

## Essential # 4 – Heal Your Emotional Wounds

Becoming aware of your life-long subconscious beliefs and how they are affecting your health is a big step towards preventing dis-ease and healing your body. Your Immune System is directly affected by your thoughts and feelings.

Feel sad and low? Your Immune System will shut down.

Feel happy, joyful and grateful? Your Immune System and your cancer protective genes will be turned on!



The good news is that your responses and subconscious beliefs are “learned and automatic” behaviors that can be changed. You can learn to rewire your brain so that you are no longer a “victim” of those unhealthy patterns.



Here are some areas of your life that you may want to think about:

- 1.) Are there any unresolved childhood events or feelings that keep you stuck? Be honest.
- 2.) Do you swallow your emotions or do you express them calmly? DO you feel like you have a voice?
- 3.) Why do YOU think you have this “dis-ease” in your body? If it had a voice, what would it be trying to tell you?
- 4.) Do your relationships bring you joy or are they filled with strife and tension?

Begin using your imagination to support your healing and progress. Take the time to quietly sit for 30 minutes per day and imagine what it would FEEL like to have vibrant health again! See yourself living the life of your dreams. Create it and live it in your mind first and watch how your life changes!

If you truly want to heal, it is not just about getting rid of the lump or the bump! It is about a total mental, emotional and spiritual transformation.

If you feel like you need support in this department, our coaching programs provide you with regular support via emails and one – on – one support.

Only 3 more Essentials to go! Did you know that those “silver” fillings are 50% mercury and that mercury is classified as a metallo-estrogen that can stimulate breast cancer?

Discover **Essential # 5 – Embrace Biological Dentistry.**

