and health outcomes affecting children. Birth impacts and birth trauma are involved with underlying hidden PTSD and PPD (PND) aspects at play. Trauma in pregnancy, abuse, domestic violence and trauma, depression in the home are factors. Cognitive underdevelopment and poor cognitive response are factors from foetal development. Mothers maternal stress, PPD (PND)/PTSD involvement. Logic implies that infant will be affected in many ways.

**Educational and management programmes for parents, professionals and care authorities.**

Health and wellbeing programmes for parent and carers. = 6-8 & 12 weekly

**Behaviour issues cause and effect** = 6-8 weekly

**Bespoke Parental education** – webinar and 1-2-1 group discussion = 6-8 & 12 weekly

- 1 Group webinars/ seminars on children's behaviour.
- 2 Bespoke behaviour table talk discussions.
- 3 Parental self-esteem and empowerment workshops
- 4 1-2-1 discussion and parent 1-2-1 therapy may be suggested. **Additional options**
- 5 Group support **Additional options**

**Individual child bespoke behaviour combination approach and consultation.** = 6 - 12weeks

Functional medicine and therapy packages. Spotlight hidden causes of children's adverse trauma, depression, and behaviour issues. Solutions, lifestyle, diet suggestions. Relaxation packages.

1. ADHD, Hyperactivity. = 6 - 12 weeks
2. Allergies, Eczema, Asthma. = 6 - 16 weeks
3. Anorexia and diet issues = 6 - 16 weeks
4. Attachment disorders = 6 - 12 weeks
5. Addiction and trauma = 6 - 16 weeks
6. Depression and anxiety = 6 - 10 weeks
7. Foetal alcohol syndrome = 6 - 8 weeks
8. Health and wellbeing issues: = 6 - 12 weeks
9. Suicide and Schizophrenia = 3 - 6 months
10. Sleep deprivation = 4 - 8 weeks
11. Transference, genetic inheritance passed onto future generations: Webinars/seminars/table talk.

**All JWT programmes are bespoke, created for clients' specific needs and are priced accordingly. Please see page 6 for more information.**



# Joy wisdom Trust Video & digital brochure

You tube videos (quite easy to navigate & find all the videos) All videos on web [www.joywisdomtrust.org](http://www.joywisdomtrust.org)  
(You Tube) <https://www.allonus.co.uk/videos/>

## Download digital brochure information

<https://www.youtube.com/playlist?list=PLFoy3cGFgvXi7DaMkF7mK6cyysrZthgaY>

**JWT Launch** - <https://www.youtube.com/watch?v=YgBytoX1cUI&t=2s>

**Short JWT Launch/introduction video** - <https://youtu.be/thHJ6guPios>

**The Truth about Birth Trauma, Allergies and Jabs, (Women's Health, Pregnancy & birth)** -

<https://youtu.be/XZ6iKgsWWGI>

How Women's Abuse affect New Generations and What Can Be Done About It -

<https://youtu.be/ogGL49QSchw>

**JWT and Miscarriage** - <https://youtu.be/bZjTnR-pVjk>

(JWT) Miscarriage & case study - <https://youtu.be/QM28leCng3k>

**JWT & Conception** - <https://youtu.be/UGuK5yWC2eg>

**Abuse interview 2014.** <https://www.youtube.com/watch?v=ogGL49QSchw&t=1645s>

Abuse and Health Disorders - JWT & Abuse - <https://youtu.be/gZ6fqzKFU28>

(JWT) Abuse shortening lifespan - <https://youtu.be/GsoOdQZQI98>

Abuse Anxiety & Gut - <https://youtu.be/-ZcgzNnU8WU>

**Anxiety and digestive issues** - <https://youtu.be/nTkDAgotmug>

**Post Natal Depression** - <https://youtu.be/J9gW8WdXo3Q>

(JWT) PTSD PND - <https://youtu.be/oLTF3CrOtdk>

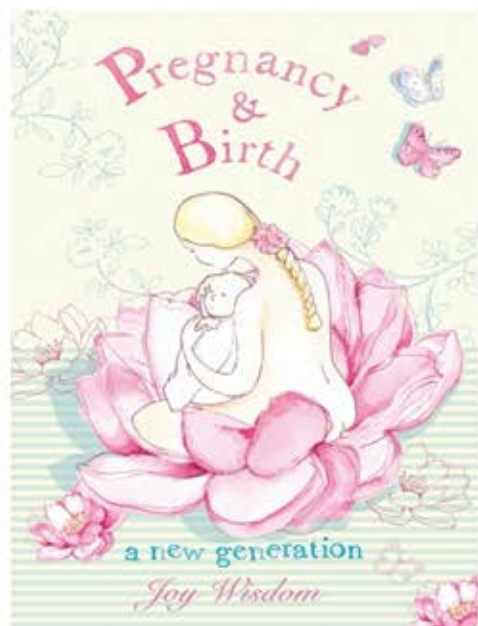
**Mental Health and Depression new approaches** - [https://youtu.be/fFK\\_8NCXxAA](https://youtu.be/fFK_8NCXxAA)

**Mental health** - <https://www.youtube.com/watch?v=eWN87xDly94&t=53s>

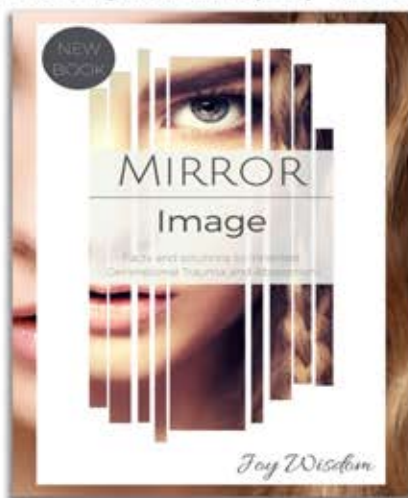
**Book Pregnancy Birth And New Generation FREE download introduction** - <https://youtu.be/jqsYM2lUTaA>

**Book Mirror Image - Mirror Image** - recording of introduction. MirrorImageIntro.m4a

Download Link: <https://allonus.co.uk/a/downloads/-/658b924893796f4c/ac440b3a5093305c>



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<https://www.youtube.com/playlist?list=PLFoy3cGFgvXi7DaMkF7mK6cyysrZthgaY>



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PND/PTSD/Anxiety/Depression  
Infertility  
Miscarriage

Abuse deprivation and  
traumas  
Domestic violence  
Abuse Body-Mind health  
outcomes

Pioneering for a healthier  
society