

## PTSD – Agenda – Series 1FF – Application - Team

- **Total Time: 45** min.

- **Time: 2:00** min.

### Theme Song: Psalm 67:1-7

God be merciful unto us and bless us

[https://www.numbers1317.org/intro\\_01.html](https://www.numbers1317.org/intro_01.html)

- **Time: 5** min.
- **Welcome Prayer**
- **Scripture Song** – Choose a Scripture Song

- **Time: 25** min.

– **Explain** 10 Days Care for PTSD

<https://144000teachers.org/city-country/#1707400584341-03dfe160-a6b8>

You may want to explain – Vitamin B12 for the nervous system.

Herbs like: St-John Wort to aid with stress, depression and fatigue.

Remind the use of the 8 Laws of Health daily!

– **10** min.

**Demo** – Short massage demo and Russian bath followed with cold shower.

Do this presentation with a brother – **short massage** – cover client and massage head and back with oil – **8** min.

Explain advantages of **Russian bath** where the client's head is out and he does not absorb toxins from the steam bath – mention the importance of a 30 seconds or more **cold shower** afterwards – **7** min.

<https://144000teachers.org/city-country/#1705838884358-9caf2028-7946>

- **Time: 15** min.

### Witnesses – Interview

<https://144000teachers.org/city-country/#1705838884358-9caf2028-7946>

- **Close with Prayer**