

ANTECEDENTS

0-7 years old subconscious programming occurs

Influences by those who raise us, experiences, home life, etc.

"The mind is woven into every part of us..."

TRIGGERING EVENTS

Perception of memory can influence outcome

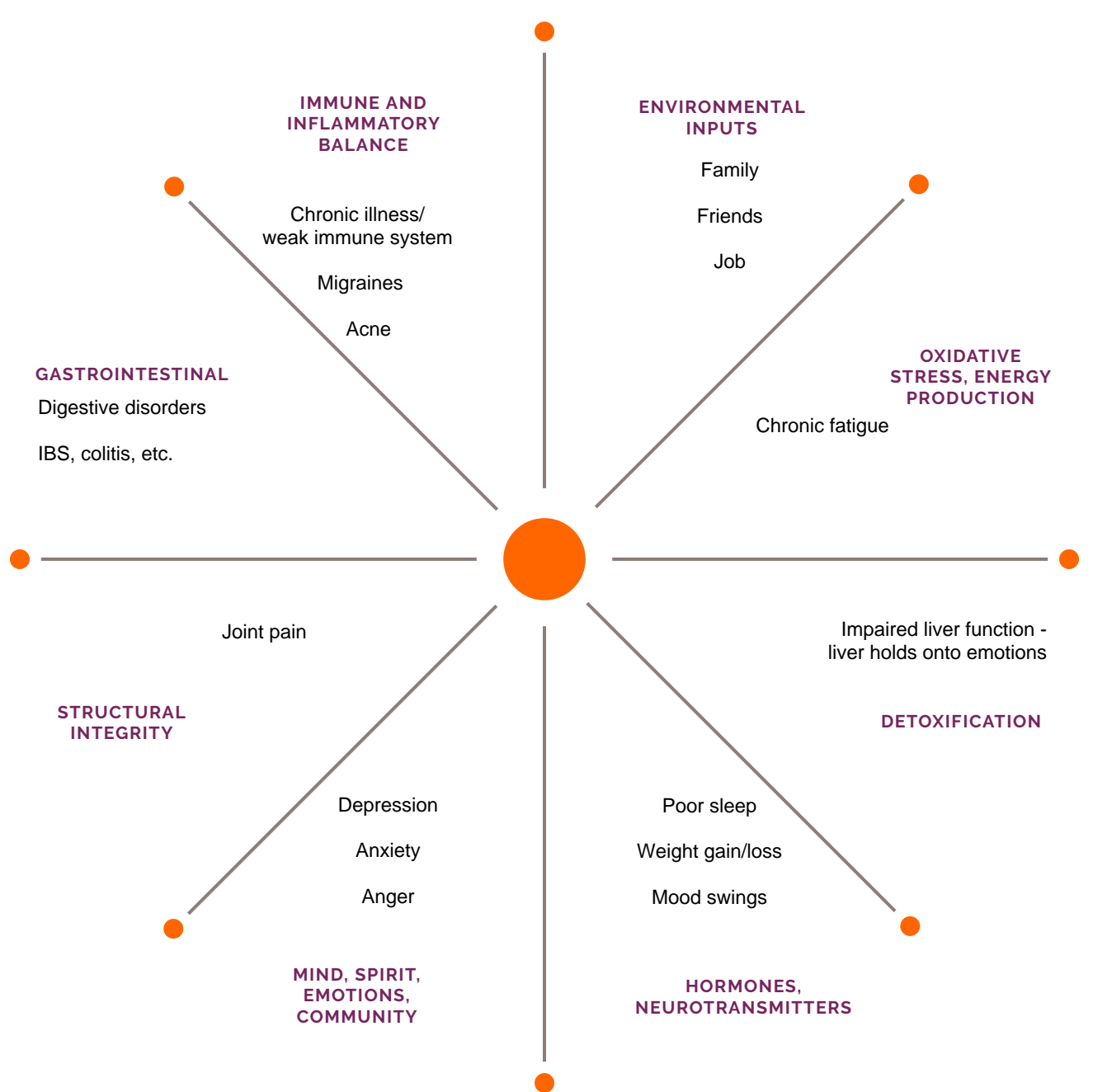
Only getting attention when sick

MEDIATORS

Not believing you are worthy of the investment

Your "value" system

Your needs - illness is driven by need



SLEEP/RELAXATION

Aim for 7-8 hours of sleep

EXERCISE/MOVEMENT

Engage in relaxing exercises such as yoga, walking

Engage in exercise that keeps the body healthy and strong

NUTRITION/HYDRATION

Eat a clean, nutrient dense, whole food diet

STRESS/RESILIENCE

Work on resilience and reactions to situations

Seek support in uncovering reasons for reactions

RELATIONSHIPS/NETWORKS

Happy, strong, supportive relationships