

# MD No More 4X by Clementine Ynna

## Online Home Training course For children with Muscular Dystrophy Disorder

### What is Muscular Dystrophy ?

Duchenne muscular dystrophy is the most common type of muscular dystrophies, which is a group of diseases.

It makes our muscles weaker and less flexible over time. It is caused by a problem in one of our genes that controls how our body keeps muscles healthy.

Symptoms usually begin early in childhood, from ages 3 – 5, and it is more common in boys than girls. Usually by the age of 12 years old, they lose all ability to walk or even to drink from a mug.

### Common Symptoms include:

- difficulty in standing up
- walking
- climbing stairs
- as well as heart and lung problems



### How can this course help ?:

**This is a 3-step program focusing on:**

1. Diet: bring important nutrients, to regenerate cells, the gut leanings and superfoods and supplements that will decrease constipation, low immune system and build muscle
2. Detox: a gentle process that will help to remove progressively toxins that block good neurological development and the production of proteins necessary for muscle function
3. Temprana Neuro and Muscle Reflex Therapy: is a gentle, non-invasive method to stimulate the brain, the nerves, to improve movement, posture and muscle stimulation.

### How the Program Works:

In this one-of-a-kind course, you will discover the Truth about muscular dystrophy and how to treat it naturally.

You will discover superfoods and supplements to build muscles and boost immunity.

You will learn easy technique to shift eating habits without struggles.

I will show you safe detox methods to remove toxins that block development, and you will understand the step-by-step actions to support regeneration and lasting vitality.

It's a 3-month program with close up videos, PDF materials, explanation videos and an email contact with me if you like to ask me any questions!

**Learn how to help your child at home**

## Course Details

The course will be delivered on our digital platform and participants will have access to the video content and downloadable resources from the comfort of their homes right after payment. They will be able to complete the course at their own time and speed. The course includes 12 training videos and downloadable digital handouts. This material amounts to approximately 17 hours of online content. Parents must calculate 10 hours of practice besides the time used to follow the training videos and digital handouts.

**Included in this course are free email consultations with Clementine Ynna.**

**The course is divided into 3 parts:**

### **Part 1: MD Specific Diet**

- Learn the appropriate foods and supplements for your child's diet.
- Techniques to change food habits naturally.
- Format: 3 videos, 3 PDFs material about general food principles, brain food, and grocery list.

### **Part 2: Muscular Dystrophy Detox**

- Step-by-step guide for safe detoxification to support your child's health.
- Learn about heavy metals, essential minerals, and recommended tests.
- Format: PDFs material about Step-by-step guide, 1 month Meal plan preparation with grocery lists and recipes.

### **Part 3: Muscular Dystrophy Temprana Neuro Reflex Lone Sorensen Method**

The videos are for learning the practical stimulation and protocols of scalp, face, hand and feet.

The PDF's are teaching material. Both are practical and theory for

-Scalp Reflex stimulation

-Facial Reflex stimulation

-Neuro-Hand Reflex stimulation

-Neuro-Foot Reflex stimulation

Resource: 7 explanation and close up filmed videos, PDF material

### **Expert Tips:**

-How to create the right atmosphere

-What if my child doesn't accept the touch

Format: PDFs material , and videos

**Course price: 1497 USD**

## **Follow-Up Sessions & Ongoing Support**

Temprana Home Training is a long-term, neurodevelopmental process requiring consistent routines 4–7 times per week for at least 12 months. Daily sessions last around 1 hour and 15 minutes and can be split into morning and evening.

To ensure continued progress and prevent stagnation, we schedule follow-up sessions every 3 months. These 2–3 hour appointments include:

Program adjustments tailored to your child's development

New stimulation points to maintain effectiveness

Motivation and expert support for caregivers

Cost per follow-up session: \$380 USD

Ongoing communication between therapist and family ensures that your child's program stays responsive, effective, and aligned with their growth.

For bookings or questions, please contact [contact@clementineynna.org](mailto:contact@clementineynna.org).

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## **Course Benefits**

### **Targeted Program**

Catered to your child's need.

### **Easy to learn**

Supporting material built with you in mind.

### **Visible improvements**

If applied correctly, you will see fast improvements in your child.

### **Fast improvement**

Quality time for children and parents.

## **MD No More 4X by Clementine Ynna**

We want to make sure that you understand the course content and will guide you through the journey of helping your child to a better life. Therefore, this course includes free email consultations where Clementine Ynna will answer any questions that come up during the course;

[contact@clementineynna.org](mailto:contact@clementineynna.org)

**BOOK** also personal online meeting with Clementine Ynna Pic Clementine

### **What is Temprana Neuro Reflex Therapy?**

Temprana Neuro-Reflex Therapy method consists of retraining the brain using a specific home training program that combines different neurological stimulation methods of face-, foot- and hand-reflex therapy. Neuro-Reflex Therapy is a 100% natural manual method and can be combined with other home training methods. **How does Temprana Neuro Reflex Therapy work?**

By stimulating neurological points on the face, skull, feet, and hands, electrical impulses are sent through the Central Nervous System to the brain, where neurotransmitters will be charged and then send the impulses back to the body's organs and glands to help regulate all body processes and the body's self-healing process. Besides the brain functions, it is also possible to stimulate hormone and body functions with Neuro Reflex Therapy, thereby also helping to alleviate breathing problems, allergies, and digestive problems.

The Neuro Reflex Therapy method also helps with sensory dysfunctions such as poor vision and hearing. By stimulating the endocrine and lymphatic system, Temprana Neuro Reflex Therapy method increases the excretion of waste substances, which ensures better conditions for the immune system.

The Central Nervous System is dynamic, i.e. it changes depending on conditions. It is flexible and always in the process of forming new neural networks. The brain also possesses certain plasticity, which means it can form new neural connections a process that is positively affected by intense NeuroReflex Therapy stimulation.

The Central Nervous System has an amazing capacity for regeneration and adaptation, this capacity can be further improved by applying Neuro Reflex Therapy.

**The Sorensen System™ courses are approved and co-sponsored by:** Lone Sorensen, P00124, is approved as a provider of continuing education by the American Reflexology Certification Board. Recognized and Co-sponsored by the North Carolina Reflexology Association and the Center for Healing Arts, NCBTMB, EEUU

Approved by DDZ, Denmark Approved by AoR, United Kingdom

Approved by Federation for Holistic Therapists (FHT) UK Approved by Irish Reflexologists' Institute (IRI)  
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Co-sponsored by the North Carolina Reflexology Association and The Center for Healing Arts. **Lone Sorensen**, P00124, is approved as a provider of continuing education of Facial Reflexology by the American Reflexology Certification Board.

## **MD No More 4X by Clementine Ynna**



## Anton, a 41 years old man with SMA type 3



**Anton, a 41 years old man with SMA type 3** , who had weakness on his right leg

not able to sleep well because his right leg would get numb.

His both legs were very swollen from the lack of circulation and he had a strong waddling gait not allowing him to walk easily and feeling pain on his feet when standing .

**After only 2 months of home treatment , he doesn't have any numbness on his right leg and even put on weight .** He reported that now his right leg is now 3-4 cm more diameter even though this was his weak leg. He is moving much faster, with more balance, much less waddling , a much straighter posture and he even noticed that now his hands are almost no longer shaking.

## **My son Gabriellian, 12 years old boy with SMALED**

And my own son. Who I was told he might lose his ability to walk. Not only is he walking, running and jumping at the age of 12, he recently attended a soccer camp and participated the entire time. I know you were told the future of your child. I know the heartbreak you go through and the helplessness you feel. But you don't have to feel helpless, and you don't must just watch your child deteriorate day after day fearing the inevitable.



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