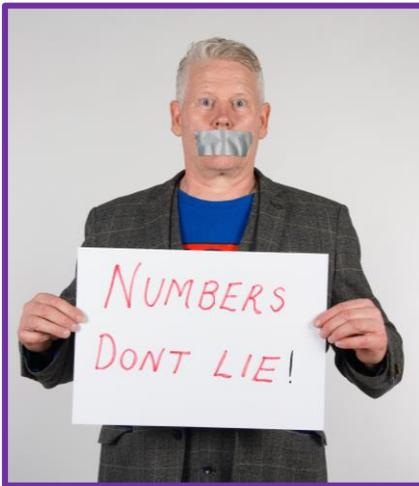




Know thyself

NUMEROLOGY

REVEALING THE HIDDEN POWER OF NUMBERS



NUMEROLOGY

HEALTHY LIVING GUIDE

*'Enhance Your Health with this A - Z list of 41
Healthy Living Recommendations'*

By Stephen Kirkbride

www.KT-Numerology.co.uk

Introduction

I want to sincerely thank you for showing an interest in this healthy lifestyle information.

The bottom line is today's face-paced world isn't very conducive to good natural health resulting in a population whose general health and wellbeing is in gradual decline.

Metaphorically speaking, I want you to think of your body as high performance formula 1 racing car...

Now, if you wanted to get high performance from it, I'm pretty sure you would be very careful about what you put in and make sure that every part and system is operating at its optimum performance.

Of course, you would.

You only get one body, so it makes absolute sense to have it operating in the most harmonious way from a health and well-being perspective.

This guide is as much about adopting good healthy habits and simple disciplines to enhance your health, wellbeing and most importantly to feel good.

As human beings, we're meant to naturally feel good, somehow, modern life has got in the way of this!

Good vibrant health raises your natural vibration and makes you feel good both physically and psychologically.

Can I suggest you adopt as many of the 41 recommendations that resonate with you?

You'll see that your day of birth (1 – 31) has more of a bearing on some of the recommendations, **pay attention to these**, as numerology is also being applied to magnify the beneficial effect (it will be explained as we go through it).

Thank you once again, I sincerely hope you get lots of value from this educational guide and put the information to good use.

With love & blessings

Stephen Kirkbride

Numerologist & Health/Wellness Mentor

Disclaimer; This is an educational guide written with the sincere desire to encourage you to adopt habits conducive to enhancing your general health and wellbeing. Although all the health-related information is very well researched, the author cannot be held responsible for any actions taken as a consequence of using the information in this guide. If you're in any doubt, please consult your doctor or appropriate health professional.



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What is Numerology?

N.b. I'll cover some basic numerology as each of the 41 health recommendations has an underlying numerological connection as denoted by the number (top left) on each health slide starting on page 12.

Numerology is the universal language and science of numbers which is said to have been created by Pythagoras, the Greek mystic and mathematician, more than 2,500 years ago.

It is based on the premise that **we are timeless souls** who have lived, and will continue to live, many lives for the purpose of evolving our soul through experiences and life lessons.

In our quest for self-mastery, we choose a known pre-set agenda for each life, consisting of the specific lessons we'd like to learn and the destiny we'd like to fulfil, during that lifetime.

The **details of all this, can be found in our 'numbers'** or more specifically our name and date of birth.

Drum roll..... your name and date of birth are no accident...you specifically chose them!

Let's go a little bit deeper...

Your soul comes from the spirit dimension whereas your body comes from the earth dimension. They come together at some point in the gestation period (pregnancy) as a beautiful divine creation, this is when your soul enters the unborn fetus in readiness for your birth and life as one.

It's your unborn body (prior to your soul entering it) which holds the **energetic blueprint** of who you are and what you are destined to be in this lifetime. Your soul then enters the body and you emerge from the womb on the pre-determined date of birth, carrying the energetic blueprint for your chosen path and destiny.

The energies within the blueprint are basically a set of frequencies encoded with everything you energetically need (characteristics, skills, traits etc) for the lifetime you have chosen.

And how do we measure and quantify anything? With numbers and letters of course.

If you know how to fully encode your name and date of birth you will find layer upon layer of information about yourself. That's what numerology does 😊.

People often joke that we don't get a rule book for our lives, yet we have the blueprint right under our nose and most people haven't a clue! It's all there in your numbers!

How it actually works (snapshot)?

Each number in your date of birth and full name (n.b. each letter in your name converts to a number between 1 – 9 with numerology) represents a vibrational frequency.



Your name and date of birth obviously have the individual letters and numbers which all have individual frequencies, in addition to these, there are multiple other layers of frequencies contained within.

All these individual and layered frequencies correspond to the necessary skills, personality traits, characteristics, emotions etc, needed for your journey, experiences and lessons you wanted during **this** lifetime.

But surely my parents chose my name?...I hear you ask!

They did officially name you, but what really happened is you quietly influenced (planted your name in their minds) your parents from the spiritual realm.

So, encoded in your name and date of birth is your soul's blueprint for this lifetime that was set-in motion long before you entered this world.

Numerology is the key to helping us decode this powerful information that we have all forgotten, it will help you see the bigger picture and discover the real you!

Why don't we remember any of this?

Because we incarnate for the purpose of wisdom and growth for the soul, we have our memories wiped when entering the foetus, this is often referred to as the 'vale of amnesia.' If we carried all the soul's wisdom through each incarnation, we'd already be wise and wouldn't benefit from the lessons and growth our souls are seeking through each human experience.

Planet earth is effectively a school that we have all chosen to come to with eagerness and excitement because of the wonderful opportunity it offers us for developing our souls through experiences.

Unfortunately, because our memories are wiped prior to birth and nobody really explains this stuff to us, we pretty much must try to figure it all out, the majority never do!

Fortunately, through Numerology and similar spiritual disciplines we can begin to understand our true purpose in this lifetime and the specific lessons we came here to learn 😊.

Mistakes

You may notice the odd grammatical mistake in the written traits/characteristics on a few of the graphics. Please excuse this, a lot of the information is channelled through my guides and I just let it flow as it comes through (and don't even notice in that state) but I have kept it in for authenticity, so please go easy on me 😊.

The Energetic Meaning of Each Number

In a nutshell, there are only 9 numbers to deal with in Numerology, 1, 2, 3, 4, 5, 6, 7, 8 & 9 that's it 😊 you don't need to know any others, not even 0 as it has no effect!



The reason is that every number in existence, no matter how big, reduces down to a single number between 1 – 9.

Reducing down, simply means adding all the digits in a number together (and then the total if required) until you have a single digit between 1 - 9, here are some examples;

the number 51 would reduce to 6 ($5 + 1 = 6$).

the number 248 would reduce to 5 ($2 + 4 + 8 = 14$, $1 + 4 = 5$).

the number 2020 would reduce to 4 ($2 + 0 + 2 + 0 = 4$),

Every number and letter corresponds to an underlying energetic frequency between 1 – 9 and once you know how to interpret these 9 basic frequencies, you're effectively a mini numerologist 😊!

Here's the general energetic meaning of the numbers 1 – 9;

1 ~ Individualistic, Independent

2 ~ Cooperation, Peacemaker

3 ~ Creative, Expressive

4 ~ Worker, Process, Foundations

5 ~ Freedom, Adventure

6 ~ Nurturer, Caretaker

7 ~ Truth-seeker

8 ~ Power, Abundance, Finance

9 ~ Humanitarian, Global Awareness

I've kept the traits very generic for simplicity, each number has a lot of depth with both positive and negative traits.

Birthday Numbers Explained

As your birthday number affects the influence of certain health recommendations (enhances them) as you'll see, I will firstly cover everybody's birthday chart in the next few pages.

Your birthday number holds lots of information about your personality traits. It is a very influential number in your personal numerology.

It is very simple to work out, it's the day of the month you were born, so if you were born on the 1st you're a **1 birthday** number, born on the 2nd you're a **2 birthday** number and so on.

If you were born after the 9th of the month, you just add the 2 figures in the date and reduce to a single figure between 1 – 9. Examples:

- i) Born on 16th of the month, you would be a **7** ($1 + 6$) **birthday** number
- ii) Born on the 26th of the month, you would be an **8** ($2 + 6 = 8$) **birthday** number



1. If you were born on either the 1st, 10th, 19th or 28th of the month, you're a 1 Birthday Number and these are your lesser and greater personality traits:

①	<u>FIRE</u>	<u>SUN</u>
	BORN	1 st 10 th 19 th 28 th
<u>The lesser you</u>		<u>The greater you</u>
Stubborn		LEADERSHIP
Selfish		COURAGE
Depressed		PRIDE
Unfeeling		CREATIVE
Demanding		ORGANIZED
Egotistical		POSITIVE
Fear		DETERMINED
		INTELLEGENCE
		INVENTIVE

Ruling Element

You are ruled by...
Fire
 ...so, you have fire in your belly!

Ruling Planet

Your ruling planet is the...
Sun
 ...so, a sunny disposition 😊

2. If you were born on either the 2nd, 11th, 20th or 29th of the month, you're a 2 Birthday Number and these are your lesser and greater personality traits:

②	<u>WATER</u>	Born 2 nd
	<u>MOON</u>	11 th 20 th 29 th
<u>The Lesser You</u>		<u>The greater you</u>
Shy		INTUITIVE
depressed		PATIENT
Petty		PEACEFUL
Cruel		RELIABLE
Indecisive		CONSIDERATE
Insincere		DIPLOMATIC
Wishy Washy		TOLERANT
		CARING

Ruling Element

You are ruled by...
Water
 ...so, just allow life to flow.

Ruling Planet

Your ruling planet is the...
Moon
 ...which affects your emotions!



3. If you were born on either the 3rd, 12th, 21st or 30th of the month, you're a 3 Birthday Number and these are your lesser and greater personality traits:

③ <u>FIRE</u> Born 3 rd	
<u>JUPITER</u> 12 th 21 st 30 th	
<u>The lesser you</u>	
Scattered	<u>The greater you</u>
Fickle	FRIENDLY
Domineering	PASSIONATE
Promiscuous	SOCIALABLE
Worrying	CREATIVE
Whining	VERSATILE
Over exaggerating	EXPRESSIVE
Vain	ROMANTIC
	TALENTED

Ruling Element
You are ruled by...
Fire
...so, you'll burn brightly 😊

Ruling Planet
Your ruling planet is the...
Jupiter
...bringing you wisdom/wealth!

4. If you were born on either the 4th, 13th, 22nd or 31st of the month, you're a 4 Birthday Number and these are your lesser and greater personality traits:

④ <u>AIR</u> Born 4 th 13 th	
<u>URANUS</u> 22 nd 31 st	
<u>The lesser you</u>	
Stubborn	<u>The greater You</u>
Self-hurting	ORGANISED
Controlling	RELIABLE
Jealous	HARD-WORKING
Insensitive	LOYAL
Moody	HONEST
Argumentative	PATIENT
Lazy	DETERMINED
	DISCIPLINED
	STEADFAST

Ruling Element
You are ruled by...
Air
...so, you'll be free spirited!

Ruling Planet
Your ruling planet is the...
Uranus
..God of the sky, that's your limit!



5. If you were born on either the 5th, 14th or 23rd of the month, you're a 5 Birthday Number and these are your lesser and greater personality traits:

⑤ AIR MERCURY
 Born 5th
 14th 23rd

<u>The lesser you</u>	<u>The greater you</u>
Critical	Exciting
Over indulgence	Humorous
Self indulgence	Flamboyant
Unreliable	Adventurous
Wasteful	Intelligent
Moody	Dramatic
Irresponsible	Free-thinking
Jealous	Adaptable

Ruling Element
 You are ruled by...
Air
 ...so, you're free and fluid!

Ruling Planet
 Your ruling planet is the...
Mercury
 ...so, good wit & communication.

6. If you were born on either the 6th, 15th or 24th of the month, you're a 6 Birthday Number and these are your lesser and greater personality traits:

⑥ EARTH VENUS
 Born 6th 15th
 24th

<u>The lesser you</u>	<u>The greater you</u>
Cynical	Peacemaker
Jealous	Spiritual
Meddling	Magnetic
Nagging	Home-loving
Stifling	Sympathetic
Unbalanced	Councillor
Worrying	Unselfish
Selfish	Nurturing

Ruling Element
 You are ruled by...
Earth
 ...so, you're very grounded.

Ruling Planet
 Your ruling planet is the...
Venus
 ...the planet of LOVE ❤️



7. If you were born on either the 7th, 16th or 25th of the month, you're a 7 Birthday Number and these are your lesser and greater personality traits:

⑦ <u>WATER</u> <u>NEPTUNE</u>	
Born 7th 16th 25th	
<u>The lesser you</u>	<u>The greater you</u>
Secretive	SPIRITUAL
Lonely	MYSTICAL
Shy	HEALER
Fearful	PSYCHIC
Stand-Offish	TRUSTING
Devious	TEACHER
Slow moving	INTUITIVE
Self-critical	ARTISTIC
	SYMPATHETIC

Ruling Element

You are ruled by...
Water...
when you're on it, life will flow!

Ruling Planet

Your ruling planet is the...
Neptune
...giving you good intuition!

8. If you were born on either the 8th, 17th or 26th of the month, you're a 8 Birthday Number and these are your lesser and greater personality traits:

⑧ <u>EARTH</u> <u>SATURN</u>	
Born 8th 17th 26th	
<u>The lesser you</u>	<u>The greater you</u>
Bully	FAME
Anger Issues	HELPFUL
Greedy	LEADERSHIP
Dictator	CHARITABLE
Scheming	POWER
Oppressive	EXECUTIVE
Power hungry	ABILITY
Money Issues	ORGANIZED
	HUMANITARIAN

Ruling Element

You are ruled by...
Earth...
keeps your feet on the ground.

Ruling Planet

Your ruling planet is the...
Saturn
...which gives you strength!



9. If you were born on either the 9th, 18th or 27th of the month, you're a 9 Birthday Number and these are your lesser and greater personality traits:

⑨ <u>FIRE</u> <u>MARS</u>	
born 9 th 18 th 27 th	
The lesser you	The greater you
bitter	LOVING
Self pity	INTELLECENT
Impulsive	INSPIRATIONAL
Emotional	COURAGEOUS
Controlling	PASSIONATE
Narrow Minded	PSYCHIC
Selfish	CREATIVE
Argumentative	SPIRITUAL

Ruling Element

You are ruled by...
Fire...
so, your passion burns brightly.

Ruling Planet

Your ruling planet is ...
Mars...
the God of war, has your back!

A – Z of Health & Wellness Recommendations (41 in Total)

Important: All recommendations apply to everybody, however, if the slide number in the top left corner (1 – 9) also matches your birthday number (1 – 9), the effect is enhanced, so pay particular attention!

E.g. with the first slide on the next page (letter A) has a number 1, this means the 3 recommendations apply to everyone, but if you were born on either the 1st, 10th, 19th or 28th of the month, they have an enhanced effect on you

Are you ready....



1

A

SUN
1st 10th
19th 28th

AVOCADO

As well as many health benefits Avocados are very good for your LIBIDO Your LIBIDO is your Sexual Drive

APPLES

DONT THROW THE CORE AWAY its chock full of Fibre and Pectin and is very good for digestive health

A TIP - Blend the core and put it in a smoothie

ACID RE-FLUX

If you have acid-reflux it makes sense to cut out acid forming foods and drinks including fast food, Carbonated drinks, beers, wines, lager, Consider making your Diet more ALKALINE

2

B

MOON
2nd 11th
20th 29th

BREATHING

Im going to talk about the benefits of NASAL BREATHING.

My love of NASAL BREATHING started in 2017 when I found a book called CHI RUNNING by Danny Dreyer. During Chi Running you breath through your nose only to increase your stamina. I the author now practice chi running

In 1995 scientists discovered that the nose produces NITRIC OXIDE a important compound for cardiovascular, Immune and Sexual Health

Researchers from Karolinska Institute Sweden found that air breathed in through the nose reaches the lower parts of your lungs which does not happen with casual mouth breathing

3

C

Jupiter
3rd 12th
21st 30th

CHICKEN

Yes chicken has many benefits when included in your diet, one of the benefits are that chicken has high levels of Amino Acids which are essential in your diet.

CHOCOLATE

DARK CHOCOLATE ALSO CONTAINS GUT FRIENDLY PRE-BIOTICS

Dark chocolate that is chocolate over 70% cocoa has high levels of copper in it, Copper is needed as part of our Immune system. So choes away

4

D

4th 13th
22nd 31st

Dogs

HEY DID YOU KNOW

Dog Owners have lower resting heart beats

VITAMIN D

When sunlight hits your skin your body produces vitamin D and vitamin D is very important to our health.

Oh and you dont have to get Sunburnt to get enough vitamin D So be careful and sensible.



5

EMERCURY
5TH 14TH
23rdEggs

Eggs are very nearly a perfect food containing a lot of vitamins and minerals and are good when used in weight-loss plans because they keep you from feeling hungry for quite some time.

Earthing

Walking barefoot on grass/soil has proven health benefits yes Mother Earth is really beneficial to our health You can also be earthed on a beach that's why you feel good after a holiday so what you waiting for.

6

FVENUS 6TH 15TH
24THFISH

FISH are high in Amino Acids which are essential for health

FIRMNESS V WEIGHT LOSS

A Short story: In early 2019 I helped a gentleman shift from size 40 trousers down to size 36 trousers in doing so the gent lost no body weight at all but dramatically changed his body shape from flabby to firm. We did this using very light exercise and habit changes. My Motto is

CHANGE YOUR HABITS CHANGE YOUR LIFE

7

GNEPTUNE
7th 16th
25thGUT

All disease begin in the gut (Hippocrates)

Our bodies thrive on good nutrition and mindful eating

However the paradox is we know more than ever about good nutrition but our waistlines are expanding because fast food has us in its

Firm grip

The good news with habit change this grip can be broken and you can start caring about what and when you eat.

Your body will thank you for this because along side a healthy gut comes a healthy mind no more brain fog

8

HEARTH
8th 17th
26thHAIR

IT'S AN INSIDE JOB - indeed it is yes your diet can play havoc or miracles with your hair; below, I will list some VITAMINS MINERALS AND FOODS which are very good for your hair

here goes VITAMIN B⁷ D³ C - Omega³

Copper, Zinc, Cottage Cheese and all Amino Acids

HABITS its official it takes 66 days to form powerful new habits

AND DID YOU KNOW - the months of FEB - APRIL - JUNE - AUG - OCT are most powerful for new habits to be formed

Have you ever noticed how many NEW YEAR RESOLUTIONS fail in the month of JANUARY



9

I

MARS

9TH 18TH
27TH

IRON - A beneficial mineral needed by the human body

Below I will list 11 healthy foods high in IRON:

1. SHELLFISH
2. SPINACH
3. LIVER
4. LEGUMES (PEAS BEANS LENTILS ect)
5. RED MEAT
6. PUMPKIN SEEDS
7. QUINOA
8. TURKEY
9. BROCCOLI
10. TOFU
11. DARK CHOCOLATE

PS. Dark chocolate also contains PRE-BIOTIC fibre which is very good for you

10

J

SUN

1st 10th
19th 28th

JOKING AROUND

When did you last Piss yourself laughing

Dont be shy ladys let it Flow for laughter is the great healer

JOINING IN

Yes although many of us go it alone, thier really is power in numbers and might I add accountability as well

11

K

MOON

2ND 11th
20th 29th

KEFIR

Kefir is a fermented milk drink cultured from kefir grains it is a rich source of calcium, protein and B vitamins

Kefir contains over 40 different microorganisms making it a very powerful source of probiotics

Full fat kefir contains Vitamin K2 which has been shown to reduce your risk of fractures by 81%

Personal Story: I the author have been making my own KEFIR since 2014 and my digestion is brilliant and timed like clockwork

THANK YOU KEFIR

12

L

JUPITER

3rd 12th
21st 30th

LOVING/HUGGING

HEY FOLKS DID YOU KNOW THAT HUGGING IS GOOD FOR YOU BECAUSE IT RELEASES A FEEL GOOD HORMONE CALLED OXYTOCIN

LAMB

LAMB IS A MEAT THAT IS HIGH IN AMINO ACIDS WHICH ARE ESSENTIAL FOR THE HUMAN BODY

LISTENING

NOW LISTEN HERE:

LISTENING IS A ACTIVE PURSUIT
HEARING IS A PASSIVE PURSUIT
THEREFORE LISTENING BURNS ENERGY



13

M

URANUS

4TH 13TH
22ND 31STMENOPAUSE

Hello there Ladies

Below I will mention some helpful
foods Vitamins and Minerals which
can help with the MenopauseVitamins B¹² D³

Iron

Cottage Cheese (Very Cooling
to your body)APPLES - Apples increase
wetness to dry areas

ooh la la

14

N

MERCURY

5TH 14TH
23rdNAILSONCE AGAIN LADIES ITS A INSIDE
JOBYES HEALTHY NAILS ARE PRODUCED
BY WHAT YOU EATBELOW ARE SOME FOODS VITAMINS
AND MINERALS WHICH ARE GREAT
FOR GOOD NAIL HEALTHVitamins B⁷ E COmega 3^s

Cottage Cheese

Oats (Porridge)

Bananas

15

O

VENUS

6TH 15TH
24THORGASMFACT: 200 orgasms per year can
knock 7 years of your facial age
and also the girls have the lions
share of nerve endings in and
around the Vagina around 8000
the boys only have 3000Orgasms are your divine right
and are super good for your health
and well being.Cum on Ladies you know your
worth itOUTSIDE

NOW THIS IS A ORDER

GET OFF THAT PHONE/TABLET AND GO OUT
FOR A WALK AND GET SOME FRESH AIR
GOT IT

16

P

NEPTUNE

7th 16th
25thPEACE OF MINDI HOPE THIS HELPS - TO ME THE WAY
I FIND PEACE OF MIND IS BY KNOWING
THERE ARE THINGS I CANNOT CHANGE
AND I ALSO PRACTICE FORGIVENESS
IN SUMMARY TO FORGIVE IS HUMAN
AND KNOW YOUR BLINKING LIMITATIONS
IS WISDOM 😊PERSONAL ACCOUNTABILITY

THIS IS INTERESTING AND SIMPLE

SO YOU COULD ASK YOURSELF: AM I
HELPING MYSELF AND OTHERS TO THE
BEST OF MY ABILITIESALSO YOU COULD ASK YOURSELF: AM
I CARING ENOUGH FOR MYSELF.

SO I SAY LOOK AFTER YOURSELF



17

Q

EARTH

8TH 17TH
26THQuercetin

Is a pigment found in many plants and fruits and vegetables and it has many health benefits

Below are some foods and drinks where you can find Quercetin

Apples, Red Onions, Black tea
Green tea, peppers,
leafy vegetables, broccoli

Health Benefits

Reduces inflammation
Reduces Histamines
Good for Skin Irritation
Great for Our Immune Systems

18

R

MARS

9TH 18TH
27THREADING

PAPER BOOK V KINDLE

PAPER BOOK → TACTILE - HEAVY
SMELLS REAL → FEELS REAL → BOOKMARKS
LOOKS NICE ON YOUR SHELF → TRADITIONAL

KINDLE → LIGHTWEIGHT → EASY TO CARRY
- CLEAR SCREEN → EASE OF USE

FACTS → IN 2017 a study found that the reading of a KINDLE after dark did not produce sleepy feelings like a PAPER BOOK so just be careful with your DEVICE keeping you awake at bedtime.

19

S

SUN

1ST 10TH
19TH 28THSLEEP

DID YOU KNOW THAT BLUE LIGHT FROM YOUR Phones/Tablets/Computers mimics daylight and can upset your body clocks even worse if you use your phone to check the time in the middle of the night you are effectively putting or sending bright daylight to your retina which will signal your body to wake up.

REMEDY Purchase a NON-TICK ALARM CLOCK
→ ACCTIM Model 14112 silent Sweep Alarm Clock

Oh and Weight gain has links to poor sleeping patterns

SHAME During the many hours I've spent talking to the public I've found that many people harbour Shame from troubled childhoods and relationships

PLEASE REMEMBER THIS
A PROBLEM SHARED IS A PROBLEM HALVED

20

T

MOON

2ND 11TH
20TH 29THTHYROID

Here are some foods that improve THYROID function

Salted Mixed Nuts

Fish rich in Omega 3^s

Yogurt

Ice Cream

Eggs

Cottage Cheese

Seaweed



21

U

JUPITER

3rd 12th

21st 30th

Underestimating Yourself

Now STOP THIS AT ONCE

YOU ARE POWERFUL AND DESERVING
AND IN TIME YOU WILL THRIVE ♡UmbrellaIM GOING TO HIT YOU STRAIGHT BETWEEN
THE EYES WITH THIS ONE

FACT: Heard in households in the UK

: Shall I take the kids to school in the
car because its raining

Even worse when its not raining

I call this ~~Child Abuse~~Please walk your kidsto School
if possible oh and purchase umbrellas

22

V

URANUS

4th 13th

22nd 31st

VAGINAThis is your divine superpower
So honour love and respect
your V ♡Oh let me tell you about KEFIR
having a beneficial effect on
Thrush yes just spread over
affected areas its magicOh and I know a lady who
has 365 orgasms per year

bet you cant beat that



23

W

MERCURY

5th 14th

23rd

WALKINGThis is without doubt the finest
exercise known to humansIF you can Walk more
and build your steps up

you will not regret it

go one ditch the tablet and
go for a walk go onWATERYOU MAY THINK YOUR HUNGRY
WHEN YOU ARE ACTUALLY

THIRSTY THIS IS KNOWN AS

A FALSE HUNGER SIGN

DRINK MORE WATER

24

X

ALL

BIRTHDAYS

X marks the spotmark only one spot/area
with yourself

Lets say - Drink more Water

this means taking baby
steps in your health
journey this avoids

ownership of rushing

" and overwhelm

"Rome wasn't built in a day"



25 Y ALL BIRTHDAYS

Y did I produce this pack
Well I did it for U
I put love from my heart
knowledge from my mind
and healing thoughts from
my soul into this pack
just for U

26 Z ALL BIRTHDAYS

Mm Zz^{zz}

They are the signs used for
sleep because we are at
the end of the letters now
REMEMBER to stop using your phone
as a clock
I want you to get perfect sleep
then you will feel great and
then who knows what will
happen 😊

My FINAL HOPE IS THAT
YOU CAN NOW BECOME
A MASTER OF YOUR DESTINY
AND NOT A VICTIM OF
YOUR HISTORY

*made with
love*

Change Your Habits, Change Your Life!

Want More?

We're launching 2 vibrant health products on 30th March 2020; **11 essential health habits** and **11 advanced health habits**.

As you've attended our talk, we'll send you the full information pack when ready and give you the opportunity to grab them at a 33% discount if you would like either/both.

Watch out for the email.



Final words from me

I sincerely hope you've enjoyed reading these 19 pages and got a lot of value from the recommendations.

Hopefully, it has inspired you to implement a few of them!

I would like to say a big thank from me, just for taking the time and effort to read through all the information (I hope you read them all carefully 😊).

If you would like any personal numerology reports or private consultations (health or numerology related) don't hesitate to get in touch, just follow the links below.

If you wanted to know more about myself, there's a [YouTube interview](#) with me where I discuss my background, my spiritual awakening and how I got into numerology as a toddler. A word of warning, you'll need a full tea pot for that one, it's quite long 😊!

Finally, I wish you the very best of health, wealth and happiness with your life's journey and if our paths cross in the future, I very much look forward to meeting you,

Love & warmest wishes

Stephen



More Resources

For more info & resources, visit;

www.KT-Numerology.co.uk



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