



Dr Antonia Ruhl, PhD is the creator of the Amazon Natural Fertility Program which has helped thousands of couples over the past twenty two years to conceive healthy happy children. A former Brazilian model and TV personality, her life was turned around 30 years ago when she went to live with the Kayapo tribe in the heart of Brazil's Amazon Rainforest.

Very early in her life, Antonia realized that she was born to serve humanity. Born in Brazil she first trained as a dancer at a young age and went on to create a successful career in modeling, acting and dancing. But it was her innate connection with the Earth and the indigenous tribes of the Amazon that propelled Antonia on a remarkable journey of self exploration, developing her true vocation as Spiritual Healer and Medicine Woman.

From the age of eight years old Antonia demonstrated great knowledge of the healing properties of plants. Whenever anyone got sick around her she intuitively knew the right herbs to take to them that would help them to get better. At that time poverty was rife in Brazil and the vast majority of people relied upon medicinal herbs for preventative and curative properties.

LEARNING HERBAL LORE FROM THE KAYAPO

Antonia's great grandmother was a tribal medicine woman and it seems that Antonia inherited her great insights into the healing powers of plants. As a result, her grandfather decided to take her to the Kayapo Indians living in the Amazon region in Brazil, as often as possible, to enable her to learn more about her heritage and the amazing healing properties of many Amazonian plants.

Amazonian MEDICINE WOMAN

Antonia Ruhl discovered that she had a natural ability to select, mix and grind the appropriate herbs for a range of symptoms. She became the apprentice of the local herbalist who trained her in the ancient art of herbal medicine. The effectiveness of her herbal teas gave her a reputation among the local community and before she knew it, her childhood was eclipsed by preparing herbal remedies, teas and poultices. She was delighted to see people recovering from her treatments.

Brazilian herbs have been revered by rainforest Indians for centuries. For thousands of years, the native Indians of Brazil, Northern Argentina, Paraguay, Bolivia and other South American countries have known about the wonderful medicinal purposes of the vast array of plants that grow in these regions. Pau d'Arco, also known as the Divine Tree is one of the best known Brazilian herbs.

INITIATION IN THE JUNGLE

When Antonia was twenty she went to live with the Kayapo tribe to study with the medicine man full time.

"You have come home", were the paje's (medicine man's) first words to her. He told Antonia that he would train her to become a medicine woman and he put her through tests to find out whether she truly belonged there. Antonia was taken to the top of a mountain and left to find her way back on her own. It took her three days and two nights but eventually she managed to find her way back through the perilous jungle.

For two life changing years, Antonia lived with the Kayapo tribe. She felt at home in the jungle and found that she had a lot in common with the tribal people. The paje believed that she was the reincarnation of her great grandmother. He trained Antonia in the anatomy of plants and their therapeutic benefits.

BRINGING FERTILITY HERBS TO MELBOURNE

Then one day he informed Antonia that she must leave because she now belonged to the world and she had a great gift to pass on to the world. A few years later, Antonia began yet another adventure by moving to Australia. In 1990 she opened a natural health centre in Melbourne, fulfilling her life long desire to serve humanity. The Natural Stress Therapy clinic in Melbourne has evolved to focus on the use of Amazonian herbal teas to assist with infertility and rebalancing for optimum health. Many people utilise Antonia Ruhl's herbal teas to assist in their preparation for parenthood, while others use the herbs to increase their energy levels or allow them to cope better with stressful lifestyles.

While living with the Kayapo people, Antonia learned from the medicine man that plants, like all beings, are intelligent and that they have an energetic centre, which we call spirit. Antonia was taught how to communicate on a psychic level with the herbs to increase their potency by activating the herb's healing properties. After being collected and stored, herbs tend to lose most of their potency and so their life force is diminished. Before any herbs are used at the clinic they go through a unique blessing ritual and process of psychic communication. This ceremony allows the herbs to reconnect with Mother Earth, recharging their vital force and healing properties.

When living with the Kayapo tribe, Antonia noticed that couples desiring to have a child would always prepare themselves for at least four months using specially selected herbal tea tonics. The medicine man explained to her that blood

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cells were renewed every four months and that the herbal tea tonics were used to improve the quality of the blood cells which assisted in improving the chances of conception as well as facilitating healthier pregnancies and healthier babies.

Antonia Ruhl now uses these same herbal tea tonics to assist couples from all over Australia as well as from around the world in their preparation for natural child birth. Amazonian herbs are effective in treating male and female infertility, ovulation problems and sperm quality, fetus support as well as other health issues such as amenorrhea and dysmenorrhea.

SOUL RETRIEVAL AND HEALING THE HEART

Another technique Antonia learned in the Amazon is Pulse Therapy which is used to restore the natural electromagnetic energy flows in the human body. Assisting in restoring the natural reproductive functions is just one of the results of this powerful natural re balancing process. Other benefits commonly experienced include greater levels of energy, improved sex drive and a more positive outlook on life.

From her training as a dancer Antonia learned how to release stress and tension from the body. Using her innate

connectedness with the body and nature, Antonia has now developed a range of therapeutic programs which are designed to assist people in releasing their pain and past trauma. In 1995 Antonia and her husband Klaus formed the Earth Healer Academy and have since conducted seminars and workshops for thousands of participants across five continents.

Antonia's workshops focus on Soul retrieval and healing the heart to restore health, vitality and creativity, empowering her clients to create the life of their dreams. Antonia says that people only suppress their passion for life because of pain. She finds that drumming is particularly effective in helping people to release emotional traumas such as sexual abuse. The vibrational rhythm of the drumming sets up a resonance with the person's own heart beat enabling their electro magnetic field to expand and release suppressed emotions stored in the nervous system.

"Unprocessed pain and trauma stored in our nervous system shuts down our heart connection. As we accumulate more and more unprocessed pain in our nervous system we start to feel that it is simply not safe to feel, because all we feel is pain, so we start to close our heart. When our heart is healed then our relationships tend to flourish and our life is healed in many magical ways. Our hearts are energy transmitters and receivers. As we purify our heart we automatically contribute to the healing and purification of our environment, our Planet and the people around us."

Antonia has completed a cultural doctorate in paranormal science and a PhD in philosophy. She is also a certified practitioner of neuro-linguistic programming and timeline therapy as well as a clinical counselor. She has also completed a diploma in phytotherapy.

Antonia was inspired to write her first book, *The Game of Life* which communicates her dynamic philosophy of living with abundance and passion. The book includes practical exercises to create a more fulfilling life. Her second book, published in 2008, *You Are Only Two Millimeters Away* is about helping people to tap into their true potential by making small adjustments in their attitudes and perspectives on life. ☺

Antonia Ruhl will share her powerful processes and techniques to heal the heart and release old pain and trauma at the Conscious Living Expo in Perth, WA October 27-30. For more information about Antonia Ruhl visit www.naturalstresstherapy.com.au or earthhealeracademy.com.au Tel 03 9650 6520