ILLNESS & SYMPTOMS

ACHALACIA

Achalasia is a failure of smooth muscle fibers to relax, which can cause a sphincter to remain closed and fail to open when needed. "Achalasia" usually refers to achalasia of the esophagus.

IF HEARTBURN (GERD) IS PRESENT – DO THAT SECTION AS WELL.

HEALING: PLACE HANDS OVER THE UPPER ABDOMEN, MORE TO THE LEFT SIDE.
I ASK THE MUSCLE TONE IN MY LOWER ESOPHAGEAL SPHINCTER TO BALANCE AT ALL TIMES.

I ASK FOR COMPLETE RELAXATION AND CONTRACTION OF THE LOWER ESOPHAGEAL SPHINCTER TO OCCUR ONLY WHEN NEEDED, TO ALLOW FOR SMOOTH MOVEMENT OF FOOD AND LIQUID THROUGH MY ESOPHAGUS AT ALL TIMES.

I ASK FOR OPTIMAL MUSCLE MOVEMENT (PERISTALSIS) IN MY ESOPHAGUS TO ALLOW FOOD AND LIQUID TO MOVE EASILY AND EFFORTLESSLY TO MY STOMACH NOW.

I ASK ANY REFLUX OF FOOD OR STOMACH ACID STOP COMPLETELY NOW.

I ASK SWALLOWING OCCUR WITH EASE AT ALL TIMES.
I ASK FOR OPTIMAL FUNCTION OF THE NERVE FIBRES AND NEUROTRANSMITTERS THAT REGULATE THE ESOPHAGUS AND STOMACH, AT ALL TIMES.

I ASK FOR OPTIMAL LEVELS OF GANGLION CELLS, NOW. (WHICH REGULATE CONTRACTION AND RELAXATION OF MY ESOPHAGEAL SPHINCTER)

NEXT PAGE
I ASK FOR ANY SCARRING OR INFLAMMATION IN MY ESOPHAGUS TO RESOLVE COMPLETELY NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY ESOPHAGUS AT ALL TIMES FOR SCARRING OR INFLAMMATION.
ACNE

Acne vulgaris (or simply acne) is a long-term skin disease that occurs when hair follicles become clogged with dead skin cells and oil from the skin.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK MY GENES TO PROTECT MY SKIN FROM ACNE NOW.

I ASK FOR OPTIMAL LEVELS OF ANDROGENS, ESPECIALLY TESTOSTERONE, NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY SKIN FROM BACTERIA AT ALL TIMES. I ASK MY IMMUNE SYSTEM TO REMOVE BACTERIA THAT AGGRAVATE ACNE COMPLETELY NOW.

I ASK MY IMMUNE SYSTEM TO RESOLVE ANY INFLAMMATORY LESIONS NOW. I ASK MY IMMUNE SYSTEM REMOVE ANY EXCESS KERATIN COMPLETELY NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY HAIR FOLLICLES FROM BLOCKING NOW.

I ASK ANY EXCESS OIL SECRETION FROM MY SKIN STOP NOW AND FOR MY SKIN TO REMAIN PROTECTED FROM THE EFFECTS OF EXCESS OIL NOW.

I ASK MY IMMUNE SYSTEM RESOLVE ANY SCARRING NOW. I ASK ANY EXCESS COLLAGEN BUILD UP IN MY SKIN STOP NOW. I ASK FOR HEALTHY COLLAGEN LEVELS AND FUNCTIONING NOW.

NEXT PAGE
I ASK FOR OPTIMAL PIGMENT LEVELS IN MY SKIN NOW AND MY IMMUNE REMOVE ANY EXCESS PIGMENTATION NOW.

I ASK FOR OPTIMAL BLOOD FLOW AND NUTRITION TO MY SKIN CELLS NOW.
ACQUIRED BRAIN INJURY

Acquired brain injury (ABI) is brain damage caused by events after birth, rather than as part of a genetic or congenital disorder.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD.

I ASK MY IMMUNE SYSTEM REPAIR ANY NERVE CELL DAMAGE IN MY BRAIN, WITH EASE AND GENTLENESS NOW.

I ASK MY IMMUNE SYSTEM REPAIR ANY DAMAGE IN MY PERIPHERAL NERVOUS SYSTEM NOW, WITH EASE AND GENTLENESS.

I ASK FOR OPTIMAL FUNCTIONING OF MY BRAIN CELLS NOW.

I ASK FOR OPTIMAL LEVELS AND FUNCTIONING OF THE NEUROTRANSMITTERS IN MY BRAIN NOW.

I ASK FOR OPTIMAL FUNCTIONING OF THE AXONS, SYNAPSES AND NEUROTRANSMITTERS IN MY PERIPHERAL NERVOUS SYSTEM NOW.

I ASK FOR OPTIMAL COGNITIVE AND INTELLECTUAL FUNCTIONING AT ALL TIMES.

I ASK FOR OPTIMAL MEMORY AND ATTENTION SPAN AT ALL TIMES.

NEXT PAGE:
I ASK FOR OPTIMAL MOTIVATION, AN OPTIMISTIC
ATTITUDE, AND CONFIDENCE IN MY ABILITY AND
STRENGTH, TO EXPERIENCE POSITIVE EMOTIONS AND
THOUGHTS, TO EXPERIENCE EXCELLENT
COMMUNICATION SKILLS, EXCELLENT PROBLEM
SOLVING SKILLS AND THE ABILITY TO MANAGE STRONG
IMPULSES AND FEELINGS NOW.

I ASK FOR STABLE EMOTIONS, STABLE MOOD, RESTFUL
SLEEP AND OPTIMAL ENERGY AT ALL TIMES.
ACTINIC KERATOSIS

Actinic keratosis (also called solar keratosis and senile keratosis; abbreviated as AK) is a pre-cancerous patch of thick, scaly, or crusty skin.

HEALING: PLACE HANDS CLOSE TO THE LESION OR CUP OVER THE LESION.

I ASK MY SKIN CELLS REMAIN PROTECTED FROM ULTRAVIOLET RADIATION AT ALL TIMES. I ASK MY IMMUNE SYSTEM PROTECT MY SKIN CELLS FROM ONCOGENIC CHANGES AND CELL MUTATIONS AT ALL TIMES.

I ASK FOR OPTIMAL FUNCTION OF MY TUMOR SUPPRESSOR GENE AT ALL TIMES. I ASK MY GENES ALLOW FOR HEALTHY SKIN GROWTH AND FUNCTION NOW.

I ASK FOR OPTIMAL LEVELS AND FUNCTION OF MELANIN IN MY SKIN NOW.

I ASK MY IMMUNE SYSTEM REPAIR ANY DAMAGED SKIN CELLS, HYPERPIGMENTATION, REDNESS OR THICKENING OF THE SKIN WITH EASE AND GENTLENESS NOW.

I ASK FOR OPTIMAL BLOOD FLOW AND NUTRITION TO MY SKIN NOW.

YOU CAN ALSO DO THE PREVENTION LANGUAGE FOR CANCER IF APPROPRIATE
Addiction is a state characterized by compulsive engagement in rewarding stimuli, despite adverse consequences.

It can be thought of as a disease or biological process leading to such behaviors. The two properties that characterize all addictive stimuli are that they are (positively) reinforcing (i.e., they increase the likelihood that a person will seek repeated exposure to them) and intrinsically rewarding (i.e., they activate the brain's "reward pathways", and are therefore perceived as being something positive or desirable).

DeltaFosB, a gene transcription factor, is now known to be a critical component and common factor in the development of virtually all forms of behavioral and drug addictions.

Addiction exacts a high toll on individuals and society as a whole through the direct adverse effects of drugs and associated healthcare costs, the functional consequences of altered neuroplasticity (also known as brain plasticity, is an umbrella term that encompasses both synaptic plasticity and non-synaptic plasticity—it refers to changes in neural pathways and synapses due to changes in behavior, environment, neural processes, thinking, and emotions - as well as to changes resulting from bodily injury. The concept of neuroplasticity has replaced the formerly-held position that the brain is a physiologically static organ, and explores how - and in which ways - the brain changes in the course of a lifetime in the brain, and the loss of productivity).

Classic hallmarks of addiction include impaired control over substances or behavior, preoccupation with substance or behavior, continued use despite consequences, and denial. Habits and patterns associated with addiction are typically characterized by immediate gratification (short-term reward), coupled with delayed deleterious effects (long-term costs).
Physical dependence occurs when the body has adjusted by incorporating the substance into its "normal" functioning – i.e., attains homeostasis – and therefore physical withdrawal symptoms occur upon cessation of use. Tolerance is the process by which the body continually adapts to the substance and requires increasingly larger amounts to achieve the original effects. Withdrawal refers to physical and psychological symptoms experienced when reducing or discontinuing a substance that the body has become dependent on.

Symptoms of withdrawal generally include but are not limited to anxiety, irritability, and intense cravings for the substance, nausea, hallucinations, headaches, cold sweats, and tremors.

**Risk factors**

**Genetic factors**

Epidemiological studies estimate that genetic factors account for 40–60% of the risk factors for alcoholism.

**Bio molecular mechanisms**

ΔFosB functions as "one of the master control proteins" that produces addiction-related structural changes in the brain, and upon sufficient accumulation, it induces an addictive state.

ΔFosB also plays an important role in regulating behavioral responses to natural (non-drug) rewards, such as palatable food, sex, and exercise. Natural rewards, like drugs of abuse, induce gene expression of ΔFosB in the nucleus accumbens, and chronic acquisition of these rewards can result in a similar pathological addictive state through ΔFosB overexpression. Consequently, ΔFosB is the key transcription factor involved in addictions to natural rewards (i.e., behavioral addictions) as well; in particular, ΔFosB in the nucleus accumbens is critical for the reinforcing effects of sexual reward, shopping and gambling.
ΔFosB inhibitors (drugs or treatments that oppose its action) may be an effective treatment for addiction and addictive disorders.

**Mesocorticolimbic pathway**

The reward pathway, known as the mesolimbic pathway, or its extension, the mesocorticolimbic pathway, is characterized by the interaction of several areas of the brain.

- Virtually all drugs causing drug addiction increase the dopamine release in the mesolimbic pathway.
- Overexpression of ΔFosB in the nucleus accumbens (in the forebrain, in front of the hypothalamus) is a necessary common factor in essentially all known forms of addiction; ΔFosB is a strong positive modulator of positively reinforced behaviors.

**Role of dopamine**

Dopamine is the primary neurotransmitter of the reward system in the brain. It plays a role in regulating movement, emotion, cognition, motivation, and feelings of pleasure. Natural rewards, like eating, as well as recreational drug use cause a release of DA, and are associated with the reinforcing nature of these stimuli. Nearly all addictive drugs, directly or indirectly, act upon the brain’s reward system by heightening dopaminergic activity.

**Negative affect**

Once physical dependence has been established, substance abuse is primarily motivated by a desire to avoid negative affective states associated with withdrawal. Individuals high in affective mood disorders (anxiety) most commonly report high levels of negative affect associated with cravings. Negative affect has also been a powerful predictor in terms of vulnerability to addiction in adolescents. High-risk adolescents have been found to be highly reactive to negative stimuli, which increase their motivation to engage in substance use following
a negative emotion-arousing situation. Moreover, it has been established that adolescents high in negative affect are at increased risk for moving from recreational use to problematic use despite a family history of addiction.
HEALING: PLACE HANDS WHERE MOST COMFORTABLE FOR CLIENT – HEAD - BRAIN AREA

“I ASK THE GENES IN MY BODY THAT MAKE ME SUSCEPTIBLE TO ADDICTION, CEASE TO INFLUENCE MY PHYSICAL AND EMOTIONAL BODY COMPLETELY. NOW I ASK MY GENES REMAIN UNAFFECTED BY FACTORS LIKE STRESS.

I ASK THE DOPAMINE IN MY BRAIN STOP RESPONDING TO THE ADDICTION (ENTER WORD) AND THE DOPAMINE LEVELS REMAIN OPTIMAL FOR MY MENTAL WELLBEING, EMOTIONAL WELLBEING, COGNITIVE WELLBEING, MOTIVATION AND NORMAL BRAIN FUNCTION.

I ASK THE DELTA FOS B IN MY SYNAPSES BECOME REPRESSED COMPLETELY. I ASK THE EFFECT OF DELTA FOS B ON MY CRAVINGS STOP COMPLETELY.

I ASK THE RECEPTORS IN MY SYNAPSES BECOME UNRESPONSIVE TO THE DELTA FOS B WHEN IT IS RELATED TO (……………….). NOW

I ASK MY NEUROTRANSMITTERS IN THE BRAIN TO IMPROVE MY SENSE OF WELL-BEING TO INCREASE TO OPTIMAL LEVELS.

I ASK MY NEUROTRANSMITTERS INCREASE TO OPTIMAL LEVELS TO IMPROVE MY CONTROL AND IMPULSES. NOW
I ASK MY MOTIVATION TO HAVE PERFECT MENTAL AND PHYSICAL HEALTH, REMAIN AT OPTIMAL LEVELS. NOW I ASK JOY AND HAPPINESS COME FROM HEALTHY CHOICES.

I ASK MY SENSE OF REWARD COME FROM HEALTHY CHOICES ONLY.

ALSO DO HEALING FOR DEPRESSION AND/OR ANXIETY IF NEEDED
ADRENAL GLANDS

The adrenal glands (also known as suprarenal glands) are endocrine glands that produce a wide variety of hormones. They are found on the top of the kidneys.

The adrenal cortex produces a class of steroid hormones, the corticosteroids, which are classified according to their effects. Mineralocorticoids, produced in the zona glomerulosa, help in the regulation of blood pressure and electrolyte balance. Glucocorticoids such as cortisol, are synthesized in the zona fasciculata and their functions include regulation of glycogen and lipid metabolism and immune system suppression. The innermost layer of the cortex, the zona reticularis produces androgens (steroid hormones) that are converted to fully functional sex hormones in the gonads and other target organs. The medulla produces the catecholamines, epinephrine, and norepinephrine which function to provoke a quick response on diverse organs in stress situations.

Adrenal insufficiency is a condition in which the adrenal glands do not produce adequate amounts of steroid hormones, primarily cortisol; but may also include impaired production of aldosterone (a mineralocorticoid), which regulates sodium conservation, potassium secretion, and water retention.

Adrenal insufficiency can also occur when the hypothalamus or the pituitary gland does not make adequate amounts of the hormones that assist in regulating adrenal function. This is called secondary or tertiary adrenal insufficiency.

HEALING NEXT PAGE
HEALING ADRENAL GLANDS: PLACE HANDS OVER THE KIDNEYS - UPPER STOMACH, BELOW THE RIB CAGE, ONE ON EACH SIDE.

“I ASK MY KIDNEYS, HYPOTHALAMUS AND PITUITARY GLAND TO SUPPORT THE OPTIMAL FUNCTION OF MY ADRENAL GLANDS.

I ASK MY ADRENAL GLANDS TO PRODUCE OPTIMAL STEROID HORMONES, CORTISOL, ALDOSTERONE, CATECHOLAMINES AND ANDROGENS, TO SUPPORT THE OPTIMAL FUNCTION OF MY BLOOD PRESSURE, FLUID BALANCE, METABOLISM, IMMUNE SYSTEM AND ENDOCRINE SYSTEM.

I ASK MY ADRENAL GLANDS TO FUNCTION OPTIMALLY TO SUPPORT THE OPTIMAL FUNCTIONING OF MY IMMUNE SYSTEM DURING PERIODS OF STRESS.

I ASK MY HEART AND BLOOD VESSELS TO ENSURE OPTIMAL BLOOD FLOW TO MY ADRENAL GLANDS NOW. I ASK MY IMMUNE SYSTEM TO SUPPORT THE OPTIMAL FUNCTION OF MY ADRENAL GLANDS NOW. I ASK MY DIGESTIVE SYSTEM TO TAKE UP ADEQUATE NUTRITION AND SODIUM TO SUPPORT THE OPTIMAL FUNCTION OF MY ADRENAL GLANDS NOW.”

STRESS AFFECTS THE ADRENAL GLANDS ADVERSELY, SO IF STRESS IS A PROBLEM – WHETHER PHYSICAL (LIKE ILLNESS) OR PSYCHOLOGICAL, MAKE SURE TO ALSO DO THE SECTION FOR STRESS.
An allergy is a hypersensitivity disorder of the immune system. Symptoms include red eyes, itchiness, and runny nose, eczema, hives, or an asthma attack.

Allergic reactions occur when a person's immune system reacts to normally harmless substances in the environment. A substance that causes a reaction is called an allergen.

Allergic reactions are distinctive because of excessive activation of certain white blood cells called mast cells and basophils by a type of antibody called immunoglobulin E (IgE). This reaction results in an inflammatory response which can range from uncomfortable to dangerous.

Traditional treatment and management of allergies consisted simply of avoiding the allergen in question or otherwise reducing exposure. For instance, people with cat allergies were encouraged to avoid them. However, while avoidance of allergens may reduce symptoms and avoid life-threatening anaphylaxis, it is difficult to achieve for those with pollen or similar air-borne allergies. Nonetheless, strict avoidance of allergens is still considered a useful treatment method, and is often used in managing food allergies.
HEALING: PLACE HANDS OVER THE SOLAR PLEXUS

FOCUS ON IMMUNE SYSTEM

LUNGS AND AIRWAYS-FOR AIRBORN ALLERGENS.

DIGESTIVE SYSTEM (GI TRACT)-FOR FOOD ALLERGIES.

SKIN- FOR SKIN ALLERGIES (ALSO DO SECTION FOR HIVES).

IF THE ALLERGEN IS KNOWN, YOU CAN NAME IT IN THE LANGUAGE.

I ASK MY IMMUNE SYSTEM RESPOND TO ALLERGENS AS HARMLESS SUBSTANCES.

I ASK FOR OPTIMAL LEVEL AND FUNCTION OF IMMUNOGLOBULIN (IMMUNO- GLO-BEW-LUN) E.

I ASK FOR STABILITY AND OPTIMAL FUNCTION OF MY MAST CELLS NOW.

I ASK HISTAMINE AND CYTOKINE (SITE -O-KEEN) RELEASE ONLY HAPPEN AS A NORMAL PHYSIOLOGICAL FUNCTION AND ANY RELEASE ASSOCIATED WITH ALLERGENS STOP NOW.

I ASK AIR FLOW THROUGH MY AIRWAYS AND LUNGS HAPPEN WITH EASE.

I ASK MY AIRWAYS AND IMMUNE SYSTEM REMOVE AIR BORNE ALLERGENS WITH EASE AT ALL TIMES.

I ASK MY NOSE, SINUSES, THROAT, AIRWAYS AND LUNGS REMAIN PROTECTED AT ALL TIMES FROM ALLERGENS.
I ASK MY DIGESTIVE SYSTEM REMAIN PROTECTED AT ALL TIMES. I ASK ALLERGENS PASS THROUGH MY DIGESTIVE TRACT WITH EASE.

I ASK MY IMMUNE SYSTEM STOP ANY INFLAMMATION IN MY NOSE, SINUSES, THROAT, EYES, AIRWAYS, LUNGS, SKIN AND DIGESTIVE TRACT NOW.

I ASK MY EYES AND SKIN REMAIN PROTECTED FROM ALLERGENS AT ALL TIMES.

I ASK FOR OPTIMAL BLOOD PRESSURE AND CIRCULATION NOW.

I ASK MY GENES TO FULLY SUPPORT PROTECTION AGAINST ALLERGENS NOW.

ADD FOR FOOD ALLERGIES:

I ASK MY SALIVA, TONGUE RECEPTORS AND MUCOUS MEMBRANES OF MY THROAT AND ESOPHAGUS, RESPOND WITH BALANCE, GENTLENESS AND EASE TO ANY FOODS, FLUIDS OR NUTRIENTS I TAKE IN.

I ASK MY IMMUNE SYSTEM STOP REACTING TO FOODS, FLUIDS AND NUTRIENTS AS ALLERGENS AND MY IMMUNE SYSTEM RESPONDS IN BALANCE TO THESE SUBSTANCES NOW.

I ASK MY MAST CELLS REMAIN INTACT WHEN I TAKE IN FOODS, FLUIDS AND NUTRIENTS. I ASK THE LEVELS OF IgE IN MY BODY BALANCE NOW AND MY BODY STOP PRODUCING HISTAMINE IN RESPONSE TO ANY FOODS, FLUIDS OR NUTRIENTS I CONSUME.
ALOPECIA (HAIR LOSS)

Hair loss, also known as alopecia or baldness, is a loss of hair from the head or body.

HEALING ALOPECIA: PLACE HANDS ON HEAD

“I ASK MY HORMONAL LEVELS (ESPECIALLY DIHYDROTESTOSTERONE) REMAIN IN BALANCE NOW TO PROTECT ME FROM HAIR LOSS.

I ASK MY SCALP TO PRODUCE ONLY ENOUGH SEBUM TO NOURISH MY HAIR FOR OPTIMAL HEALTH.

I ASK THE EFFECTS OF THE ANDROGEN RECEPTOR GENE (ON THE CHROMOSOMES) TO DIMINISH TO PROTECT ME FROM FURTHER HAIR LOSS NOW.

I ASK MY DIGESTIVE SYSTEM TO SUPPORT OPTIMAL UPTAKE OF NUTRIENTS, ESPECIALLY BIOTIN, PROTEIN, ZINC AND IRON FOR OPTIMAL HAIR GROWTH NOW. I ASK MY DIGESTIVE SYSTEM TO EXCRETE TOXINS AND METABOLITES WITH EASE AND GENTleness NOW.

I ASK MY IMMUNE SYSTEM TO SUPPORT OPTIMAL HAIR GROWTH, REPAIR ANY DAMAGED HAIR FOLLICLES AND REMOVE ANY BACTERIA IN MY SCALP AND HAIR FOLLICLES WITH EASE AND GENTleness NOW.

NEXT PAGE
I ASK ANY MEDICATION I TAKE TO ONLY DO THE WORK THAT IT IS INTENDED FOR AND ASK MY HAIR FOLLICLES TO REMAIN PROTECTED NOW FROM THE EFFECTS OF ANY MEDICATION I TAKE. (If applicable).

I ASK MY THYROID GLAND TO FUNCTION OPTIMALLY AND TO PRODUCE OPTIMAL THYROID HORMONE LEVELS NOW. I ASK MY HAIR FOLLICLES TO TAKE UP OPTIMAL NUTRITION AND PROTEIN AND ASK MY HAIR GROWTH CYCLES TO REMAIN OPTIMAL FOR HAIR GROWTH.”
ALS (AMYOTROPHIC LATERAL SCLEROSIS)

Amyotrophic lateral sclerosis (ALS), also known as motor neuron disease (MND) and Lou Gehrig’s disease, is a specific disease that causes the death of neurons which control voluntary muscles. No cause is known for ALS.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK FOR OPTIMAL FUNCTION OF MY MOTOR NEURONS IN MY BRAIN, BRAIN STEM AND SPINAL CORD AT ALL TIMES. I ASK MY IMMUNE SYSTEM REPAIR ALL DAMAGE OR DEFECTIVE PROTEINS IN MY MOTOR NEURONS NOW, WITH EASE AND GENTLENESS.

I ASK MY IMMUNE SYSTEM PROTECT MY MOTOR NEURONS AT ALL TIMES FROM INJURY INFLAMMATION AND THE EFFECTS OF FREE RADICALS NOW. I ASK FOR OPTIMAL LEVELS AND FUNCTION OF ANTIOXIDANTS AT ALL TIMES.

I ASK MY GENES SUPPORT OPTIMAL MUSCLE FUNCTION AT ALL TIMES. I ASK MY IMMUNE SYSTEM REPAIR ALL DEFECTS IN MY GENES, WHICH AFFECT MY MOTOR NEURON FUNCTION, NOW, WITH EASE AND GENTLENESS.

I ASK FOR OPTIMAL LEVELS AND FUNCTION OF NEUROTRANSMITTERS, ESPECIALLY GLUTAMATE, IN MY BRAIN NOW.

I ASK MY IMMUNE SYSTEM REPAIR ALL MUSCLE STIFFNESS NOW, WITH EASE AND GENTLENESS. I ASK ANY MUSCLE TWITCHING OR CRAMPS STOP NOW AND ALWAYS. I ASK FOR OPTIMAL MUSCLE STRENGTH, MUSCLE MASS AND FUNCTION NOW.
I ASK FOR OPTIMAL SPEECH, SWALLOWING, CHEWING AND BREATHING NOW AND ALWAYS. I ASK FOR OPTIMAL MEMORY AND COGNITIVE FUNCTION NOW.
ANDROPAUSE

Andropause — also colloquially known as male menopause— is said to be the result of a gradual drop in testosterone, which is an androgen. When andropause occurs, it is considered to be a deficiency state in which the hormone testosterone goes below the normal range for an aging male.

HEALING: PLACE HANDS OVER THE SOLAR PLEXUS.

(If stress, anxiety or depression is an issue, do those sections as well)

“I ASK FOR OPTIMAL LEVELS OF TESTOSTERONE NOW. I ASK FOR OPTIMAL LEVELS OF ALL HORMONES AND NUTRIENTS TO ALLOW MY BODY TO PRODUCE TESTOSTERONE AT OPTIMAL LEVELS AT ALL TIMES. I ASK FOR OPTIMAL LEVELS OF ALL NEUROTRANSMITTERS IN MY BRAIN NOW, ESPECIALLY SEROTONIN, DOPMANINE AND NOREPINEPHRINE. I ASK FOR OPTIMAL FUNCTION OF MY HYPOTHALAMUS, PITUITARY AND TESTIS AT ALL TIMES. I ASK FOR OPTIMAL SEXUAL DRIVE, ENERGY AND STAMINA NOW. I ASK FOR RESTFUL SLEEP AT ALL TIMES. I ASK FOR OPTIMAL BONE HEALTH AND MUSCLE STRENGTH NOW.”
ANEMIA

Anemia is usually defined as a decrease in the amount of red blood cells (RBCs) or hemoglobin in the blood.

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN, FOCUS ON THE ROOT CHAKRA

I ASK MY BONE MARROW TO PRODUCE OPTIMAL LEVELS OF RED BLOOD CELLS NOW. I ASK FOR OPTIMAL NUTRITION, BLOOD FLOW AND OPTIMAL LEVELS OF ERYTHROPOIETIN (ERY-THROW-POI-EETIN) TO ALLOW THIS PROCESS NOW.

I ASK FOR STRENGTH IN MY RED CELL MEMBRANES NOW. I ASK FOR OPTIMAL LEVELS AND FUNCTION OF PROTEINS, LIPIDS AND ENZYMES OF MY RED CELLS NOW.

I ASK FOR OPTIMAL LEVELS AND ABSORPTION OF VITAMIN B12, FOLIC ACID AND IRON NOW. I ASK FOR OPTIMAL LEVELS OF INTRINSIC FACTOR AND FOR MY IMMUNE SYSTEM TO PROTECT THE CELLS THAT PRODUCE INTRINSIC FACTOR.

I ASK MY LIVER TO STORE OPTIMAL LEVELS OF IRON AND ALLOW FOR RELEASE OF THIS IRON AS NEEDED FOR HEALTHY PHYSIOLOGICAL FUNCTIONING.

I ASK MY IMMUNE SYSTEM TO PROTECT MY STOMACH AND BOWELS FROM INFECTION AT ALL TIMES.

NEXT PAGE:
I ASK ANY EXCESSIVE BREAKDOWN OF BLOOD CELLS STOP NOW. I ASK MY IMMUNE SYSTEM TO PROTECT MY BLOOD CELLS NOW AND TO PROTECT MY BODY FROM EXCESS BLOOD LOSS NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY IRON STORES, IRON METABOLISM AND BLOOD CELL PRODUCTION NOW AND ALLOW FOR OPTIMAL FUNCTION OF THESE SYSTEMS NOW.

I ASK FOR FLUID BALANCE IN MY BODY NOW AND FOR OPTIMAL CIRCULATION AT ALL TIMES.

I ASK FOR OPTIMAL ENERGY, OPTIMAL CONCENTRATION, OPTIMAL STRENGTH AND OPTIMAL EXERCISE TOLERANCE NOW.
Angioedema is the rapid swelling (edema) of the dermis, subcutaneous tissue, mucosa and submucosal tissues.

**HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD.**

I ASK MY GENES SUPPORT HEALTHY FUNCTION OF MY CIRCULATORY SYSTEM AND PROTECT ME FROM ANGIOEDEMA AT ALL TIMES.

I ASK FOR OPTIMAL LEVELS AND FUNCTION OF C1 INHIBITOR PROTEIN AND COAGULATION PROTEIN FACTURE 9 NOW.

I ASK FOR HEALTHY FUNCTIONING OF MY COMPLEMENT SYSTEM AND ENDOTHELIAL CELLS NOW.

I ASK FOR OPTIMAL LEVELS OF BRADYKININ (BRADY-KINE-NIN) NOW. I ASK FOR OPTIMAL LEVELS OF ENZYMES THAT PROTECTS ME FROM EXCESSIVE BRADYKININ LEVELS NOW.

I ASK FOR OPTIMAL LEVEL OF ANGIOTENSIN CONVERTING ENZYME NOW.

I ASK FOR OPTIMAL VASCULAR TENSION AND MY BLOOD VESSELS PROTECT ME FROM EXCESSIVE FLUID LEAKAGE NOW. I ASK FOR OPTIMAL CONNECTIVE TISSUE IN MY SKIN NOW.

I ASK MY IMMUNE SYSTEM AND CIRCULATORY SYSTEM REMOVE ANY EDEMA WITH GENTLENESS AND EASE NOW. I ASK ANY ITCHING STOP COMPLETELY NOW.

**NEXT PAGE:**
I ASK BREATHING HAPPEN WITH EASE NOW.

I ASK ANY SWELLING IN MY DIGESTIVE SYSTEM AND ANY PAIN IN MY ABDOMEN STOP NOW.

I ASK MY IMMUNE SYSTEM PROTECT ME FROM ANGIOEDEMA CAUSED BY MEDICATIONS AND FOODS AT ALL TIMES.

ALSO DO ALLERGY SECTION IF IT IS ALLERGY RELATED.
ANKYLOSING SPONDYLITIS

Ankylosing spondylitis (AS) is a type of arthritis in which there is long term inflammation of the joints of the spine.

HEALING: PLACE ONE HAND ON LOWER SPINE AND ONE ON MID ABDOMEN (STOMACH). (OR BOTH HANDS ON STOMACH).

I ASK MY GENES TO SUPPORT HEALTHY FUNCTION, ANATOMY AND PHYSIOLOGY OF MY SPINE, SPINAL JOINTS AND THE MUSCLES AND LIGAMENTS SUPPORTING MY SPINE.

I ASK MY IMMUNE SYSTEM RESOLVE ANY INFLAMMATION IN MY SPINE AND JOINTS NOW, WITH EASE AND GENTLENESS. I ASK MY IMMUNE SYSTEM REMOVE ANY OSSIFICATION OF MY DISCS NOW AND STOP ANY FURTHER OSSIFICATION OF MY DISCS NOW.

I ASK ANY PAIN IN MY SPINE STOP COMPLETELY NOW.

I ASK FOR OPTIMAL ENERGY AND RESTFUL SLEEP AT ALL TIMES.

I ASK FOR OPTIMAL SPINAL MOBILITY AND SUPPORT NOW. I ASK ANY STIFFNESS IN MY SPINE STOP NOW.

I ASK FOR NORMAL GAIT AND MOVEMENT OCCUR WITH EASE NOW.

I ASK BREATHING OCCUR WITH EASE NOW.

I ASK FOR OPTIMAL WEIGHT, APPETITE AND ENERGY NOW.
I ASK FOR OPTIMAL FUNCTION OF MY HEART, HEART VALVES AND BLOOD VESSELS NOW. I ASK FOR OPTIMAL BLOOD PRESSURE AND CIRCULATION NOW.

**IF APPROPRIATE:** I ASK ANY INFLAMMATION IN MY EYES STOP NOW. I ASK MY IMMUNE SYSTEM PROTECT MY EYES FROM INFLAMMATION NOW. I ASK MY IMMUNE SYSTEM REMOVE ANY FLOATERS IN MY EYES NOW. I ASK FOR OPTIMAL VISION NOW.

**ALSO DO CHRONIC PAIN SECTION**
ANXIETY 2

WORRY ABOUT FUTURE EVENTS, FEAR-REACTIONS TO CURRENT EVENTS.

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints and rumination (the tendency to repetitively think about the causes, situational factors, and consequences of one's negative emotional experience. Basically, rumination means that you continuously think about the various aspects of situations that are upsetting). It is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death.

Anxiety is not the same as fear, which is a response to a real or perceived immediate threat, whereas anxiety is the expectation of future threat. Anxiety is a feeling of fear, uneasiness, and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing.

amygda (two diamond shaped clusters of neurons located deep and inside the temporal lobes of the brain with a primary role in processing memory, decision making and emotional reactions).

gaba – gamma-amino butyric acid (it is a neurotransmitter that reduces activity in the brain),

HEALING NEXT PAGE
ANXIETY 2

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK THE CHEMICAL GABA INCREASES ITS LEVEL AND I ASK THE RECEPTORS IN THE SYNAPSIS INCREASE THEIR RESPONSE TO GABA.

I ASK THE FUNCTION OF THE AMYGDALA BE OPTIMIZED, THAT THE RESPONSE TO SENSORY INFORMATION BE BALANCED TO STOP FEAR AND ANXIETY NOW.

I ASK FOR OPTIMAL LEVELS AND FUNCTION OF NEUROTRANSMITTERS IN MY BRAIN, ESPECIALLY SEROTONIN, NOREPINEPHRINE AND DOPAMINE.

I ASK FOR OPTIMAL LEVELS OF CORTISOL AT ALL TIMES.
I ASK FOR OPTIMAL COPING SKILLS NOW.
I ASK FOR OPTIMAL CONCENTRATION AT ALL TIMES.
I ASK FOR RESTFUL SLEEP AT ALL TIMES.

AFFIRMATIONS: “I AM SAFE AND SECURE AND PROTECTED”,

“MY LIFE HAS PURPOSE AND MEANING”

“I AM IN CONTROL OF MY LIFE NOW AND AT ALL TIMES”

”I HAVE COMPLETE TRUST IN MY ABILITY TO LIVE A HAPPY LIFE NOW”

“I AM OPTIMISTIC AND MY FOCUS IS POSITIVE.”

YOU CAN ALSO DO THE LANGUAGE FOR STRESS
ARYTHMIA/PALPITATIONS

Palpitation is a perceived abnormality of the heartbeat characterized by awareness of heart muscle contractions in the chest: hard beats, fast beats, irregular beats, and/or pauses. It is both a symptom reported by the patient and a medical diagnosis.

HEALING: PLACE HANDS OVER THE HEART

I ASK FOR A HEALTHY AND OPTIMAL FUNCTIONING ELECTRICAL CONDUCTION SYSTEM OF MY HEART NOW.
I ASK THE ELECTRICAL IMPULSE IN MY HEART TO FOLLOW THE NORMAL PHYSIOLOGICAL PATH TO ALLOW FOR A REGULAR, STRONG PULSE NOW.

I ASK ANY PREMATURE CONTRACTION OF MY VENTRICLES AND ATRIA STOP NOW.

I ASK FOR OPTIMAL FUNCTION AND PATENCY OF MY HEART VALVES NOW.


I ASK FOR OPTIMAL FUNCTION OF MY SYMPATHETHIC AND PARASYMPATHETIC NERVOUS SYSTEMS, AND VAGUS NERVE NOW.

I ASK MY IMMUNE SYSTEM TO HEAL ANY INFLAMMATION OR SCARRING OF MY HEART, ITS ELECTRICAL SYSTEM AND BLOOD VESSELS NOW, WITH EASE AND GENTLENESS.

NEXT PAGE:
I ASK FOR FLUID AND SALT BALANCE IN MY BODY NOW.

I ASK FOR OPTIMAL BLOOD FLOW, NUTRITION AND OXYGEN TO MY HEART NOW.

I ASK MY HEART AND PULSE RATE FUNCTION OPTIMALLY TO ALLOW FOR HEALTHY PHYSIOLOGICAL FUNCTION AT ALL TIMES.

I ASK FOR OPTIMAL BLOOD PRESSURE AND CHOLESTEROL LEVELS NOW.
ANEURYSM

An aneurysm is a vascular disorder in which weakness in the wall of an artery or vein causes localized dilation or ballooning of the blood vessel.

HEALING: PLACE HANDS WHERE THE ANEURYSM IS (ON SIDES OF HEAD FOR THE BRAIN)

I ASK ANY DILATATION IN MY VEINS OR ARTERIES RESOLVE NOW, WITH GENTLENESS AND EASE.

I ASK FOR OPTIMAL STRENGTH AND ELASTICITY IN THE WALLS OF MY ARTERIES AND VEINS NOW, AND TO STOP ANY DILATATION OR BLEEDING FROM HAPPENING AT ANY TIME.

I ASK MY IMMUNE SYSTEM TO REPAIR ANY WEAKNESS IN THE WALLS OF MY BLOOD VESSELS NOW.

I ASK ANY SPASM IN MY BLOOD VESSELS TO STOP COMPLETELY NOW.

I ASK FOR OPTIMAL BLOOD PRESSURE NOW.

I ASK MY BLOOD VESSELS TO REMAIN PROTECTED FROM THE EFFECTS OF TOXINS, INFECTION, TRAUMA, BLOOD PRESSURE OR GENETIC INFLUENCE NOW.
APRAXIA

Apraxia is a motor disorder caused by damage to the brain (specifically the posterior parietal cortex), in which the individual has difficulty with the motor planning to perform tasks or movements when asked, provided that the request or command is understood and he/she is willing to perform the task.

Apraxia of speech (AOS) is an acquired oral motor speech disorder affecting an individual's ability to translate conscious speech plans into motor plans, which results in limited and difficult speech ability. By the definition of apraxia, AOS affects volitional (willful or purposeful) movement patterns, however AOS usually also affects automatic speech.

(THE FOLLOWING IS BOTH FOR MOTOR APRAXIA AND SPEECH APRAXIA, SO USE LANGUAGE APPROPRIATE FOR YOUR CLIENT)

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK FOR OPTIMAL FUNCTION OF MY MOTOR SYSTEM NOW, FOR APPROPRIATE MOTOR ACTIONS AND APPROPRIATE MEMORY RELATED TO THOSE ACTIONS.

I ASK FOR OPTIMAL AND APPROPRIATE MOVEMENTS OF MY TONGUE, CHEEKS, LIPS, PHARYNX, LARYNX AND EYES, NOW.

I ASK FOR OPTIMAL ABILITY TO WRITE AND DRAW NOW.

I ASK FOR OPTIMAL GAIT, BALANCE AND VOLUNTARY MOVEMENTS OF MY LIMBS NOW.
I ASK FOR OPTIMAL SPEECH, ESPECIALLY COORDINATING AND PLANNING THE MOVEMENTS NECESSARY FOR SPEECH. I ASK FOR OPTIMAL VERBAL COMPREHENSION, READING COMPREHENSION, WRITING AND ARTICULATION NOW.

I ASK FOR OPTIMAL INTONATION, SEQUENCING, TONE, STRESS, ARTICULATION AND RHYTHM OF SPEECH NOW. I ASK FOR OPTIMAL ABILITY, AT ALL TIMES, TO CONNECT SPEECH MESSAGES FROM MY BRAIN TO MY MOUTH. I ASK FOR OPTIMAL MOTOR FUNCTION RELATED TO SPEECH NOW.

I ASK MY IMMUNE SYSTEM REPAIR ANY LESION OR INJURY IN MY BRAIN RELATED TO MOVEMENT OR SPEECH NOW, WITH EASE AND GENTLENESS. I ASK FOR OPTIMAL FUNCTION OF THE MOTOR PROGRAMMING SYSTEM FOR MY BRAIN TO ALLOW FOR OPTIMAL SPEECH (CONCEPTUALIZATION, FORMULATION AND ARTICULATION) AND MOTOR FUNCTION NOW.

I ASK FOR OPTIMAL BLOOD FLOW, BLOOD PRESSURE, OXYGENATION AND NUTRITION TO MY BRAIN AT ALL TIMES.
**ARTHRITIS – RHEUMATOID**

Rheumatoid Arthritis is a chronic, systemic inflammatory disorder that affects joints.

**HEALING RHEUMATOID ARTHRITIS:**

“I ASK MY IMMUNE SYSTEM TO STOP THE INITIAL IMMUNE RESPONSE THAT STARTS THE INFLAMMATION WITHIN MY JOINTS. I ASK MY IMMUNE SYSTEM TO MUTE THE T-CELL ACTIVATION (cells that increases the immune response). I ASK MY IMMUNE SYSTEM TO STOP THE PRODUCTION OF CYTOKINES (proteins that causes the inflammatory changes in the joints, lungs, heart, etc.).

I ASK MY IMMUNE SYSTEM TO STOP PRODUCTION OF RHEUMATOID FACTORS AND OTHER ANTIBODIES THAT ATTACK MY JOINTS.

I ASK MY JOINTS TO FUNCTION IN OPTIMAL HEALTH NOW. I ASK MY IMMUNE SYSTEM AND CIRCULATION TAKE FIGHTER CELLS TO MY JOINTS TO REMOVE ANY DAMAGED BONE AND CELLS COMPLETELY. I ASK MY JOINTS RESTORE THE BONE TO HEALTHY LEVELS NOW.

I ASK MY JOINTS PRODUCE ADEQUATE FLUID INSIDE THE JOINT TO PROTECT MY CARTILEDGE FROM ANY INJURY.

I ASK THAT ANY PAIN SIGNALS BEING SENT FROM MY JOINTS STOP COMPLETELY NOW.

I ASK MY MUSCLES AND LIGAMENTS SURROUNDING MY JOINTS FUNCTION AT OPTIMAL LEVELS TO SUPPORT THE FUNCTION OF MY JOINTS COMPLETELY AND OPTIMALLY NOW.”

NOW DO HEALING FOR CHRONIC PAIN.
Osteoarthritis (OA) is a type of joint disease that results from breakdown of joint cartilage and underlying bone.

**HEALING: PLACE HANDS OVER A JOINT THAT IS PARTICULARLY AFFECTED, MOVE HANDS TO OTHER JOINTS AS NEEDED (OR OVER THE LOWER ABDOMEN, FOCUSING ON THE ROOT CHAKRA)**

I ASK CARTILAGE LOSS IN MY JOINTS STOP NOW. I ASK THE COLLAGEN FIBRES IN THE CARTILAGE REPAIR AND THE CARTILAGE STOP RELEASING BREAKDOWN PRODUCTS IN MY JOINT NOW.

I ASK FOR OPTIMAL HYDROSTATIC AND OSMOTIC PRESSURE IN MY CARTILAGE NOW. I ASK FOR OPTIMAL PROTEOGLYCAN (PRO-TE-O-GLY-CAN) CONTENT IN MY CARTILAGE NOW.

I ASK MY IMMUNE SYSTEM TO REMOVE ANY SCARRING OR THICKENING IN MY LIGAMENTS NOW. I ASK MY IMMUNE SYSTEM REPAIR ANY DAMAGE IN MY MENISCI NOW AND FOR OPTIMAL THICKNESS OF MY MENISCI NOW.

I ASK MY IMMUNE SYSTEM TO FUNCTION OPTIMALLY TO RESTORE MY BONE HEALTH AND TO REPAIR ANY DAMAGED TISSUES IN MY BONES AND CARTILAGE WITH GENTLENESS AND EASE. I ASK ANY INFLAMMATION IN MY SYNOVIUM STOP NOW. I ASK FOR OPTIMAL LEVELS OF SYNOVIAL FLUID IN MY JOINTS NOW.

I ASK ANY BONE SPURS STOP FORMING NOW AND FOR MY IMMUNE SYSTEM TO RESOLVE ANY BONE SPURS WITH EASE.
I ASK JOINT MOVEMENT TO HAPPEN WITH EASE AND ANY STIFFNESS OR MUSCLE SPASM STOP NOW.

I ASK FOR OPTIMAL MUSCLE STRENGTH AND OPTIMAL SUPPORT OF MY JOINTS NOW.

I ASK MY DIGESTIVE SYSTEM TO ALLOW OPTIMAL NUTRITION AND TO ALLOW OPTIMAL LEVELS OF CALCIUM, PHOSPHATE AND MAGNESIUM FOR BONE HEALTH.

I ASK FOR OPTIMAL ENERGY AND MOTIVATION FOR REGULAR EXERCISE.

IF THE BACK IS INVOLVED (DEGENERATIVE DISC DISEASE):

I ASK MY IMMUNE SYSTEM TO REMOVE ANY FIBROSIS IN MY DISCS NOW. I ASK FIBROCARTILAGE STOP FORMING IN MY DISCS NOW.

I ASK FOR STRENGTH AND OPTIMAL THICKNESS AND GELATIN IN THE NUCLEII OF MY DISCS NOW.

I ASK FOR OPTIMAL STRENGTH AND THICKNESS OF THE ANULUS FIBROSIS OF MY DISCS NOW.

I ASK FOR OPTIMAL MOVEMENT OF MY SPINE AND FOR SPINE MOVEMENT TO HAPPEN WITH EASE. I ASK MY IMMUNE SYSTEM TO REPAIR ANY INFLAMMATION OF MY FACET JOINTS NOW. I ASK FOR OPTIMAL SUPPORT AND MOVEMENT OF MY FACET JOINTS NOW. I ASK FOR STRENGTH IN MY LEGS, OPTIMAL GAIT AND ANY NUMBNESS IN MY LEGS STOP NOW.

I ASK ANY PRESSURE ON MY SPINAL NERVES AND SPINAL CORD STOP NOW. I ASK MY IMMUNE SYSTEM TO REPAIR ANY INFLAMMATION IN AND AROUND MY NERVES NOW. ALSO DO THE SECTION FOR CHRONIC PAIN.
ASTHMA 2

Asthma is a common chronic inflammatory disease of the airways characterized by variable and recurring symptoms, reversible airflow obstruction and bronchospasm.

HEALING: PLACE HANDS ON LUNGS – ONE SIDE FIRST, THEN THE OTHER.

I ask the smooth muscles in the airways of my lungs relax and stop contracting and trapping air.

I ask any inflammation in my smooth muscles resolve completely now.

I ask my airways only produce mucous for optimal function.

I ask my immune system functions optimally to repair any inflammation in my lungs now, with gentleness and ease.

I ask my immune system protect my lungs at all times from viruses, bacteria and toxins.

I ask the cells and muscles in my airways stop reacting to triggers like pollutants, allergens or toxins.

I ask breathing to occur with ease at all times.

I ask my genes to protect my lungs from bronchospasm at all times.
ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental psychiatric disorder in which there are significant problems with executive functions (e.g., attentional control and inhibitory control) that cause attention deficits, hyperactivity, or impulsiveness which is not appropriate for a person’s age.

Despite being the most commonly studied and diagnosed psychiatric disorder in children and adolescents, the cause in the majority of cases is unknown.

HEALING ADHD: PLACE HANDS ON EACH SIDE OF HEAD

“I ASK MY GENES TO SUPPORT BALANCE OF MY ATTENTION SPAN AND IMPULSES NOW.

I ASK MY NEUROTRANSMITTERS IN MY BRAIN, ESPECIALLY DOPAMINE AND NOREPINEPHRINE, TO REMAIN AT OPTIMAL LEVELS TO ALLOW FOR BALANCED ATTENTION AND IMPULSE CONTROL.

I ASK MY ATTENTION TO REMAIN FOCUSED AS NEEDED, TO ALLOW ME TO COMPLETE TASKS, STAY ORGANIZED, MANAGE MY TIME APPROPRIATELY, TO REMEMBER NEW INFORMATION LEARNED, FOLLOW INSTRUCTIONS, TO LEARN NEW TASKS WITH EASE AND TO STORE MEMORIES IN MY UNCONSCIOUS MIND AND ACCESS WHEN NEEDED. I ASK THAT I WILL REMAIN MOTIVATED TO COMPLETE TASKS ON TIME.

I ASK THAT I REMAIN CALM AND PATIENT WHEN I NEED TO, ESPECIALLY WHEN IN CLASS OR AT WORK.

I ASK FOR MY SLEEP TO BE RESTFUL AND THAT I WILL FALL ASLEEP WITH EASE.”
AUTISM

Autism is a neurodevelopmental disorder characterized by impaired social interaction, verbal and non-verbal communication, and restricted and repetitive behavior.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK FOR OPTIMAL FUNCTION OF MY NERVE CELLS AND SYNAPSES IN MY BRAIN NOW. I ASK FOR OPTIMAL LEVELS AND FUNCTION OF NEUROTRANSMITTERS AND SYNAPTIC PROTEINS NOW.

I ASK MY GENES SUPPORT OPTIMAL COGNITIVE FUNCTION AND NEUROLOGICAL DEVELOPMENT NOW. I ASK FOR THE DIFFERENT PARTS OF MY BRAIN TO FUNCTION IN HARMONY WITH EASE NOW.

I ASK FOR OPTIMAL ATTENTION AND DEVELOPMENT OF SOCIAL STIMULI.

I ASK FOR OPTIMAL SOCIAL INTERACTION AND INTEREST NOW.

I ASK FOR OPTIMAL INTUITION ABOUT OTHERS, TO UNDERSTAND THEM, THEIR ACTIONS, THEIR INTENTIONS, THEIR EMOTIONS AND THEIR BEHAVIOUR.

I ASK FOR EASY AND EFFORTLESS SPEECH AND COMMUNICATION NOW.

I ASK ANY REPETITIVE BEHAVIOUR STOP NOW. I ASK FOR OPTIMAL ATTENTION AND CONCENTRATION NOW. I ASK FOR OPTIMAL PROCESSING OF AUDITORY AND VISUAL STIMULI NOW.

NEXT PAGE
I ASK FOR HEALTHY MUSCLE TONE, MUSCLE STRENGTH, BALANCE AND MOTOR COORDINATION.

I ASK FOR OPTIMAL MEMORY NOW AND TO BE ABLE TO LEARN NEW INFORMATION WITH EASE.

I ASK MY IMMUNE SYSTEM STOP ANY INFLAMMATION IN MY BRAIN, NEURONS, SYNAPSES AND PERIPHERAL NERVOUS SYSTEM NOW.
AUTO-IMMUNE DISEASE

An autoimmune disease is a condition arising from an abnormal immune response to a normal body part.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD OR REST THE HEAD IN YOUR HANDS

I ASK MY IMMUNE SYSTEM STOP PRODUCING AUTO-ANTIBODIES THAT AFFECT MY HEALTHY CELLS NOW. I ASK MY IMMUNE SYSTEM PROTECT MY BODY AND CELLS FROM THE EFFECTS OF AUTO-ANTIBODIES NOW. I ASK MY IMMUNE SYSTEM BECOME UNRESPONSIVE TO AUTO-ANTIGENS AND STOP CROSS REACTIVE IMMUNE RESPONSE NOW.

I ASK THE GLYCANS DISPLAYED BY THE CELLS OF MY IMMUNE SYSTEM FUNCTION NORMALLY AND STOP ANY AUTO-IMMUNE RESPONSE NOW.

I ASK MY IMMUNE SYSTEM STOP REACTING TO MY BODY’S OWN HEALTHY PROTEINS NOW.

I ASK FOR OPTIMAL LEVELS AND FUNCTION OF MY T-CELLS, B-CELLS AND CYTOKINES (SITE-O-KEENS) NOW.

I ASK FOR OPTIMAL FUNCTION AND LEVELS OF REGULATORY CELLS NOW. I ASK MY REGULATORY CELLS TO RECOGNIZE AND REMOVE AUTO-IMMUNE CELLS BEFORE THEY BECOME ACTIVE WITHIN MY IMMUNE SYSTEM NOW.

I ASK FOR HEALTHY AND EFFECTIVE ANTIBODY RESPONSE TO INFECTIONS AND MY CELLS ALWAYS REMAIN PROTECTED FROM THIS ANTIBODY RESPONSE.
I ASK FOR OPTIMAL ORGAN FUNCTION AND GROWTH NOW.

I ASK MY IMMUNE SYSTEM PROTECT ME FROM INFECTION AND TOXINS AT ALL TIMES.

I ASK FOR RESTFUL SLEEP AND OPTIMAL ENERGY NOW.

(If a person is on immuno-suppression therapy, do that section as well.)
Back pain is pain felt in the back. Episodes of back pain may be acute or chronic, depending on the duration. The pain may be characterized as a dull ache, shooting or piercing pain, or a burning sensation. The pain may radiate in the arms (or hands) and legs (or feet), and may include tingling (paresthesia), weakness or numbness in the arms or legs.

Pain may be neck pain (cervical), middle back pain (thoracic), lower back pain (lumbar), or tail bone (coccydynia). Lumbar back pain is the most common form.

Pain may originate from the muscles, nerves, bones, joints or other structures in the spine (vertebral column). Internal structures like gall bladder, pancreas and urinary bladder may also cause referred pain to the back.

HEALING LANGUAGE PAGE 53
BACK PAIN – GENERAL HEALING LANGUAGE

HEALING: DEPENDING ON WHERE THE PAIN IS: PLACE ONE HAND ON THE NECK AND OTHER ON THE FRONT OF THE CHEST, OR ONE ON THE UPPER BACK AND THE OTHER ON THE UPPER STOMACH, OR ONE HAND ON THE LOWER BACK AND THE OTHER ON THE STOMACH.

IF THE CLIENT IS UNCOMFORTABLE, BOTH HANDS CAN BE PLACED ON THE FRONT OF THE BODY

I ASK MUSCLE SPASM AROUND MY SPINE STOP COMPLETELY NOW.

I ASK MY IMMUNE SYSTEM TO REPAIR ANY TEARS IN THE FASCIA AND LIGAMENTS OF MY SPINE COMPLETELY NOW.

I ASK ANY SWELLING AROUND MY SPINAL NERVES AND SPINAL CORD STOP COMPLETELY NOW.

I ASK ANY DISC HERNIATION REPAIR ITSELF COMPLETELY NOW AND THAT MY SPINAL COLUMN, MUSCLES AND FASCIA SUPPORT MY DISCS TO REMAIN IN PLACE AT ALL TIMES.

I ASK ANY INFLAMMATION IN MY MUSCLES, FASCIA, LIGAMENTS AND VERTEBRAE STOP COMPLETELY NOW.

I ASK ANY INFLAMMATION IN THE JOINTS OF MY SPINE STOP COMPLETELY NOW. I ASK ANY PINCHING, TRAPPING OR MOVEMENT OF TISSUE INSIDE THESE JOINTS STOP NOW. NEXT PAGE.
I ASK THE FACET JOINTS IN MY SPINE TO SUPPORT MY VERTEBRAE AND ALLOW FOR OPTIMAL MOVEMENT NOW.

I ASK ANY OSTEOPHYTES AND ARTHRITIS IN MY VERTEBRAL COLUMN RESOLVE COMPLETELY NOW. (IF APPROPRIATE, DO SECTION FOR ARTHRITIS TOO).

I ASK FOR OPTIMAL STRENGTH IN MY SPINAL MUSCLES AND LIGAMENTS TO ALLOW FOR OPTIMAL SUPPORT OF MY BACK AND ALLOW FOR MOVEMENT TO OCCUR WITH GENTLENESS AND EASE.

I ASK FOR OPTIMAL CIRCULATION TO MY BACK – TO ALLOW FOR OPTIMAL NUTRITION, OXYGEN AND REMOVAL OF TOXINS FROM MY BACK NOW.

I ASK FOR OPTIMAL CALCIUM, PHOSPHATE, MAGNESIUM AND VITAMIN D UPTAKE AND METABOLISM, TO ENSURE OPTIMAL HEALTH OF MY SPINAL COLUMN NOW.

I ASK PAIN SIGNALS BEING SENT FROM MY BACK QUIET DOWN AND THE PAIN MATRIX IN MY BRAIN STOP ITS HYPERSENSITIVITY TO PAIN SIGNALS FROM MY BACK NOW.

I ASK FOR RESTFUL SLEEP AND OPTIMAL ENERGY NOW.

I ASK FOR OPTIMAL CONCENTRATION AND FOCUS NOW.

I ASK FOR BALANCE IN MY EMOTIONS AND FOR OPTIMAL COGNITIVE FUNCTION NOW.
Benign paroxysmal positional vertigo (BPPV) is a disorder arising in the inner ear. Its symptoms are repeated episodes of positional vertigo, that is, of a spinning sensation caused by changes in the position of the head.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK THE CRYSTALS IN THE LABYRINTH OF THE INNER EAR TO REMAIN IN NORMAL POSITION AT ALL TIMES AND TO STOP MIGRATING INTO THE SEMICIRCULAR CANALS NOW.

I ASK MY IMMUNE SYSTEM TO REMOVE ANY CRYSTALS IN THE SEMICIRCULAR CANALS COMPLETELY NOW.

I ASK HEAD MOVEMENT TO STOP PRODUCING DIZZINESS NOW.

I ASK BARIATRIC PRESSURE CHANGES TO STOP AFFECTING MY EQUILIBRIUM NOW.

I ASK MY CIRCULATORY SYSTEM TO SUPPORT OPTIMAL FUNCTION OF MY INNER EAR NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY INNER EAR FROM ANY INFLAMMATION AT ALL TIMES.

I ASK FOR OPTIMAL pressure IN MY INNER EAR AT ALL TIMES. I ASK THE SENSORS IN MY INNER EAR TO FUNCTION OPTIMALLY AT ALL TIMES.

I ASK ANY NAUSEA TO RESOLVE COMPLETELY NOW.

I ASK FOR OPTIMAL VISION AT ALL TIMES.

I ASK FOR RESTFUL SLEEP AT ALL TIMES.
BENIGN PROSTATIC HYPERPLASIA

Benign prostatic hyperplasia (BPH) is a benign increase in size of the prostate.

HEALING BENIGN PROSTATIC HYPERPLASIA: PLACE HANDS OVER LOWER STOMACH

“I ASK MY PROSTATE CELLS TO DECREASE IN NUMBER AND SIZE AND ASK MY PROSTATE SIZE TO NORMALIZE NOW WITH GENTLENESS AND EASE.

I ASK MY TESTOSTERONE LEVELS TO REMAIN BALANCED AND MY DHT (DIHYDROTESTOSTERONE) LEVELS TO NORMALIZE NOW. I ASK THE GROWTH FACTORS IN MY PROSTATE TO DIMINISH ITS EFFECT TO DHT TO KEEP THE SIZE FOR MY PROSTATE IN BALANCE.

I ASK ANY SCAR TISSUE IN MY PROSTATE TO RESOLVE COMPLETELY NOW, WITH EASE AND GENTLENESS.

I ASK MY BLADDER MUSCLE TO REMAIN STRONG, MY BLADDER TO EMPTY COMPLETELY WHEN I URINATE AND MY URINARY STREAM TO REMAIN STRONG.

(If applicable) I ASK ANY PAIN OR DISCOMFORT ASSOCIATED WITH MY BLADDER AND PROSTATE TO RESOLVE COMPLETELY NOW WITH EASE AND GENTLENESS.

I ASK MY IMMUNE SYSTEM TO FUNCTION OPTIMALLY TO PROTECT MY BLADDER AND PROSTATE FROM ANY INFECTION OR INFLAMMATION.”
BIPOLAR DISORDER

Bipolar disorder, also known as manic-depressive illness, is a mental disorder characterized by periods of elevated mood and periods of depression. The elevated mood is significant and is known as mania or hypomania (milder).

HEALING BI-POLAR DISORDER: HANDS ON HEAD – EACH SIDE

“I ASK MY GENES TO SUPPORT A HEALTHY AND BALANCED MENTAL FUNCTION NOW.

I ASK MY MENTAL FUNCTION ALLOW BALANCE IN MY MOOD, MY SLEEP, MY DECISION MAKING, MY CONCENTRATION, MY MEMORY, MY ENERGY LEVEL, MY APPETITE, MY MOTIVATION, MY IMPULSES, MY JUDGMENT AND MY THOUGHTS NOW.

I ASK THE FRONTAL PART OF MY BRAIN, THE LIMBIC SYSTEM AND AMYGDALA TO FUNCTION OPTIMALLY TO SUPPORT A HEALTHY AND BALANCED MENTAL FUNCTION NOW.

I ASK FOR OPTIMAL FUNCTION OF MY PINEAL GLAND TO PRODUCE OPTIMAL MELATONIN, TO SUPPORT A RESTFUL SLEEP EVERY NIGHT.

I ASK LEVELS OF GLUTAMATE IN MY BRAIN TO BALANCE NOW WITH EASE AND GENTLENESS.

I ASK THE LEVELS OF ALL THE NEUROTRANSMITTERS IN MY BRAIN, ESPECIALLY DOPAMINE, TO BALANCE NOW, WITH EASE AND GENTLENESS.”

ALWAYS DO STRESS SECTION WITH BIPOLAR DISORDER.

ALSO DO SECTIONS ON ANXIETY, DEPRESSION OR SUBSTANCE ABUSE IF PRESENT.
BLADDER INCONTINENCE

Urinary incontinence, also known as involuntary urination, is any leakage of urine.

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN

I ASK FOR OPTIMAL FUNCTION OF MY BLADDER WALL MUSCLES AND THESE MUSCLES ONLY CONTRACT FOR VOLUNTARY VOIDING.

I ASK FOR OPTIMAL PRESSURE AND FUNCTION OF THE BLADDER NECK AND URETHRA. I ASK FOR ALL INVOLUNTARY LEAKAGE OF URINE TO STOP NOW.

I ASK MY PELVIC ORGANS AND MUSCLES, ESPECIALLY PELVIC FLOOR MUSCLES, SUPPORT MY BLADDER OPTIMALLY AT ALL TIMES.

I ASK FOR COMPLETE EMPTYING OF MY BLADDER DURING VOLUNTARY VOIDING.

I ASK FOR URINE FLOW TO BE EASY AND EFFORTLESS DURING VOLUNTARY VOIDING.

I ASK FOR OPTIMAL FUNCTION OF MY NERVE FIBRES, SPINAL CORD AND BRAIN, TO SUPPORT OPTIMAL BLADDER FUNCTION AT ALL TIMES.
BLADDER OVERACTIVE

Overactive bladder, also known as overactive bladder syndrome, is a condition where there is a frequent feeling of needing to urinate to a degree that it negatively affects a person's life. The frequent need to urinate may occur during the day, at night, or both.

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN, FOCUS ON THE SACRAL CHAKRA

I ASK FOR URGENCY AND FREQUENCY TO URINATE STOP NOW. I ASK URINATION TO ONLY HAPPEN AS A NORMAL PHYSIOLOGICAL FUNCTION OF MY KIDNEYS AND BLADDER AND FLUID BALANCE, AND FOR ME TO BE ABLE TO DEFER URINATION WITH COMFORT AND EASE.

I ASK FOR HEALTHY FUNCTIONING OF THE DETRUSOR MUSCLE OF MY BLADDER NOW, AND ANY OVERACTIVITY OF THIS MUSCLE STOP NOW.

I ASK MY PELVIC FLOOR MUSCLES TO SUPPORT MY BLADDER AND BLADDER FUNCTION OPTIMALLY NOW.

I ASK FOR COMPLETE BLADDER CONTROL AT ALL TIMES AND ANY INCONTINENCE TO STOP COMPLETELY NOW.

I ASK FOR REGULAR, SOFT BOWEL MOVEMENTS NOW.

I ASK ANY PRESSURE FROM MY BOWELS AND ABDOMINAL WALL ON MY BLADDER, STOP NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY BLADDER FROM INFECTION AND INFLAMMATION AT ALL TIMES.

I ASK FOR RESTFUL SLEEP AND THE NEED TO VOID AT NIGHT, ONLY HAPPENS FOR NORMAL PHYSIOLOGICAL FUNCTIONING.
BLADDER PROLAPSE (CYSTOCELE)

A cystocele (SIS-tə-seel) is a medical condition that occurs when the tough fibrous wall between a woman's bladder and her vagina is torn, often by childbirth, allowing the bladder to herniate into the vagina.

HEALING: PLACE HANDS OVER THE LOWER STOMACH

I ASK FOR OPTIMAL STRENGTH IN MY LEVATOR MUSCLE AND IN THE FASCIA OF MY BLADDER AND BLADDER OUTLET NOW.

I ASK FOR OPTIMAL ELASTICITY OF MY BLADDER TO ALLOW VOIDING WITH EASE. I ASK FOR COMPLETE EMPTYING OF MY BLADDER DURING VOIDING. I ASK FOR ANY LEAKING OF URINE TO STOP COMPLETELY NOW.

I ASK FOR OVERACTIVITY IN MY BLADDER TO STOP COMPLETELY AND ALLOW NORMAL BLADDER FUNCTION NOW AND AT ALL TIMES.

I ASK FOR OPTIMAL LEVELS OF ESTROGEN AND FOR MY BLADDER AND VAGINA TO RESPOND OPTIMALLY TO THE EFFECTS OF ESTROGEN AT ANY LEVELS IN MY BODY.
BOWEL INCONTINENCE

Fecal incontinence, also called bowel incontinence, is a lack of control over defecation, leading to involuntary loss of bowel contents—including flatus (gas), liquid stool elements and mucus, or solid feces.

HEALING: PLACE HANDS OVER THE SOLAR PLEXUS.

I ASK FOR OPTIMAL FUNCTION AND PRESSURE OF MY ANAL SPHINCTER NOW.

I ASK ANY INVOLUNTARY LEAKING OF STOOL, FLUID OR GAS TO STOP COMPLETELY NOW.

I ASK BOWEL MOVEMENTS TO HAPPEN WITH GENTLENESS AND EASE.

I ASK FOR OPTIMAL DIGESTION OF FOOD AND OPTIMAL FIBRE CONTENT IN MY BOWEL, TO ALLOW FOR REGULAR, SOFT BOWEL MOVEMENTS NOW. I ASK FOR COMPLETE EMPTYING OF THE RECTUM DURING VOLUNTARY BOWEL MOVEMENTS.

I ASK FOR OPTIMAL FUNCTION OF MY NERVE FIBRES, SPINAL CORD AND BRAIN, TO ALLOW FOR OPTIMAL FUNCTION OF MY BOWEL AND ANAL SPHINCTER NOW, TO ALLOW ME TO REMAIN CONTINENT OF STOOL AND LIQUID AT ALL TIMES.

I ASK FOR OPTIMAL STRENGTH OF MY PELVIC MUSCLES, TO SUPPORT CONTINENCE OF MY BOWEL NOW.
BOWEL OBSTRUCTION

Bowel obstruction, also known as intestinal obstruction, is a mechanical or functional obstruction of the intestines which prevents the normal movement of the products of digestion. Either the small bowel or large bowel may be affected.

HEALING: PLACE HANDS OVER THE ABDOMEN

I ASK FOR FOOD AND FLUIDS TO PASS THROUGH MY BOWELS WITH EASE AND GENTLENESS AT ALL TIMES.

I ASK MY IMMUNE SYSTEM RESOLVE ANY ADHESIONS, INFLAMMATION, INFECTION OR BLOCKAGES OF MY BOWEL NOW, WITH EASE AND GENTLENESS.

I ASK MY IMMUNE SYSTEM PROTECT MY BOWEL AT ALL TIMES FROM INFECTION OR INFLAMMATION.

I ASK FOR OPTIMAL BLOOD FLOW TO AND FROM MY BOWEL AT ALL TIMES.

I ASK FOR EASY DIGESTION OF FOODS AND FLUIDS AT ALL TIMES.

I ASK FOR OPTIMAL LEVELS OF FLUIDS, ELECTROLYTES AND DIGESTIVE ENZYMES AT ALL TIMES.

I ASK FOR OPTIMAL BOWEL STRENGTH AND MY IMMUNE SYSTEM REPAIR ANY WEAKNESS IN MY BOWELS WITH EASE AND GENTLENESS NOW.

I ASK FOR OPTIMAL ABDOMINAL MUSCLE STRENGTH. I ASK MY IMMUNE SYSTEM REPAIR ANY MUSCLE FASCIA WEAKNESS NOW. NEXT PAGE
I ASK ANY ABDOMINAL PAIN STOP NOW. I ASK ANY EXCESS GAS FORMATION STOP NOW.

I ASK ANY NAUSEA OR VOMITING STOP NOW.

I ASK FOR SOFT AND REGULAR BOWEL MOVEMENTS NOW.

I ASK BREATHING HAPPEN WITH EASE AT ALL TIMES.
Bronchitis is inflammation of the bronchi (large and medium-sized airways) in the lungs. Symptoms include coughing up mucus, wheezing, shortness of breath, and chest discomfort. Bronchitis is divided into two types: acute and chronic.

**HEALING: PLACE HANDS ON THE LUNGS – DO ONE SIDE OF THE CHEST FIRST AND THEN THE OTHER SIDE.**

(PLEASE DO THE SECTION FOR INFECTION WHICH I ADDED BELOW.)

I ASK FOR OPTIMAL AIR FLOW AND VENTILATION OF MY LUNGS NOW. I ASK ANY EXCESS PHLEGM PRODUCTION TO STOP COMPLETELY NOW.

I ASK ANY WHEEZING AND SHORTNESS OF BREATH TO STOP COMPLETELY NOW. I ASK ANY SWELLING OR NARROWING IN MY AIRWAYS TO RESOLVE COMPLETELY NOW.

I ASK ANY FEVER TO RESOLVE COMPLETELY NOW

I ASK MY COUGH TO STOP COMPLETELY NOW AND FOR MY AIRWAYS AND IMMUNE SYSTEM TO REMOVE TOXINS AND PHLEGM WITH GENTLENESS AND EASE.

I ASK MY AIRWAYS TO STAY PROTECTED AT ALL TIMES FROM VIRUSES, BACTERIA, IRRITANTS OR POLLUTANTS.

**IN ADDITION DO INFECTION GENERAL LANGUAGE**
BUNIONS

A bunion is a deformity of the joint connecting the big toe to the foot. It is characterized by medial deviation of the first metatarsal bone and lateral deviation of the hallux (big toe), often erroneously described as an enlargement of bone or tissue around the joint at the bottom of the big toe (known as the metatarsophalangeal – MP- joint).

HEALING: PLACE HANDS OVER THE FOOT

I ask any swelling or pain in my MP joint and bursal sac of my big toe, stop now.

I ask the ligaments and muscles of my toes and feet support perfect alignment for my feet and toe bones now. I ask for optimal strength and function of the muscles and ligaments in my toes and feet now.

I ask my genes support optimal alignment and structure of my foot bones, muscles and ligaments now.

I ask my immune system heal any arthritic changes in my toe joints now, with ease and gentleness. I ask my immune system heal any inflammation in my MP joint bursa with ease and gentleness, now.

I ask for optimal blood flow to my feet and toes now.

I ask for optimal gait now.
Bursitis is the inflammation of one or more bursae (small sacs) of synovial fluid in the body. They are lined with a synovial membrane that secretes a lubricating synovial fluid.

**HEALING: PLACE HANDS OVER THE AREA OF BURSITIS**

**I ASK INFLAMMATION IN MY BURSA STOP NOW. I ASK MY IMMUNE SYSTEM REMOVE EXCESS SYNOVIAL CELLS, COLLAGEN AND FLUID IN MY BURSA NOW.**

**I ASK MY IMMUNE SYSTEM COMPLETELY REMOVE ANY CALCIUM BUILD UP IN MY BURSA NOW.**

**I ASK MY IMMUNE SYSTEM REPAIR TEARS IN MY LIGAMENTS AND MUSCLES NOW.**

**I ASK MY IMMUNE SYSTEM TO PROTECT MY BURSAE FROM INJURY, INFLAMMATION AND INFECTION AT ALL TIMES.**

**I ASK ANY STIFFNESS IN MY MUSCLES STOP NOW AND PAIN TO RESOLVE COMPLETELY NOW.**

**I ASK FOR PAINLESS, SMOOTH MOVEMENT OF MY JOINTS AND MUSCLES NOW.**

**I ASK FOR OPTIMAL STRENGTH IN MY MUSCLES AND LIGAMENTS NOW.**

**IF NEEDED DO PAIN LANGUAGE**
CANCER SECTION/CONTENTS PAGE

- CANCER IS IN REMISSION (OR FAMILY HISTORY) PAGE 61
- CANCER – GENERAL PAGE 62
- CANCER TUMORS 63 & 64
- LEUKEMIA PAGE 65
- LYMPHOMA PAGE 66
- CHEMOTHERAPY PAGE 67
- CHEMOTHERAPY LANGUAGE HEALING PAGE 71 & 72
- RADIATION THERAPY PAGE 73
- RADIATION THERAPY LANGUAGE HEALING PAGE 76
HEALING: PLACE HANDS OVER THE SOLAR PLEXUS

I ASK FOR MY GENES TO SUPPORT NORMAL CELL GROWTH AT ALL TIMES. – repeat this sentence a couple of times.

I ASK FOR MY CELLS TO BE RESPONSIVE TO GROWTH SIGNALLING FOR MY OPTIMAL HEALTH NOW.
I ASK MY IMMUNE SYSTEM TO SUPPORT HEALTHY, BALANCED CELL GROWTH.
I ASK MY IMMUNE SYSTEM ALLOW ONLY HEALTHY CELLS TO MULTIPLY AND GROW.
I ASK MY IMMUNE SYSTEM TO RECOGNIZE ANY CANCER CELLS IMMEDIATELY AND TO REMOVE THESE CELLS SWIFTLY, WITH GENTLENESS AND EASE NOW.
I ASK MY IMMUNE SYSTEM TO REGULATE AND SUPPORT HEALTHY GROWTH OF BLOOD VESSELS AND TISSUE AT ALL TIMES NOW.
I ASK MY CELL MEMBRANES TO REMAIN HEALTHY AND STRONG AT ALL TIMES.

AFFIRMATIONS:

THE GENES IN MY BODY AND MY CELLS PROTECT ME AT ALL TIMES FROM THE EFFECTS OF POLLUTANTS, RADIATION IN THE ENVIRONMENT, VIRUSES, BACTERIA, HEAVY METALS, OXIDANTS, TOXINS OR ANYTHING I CONSUME.

MY CELLS, MY IMMUNE SYSTEM, MY CIRCULATION AND MY DIGESTIVE SYSTEM FUNCTION IN HARMONY, TO KEEP ME IN PERFECT HEALTH AT ALL TIMES NOW.

I AM MOTIVATED TO MAKE HEALTHY CHOICES IN WHAT I CONSUME AND TO EXERCISE REGULARLY.
HEALING CANCER: PLACE HANDS WHERE CANCER IS LOCALIZED

“I ASK THE RECEPTORS OF CELLS TO ACCEPT THE FIGHTER CELLS OF MY BODY. I ASK THE FIGHTER CELLS TO DESTROY THE CANCER CELLS. I ASK THE CANCER CELLS TO STOP THEIR ABILITY TO RE-GENERATE. I ASK MY BODY TO MAINTAIN OPTIMAL BLOOD FLOW AND OXYGEN FLOW TO THE CANCER CELLS, TO ALLOW THE IMMUNE SYSTEM TO DESTROY THE CANCER CELLS WITH FIGHTER CELLS, TO PREVENT THE CANCER CELLS FROM REGENERATING, TO BLOCK THE CANCER CELLS FROM SPREADING, TO PROTECT MY BODY FROM ANY TRIGGERS THAT HELP CANCER CELLS GROW AND TO PROTECT MY BODY FROM ANY SECONDARY INFECTIONS.

I ASK MY CIRCULATORY SYSTEM TO TAKE OXYGEN, NUTRITION AND FIGHTER CELLS TO WHERE IT IS NEEDED TO RESTORE OPTIMAL HEALTH NOW. I ASK MY CIRCULATORY SYSTEM TO TAKE TOXINS, INCLUDING CANCER CELLS TO THE LIVER, KIDNEYS AND BOWEL TO BE EXCRETED.

I ASK FOR NUTRITION, OXYGEN, CIRCULATION AND ANTI-OXIDANTS TO OPTIMIZE FUNCTION TO DESTROY THE CANCER CELLS AND TO MAINTAIN OPTIMAL HEALTH FOR MY BODY.

I ASK TO ACHIEVE ADEQUATE SLEEP FOR MY WELLBEING AND I ASK MY ENERGY LEVEL BE AT OPTIMAL FUNCTION NOW.”
CANCER TUMORS

Cancer tumors change their receptors - so although they are foreign cells, the body’s immune system does not recognize them as such because the cancer tumors behave as if they are "normal". So, we focus on the receptors on the tumors to change - so that they can respond to the body's immune system and the fighter cells to kill the tumor cells.

Because cancer tumors can affect the body as a whole - stealing nutrition and energy to grow rapidly - focus on the different systems is important, such as the digestive system to uptake nutrition, antioxidants, respiratory system for oxygen, circulatory system to take the nutrition and oxygen to the rest of the body and to take the fighter cells to the cancer and to take the toxins to the liver and kidneys to be excreted. So, with cancer, although a lot of focus is at the cellular level of the tumor, we have to focus on the body's systems individually to work optimally.

HEALING LANGUAGE NEXT PAGE
HEALING CANCER TUMORS: PLACE HANDS WHERE TUMOR(S) ARE

“I ASK THE RECEPTORS OF TUMOR CELLS ACCEPT THE FIGHTER CELLS OF MY BODY. I ASK THE FIGHTER CELLS TO DESTROY THE CANCER CELLS. I ASK THE CANCER CELLS TO STOP THEIR ABILITY TO RE-GENERATE. I ASK MY BODY TO MAINTAIN OPTIMAL BLOOD FLOW AND OXYGEN FLOW TO THE CANCER CELLS, TO ALLOW THE IMMUNE SYSTEM TO DESTROY THE CANCER CELLS WITH MY FIGHTER CELLS, TO PREVENT THE CANCER CELLS FROM REGENERATING, TO BLOCK THE CANCER CELLS FROM SPREADING, TO PROTECT MY BODY FROM ANY TRIGGERS THAT HELP CANCER CELLS GROW AND TO PROTECT MY BODY FROM ANY SECONDARY INFECTIONS.

I ASK MY CIRCULATORY SYSTEM TO TAKE OXYGEN, NUTRITION AND FIGHTER CELLS TO WHERE IT IS NEEDED TO RESTORE OPTIMAL HEALTH NOW. I ASK MY CIRCULATORY SYSTEM TO TAKE TOXINS, INCLUDING CANCER CELLS TO THE LIVER, KIDNEYS AND BOWEL TO BE EXCRETED.

I ASK FOR NUTRITION, OXYGEN, CIRCULATION AND ANTIOXIDANTS TO OPTIMIZE FUNCTION TO DESTROY THE CANCER CELLS AND TO MAINTAIN OPTIMAL HEALTH FOR MY BODY.

I ASK TO ACHIEVE ADEQUATE SLEEP FOR MY WELLBEING AND I ASK MY ENERGY LEVEL BE AT OPTIMAL FUNCTION NOW.”
LEUKEMIA

Leukemia is a group of cancers that usually begin in the bone marrow and result in high numbers of abnormal white blood cells. These white blood cells are not fully developed and are called blasts or leukemia cells.

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN AND FOCUS ON THE ROOT CHAKRA.

I ASK MY IMMUNE SYSTEM RECOGNIZE ABNORMAL BLOOD CELLS AND REMOVE THESE CELLS COMPLETELY, WITH GENTLENESS AND EASE.

I ASK FOR OPTIMAL AND HEALTHY FUNCTIONING OF MY BONE MARROW NOW. I ASK FOR THE OPTIMAL FORMATION OF HEALTHY LYMPHOCYTES, PLATELETS AND RED BLOOD CELLS NOW.

I ASK MY IMMUNE SYSTEM PROTECT MY BONE MARROW AT ALL TIMES AND ALLOW FOR ONLY NORMAL, HEALTHY BLOOD CELL FORMATION NOW.

I ASK FOR OPTIMAL FUNCTIONING OF MY RED BLOOD CELLS, PLATELETS AND LYMPHOCYTES NOW.

I ASK MY GENES PROTECT ME AT ALL TIMES FROM LEUKEMIA AND I ASK MY IMMUNE SYSTEM PROTECT MY DNA, TO ALLOW FOR HEALTHY, NORMAL FUNCTIONING OF MY BONE MARROW NOW.

I ASK MY IMMUNE SYSTEM PROTECT ME AT ALL TIMES FROM INFECTION.

I ASK FOR OPTIMAL ENERGY, APPETITE, MUSCLE STRENGTH AND BREATHING NOW.
LYMPHOMA

HEALING LYMPHOMA: PLACE HANDS ON FEMUR (THIGH BONE) BOTH LEGS ONE AT A TIME AND REPEAT BELOW STATEMENT:

“I ASK ARCHANGEL RAPHAEL TO BRING FOCUS TO MY BONE MARROW. I ASK MY BONE MARROW TO PRODUCE ONLY HEALTHY LYMPHOCYSTES. I ASK THE MARROW TO IGNORE THE TRIGGER FOR THE CANCER CELLS.

I ASK MY IMMUNE SYSTEM TO FUNCTION OPTIMALMALLY TO DESTROY THE CANCEROUS CELLS. I ASK MY BODY’S FIGHTER CELLS TO DESTROY THE CANCEROUS BLOOD CELLS NOW, IN THE BRAIN, LIVER, STOMACH, BOWEL AND BONES.”

INCLUDE GENERAL HEALING SECTION – LIVER & DIGESTIVE SYSTEM:
In addition state: “I ASK MY CIRCULATORY SYSTEM TO TAKE OXYGEN, NUTRITION AND FIGHTER CELLS TO WHERE IT IS NEEDED TO RESTORE OPTIMAL HEALTH.”

INCLUDE GENERAL HEALING SECTION – KIDNEY:
In addition state: “I ASK MY CIRCULATORY SYSTEM TO TAKE TOXINS, INCLUDING CANCER CELLS TO THE KIDNEYS, LIVER AND BOWEL TO BE EXCRETED.”
Chemotherapy is a category of cancer treatment that uses chemical substances, especially one or more anti-cancer drugs (chemotherapeutic agents) that are given as part of a standardized chemotherapy regimen. Chemotherapy may be given with a curative intent, or it may aim to prolong life or to reduce symptoms (palliative chemotherapy).

Traditional chemotherapeutic agents are cytotoxic, that is to say they act by killing cells that divide rapidly, one of the main properties of most cancer cells. This means that chemotherapy also harms cells that divide rapidly under normal circumstances: cells in the bone marrow, digestive tract, and hair follicles. This results in the most common side-effects of chemotherapy: myelosuppression (decreased production of blood cells, hence also immunosuppression), mucositis (inflammation of the lining of the digestive tract), and alopecia (hair loss).

**General mode of action in cancer**

The four phases of the cell cycle. G1 - the initial growth phase. S - the phase in which DNA is synthesized. G2 - the second growth phase in preparation for cell division. M - mitosis; where
the cell divides to produce two daughter cells that continue the cell cycle.

Cancer is the uncontrolled growth of cells coupled with malignant behavior: invasion and metastasis (among other features). It is caused by the interaction between genetic susceptibility and environmental factors. These factors lead to accumulations of genetic mutations in oncogenes (genes that promote cancer) and tumor suppressor genes (genes that help to prevent cancer), which gives cancer cells their malignant characteristics, such as uncontrolled growth.

In the broad sense, most chemotherapeutic drugs work by impairing mitosis (cell division), effectively targeting fast-dividing cells. As these drugs cause damage to cells, they are termed cytotoxic. They prevent mitosis by various mechanisms including damaging DNA and inhibition of the cellular machinery involved in cell division.

As chemotherapy affects cell division, tumors with high growth rates (such as acute myelogenous leukemia and the aggressive lymphomas, including Hodgkin's disease) are more sensitive to chemotherapy, as a larger proportion of the targeted cells are undergoing cell division at any time.

All chemotherapy regimens require that the patient be capable of undergoing the treatment. Performance status is often used as a measure to determine whether a patient can receive chemotherapy, or whether dose reduction is required. Because only a fraction of the cells in a tumor die with each treatment, repeated doses must be administered to continue to reduce the size of the tumor. Current chemotherapy regimens apply drug treatment in cycles, with the frequency and duration of treatments limited by toxicity to the patient.
**Adverse effects**

The most common medications affect mainly the fast-dividing cells of the body, such as blood cells and the cells lining the mouth, stomach, and intestines. Chemotherapy-related toxicities can occur acutely after administration, within hours or days, or chronically, from weeks to years.

**Immunosuppression and myelosuppression**

Virtually all chemotherapeutic regimens can cause depression of the immune system, often by paralyzing the bone marrow and leading to a decrease of white blood cells, red blood cells, and platelets.

**Gastrointestinal distress**

Nausea, vomiting, anorexia, diarrhea, abdominal cramps, and constipation are common side-effects of chemotherapeutic medications. Malnutrition and dehydration can result when the patient does not eat or drink enough, or when the patient vomits frequently, because of gastrointestinal damage.

**Anemia** (low blood count)

**Fatigue**

**Hair loss**

**Secondary neoplasm**

**Infertility**

**Peripheral neuropathy**

Between 30 and 40 percent of patients undergoing chemotherapy experience chemotherapy-induced peripheral neuropathy (CIPN), a progressive, enduring, and often irreversible condition, causing pain, tingling, numbness and
sensitivity to cold, beginning in the hands and feet and sometimes progressing to the arms and legs.

Cognitive impairment

Organ damage – heart, liver, kidneys, inner ear

Efficacy

The efficacy of chemotherapy depends on the type of cancer and the stage. The overall effectiveness ranges from being curative for some cancers, such as some leukemias, to being ineffective, such as in some brain tumors, to being needless in others, like most non-melanoma skin cancers.

Even when it is impossible for chemotherapy to provide a permanent cure, chemotherapy may be useful to reduce symptoms like pain or to reduce the size of an inoperable tumor in the hope that surgery will be possible in the future.

NEXT PAGE FOR HEALING LANGUAGE CHEMOTHERAPY
HEALING-CHEMOTHERAPY: This needs to be done in several sessions because most systems are affected by chemo. Start first in area where cancer is, but need to cover immune system, circulation, digestive, brain and all major organs.

“I ASK THE CANCER CELLS RESPOND TO THE CHEMOTHERAPY AND BE COMPLETELY DESTROYED BY THE CHEMOTHERAPY. I ASK THE CANCER CELLS STOP THEIR ABILITY TO RE-GENERATE.

I ASK THE CANCER CELLS REMAIN LOCALIZED AND THAT THOSE CANCER CELLS THAT SPREAD TO DISTANT AREAS ALSO RESPOND TO THE CHEMOTHERAPY.

I ASK MY GENES IN MY BODY THAT PROMOTE CANCER, COMPLETELY SHUT DOWN AND STOP PROMOTING ANY CANCER CELLS FROM FORMING. I ASK MY GENES IN MY BODY THAT HELP PREVENT CANCER REMAIN ACTIVE AND WORK OPTIMALLY TO PREVENT ANY CANCER CELLS FROM FORMING.

I ASK MY NORMAL CELLS REMAIN UNTouched BY CHEMOTHERAPY AND THAT THEY “SEE” THE CHEMOTHERAPY AS SAFE TO THE FUNCTION OF MY NORMAL CELLS.

I SPECIFICALLY ASK THE CELLS IN MY BONE MARROW, HAIR FOLLICLES AND DIGESTIVE TRACT REMAIN UNAFFECTED BY THE CHEMOTHERAPY. I ASK MY HEART, LIVER, KIDNEYS AND INNER EAR CONTINUE TO FUNCTION NORMALLY AND BE UNAFFECTED BY CHEMOTHERAPY. I ASK MY MENTAL FUNCTIONS REMAIN OPTIMAL AND UNAFFECTED BY CHEMOTHERAPY.

NEXT PAGE
I ASK MY IMMUNE SYSTEM WORK OPTIMALLY, THAT THE FIGHTER CELLS RECOGNIZE THE CANCER CELLS AND DESTROY THEM COMPLETELY.

I ASK THAT MY BONE MARROW REMAINS HEALTHY, AND THAT IT CONTINUES TO PRODUCE BLOOD CELLS IN NORMAL QUALITY AND QUANTITY.

I ASK SIDE EFFECTS TO CEASE IMMEDIATELY AND ASK ONLY THE CANCER CELLS RESPOND TO THE EFFECTS OF CHEMOTHERAPY.

I ASK FOR OPTIMAL APPETITE, OPTIMAL FUNCTION OF MY DIGESTIVE TRACT AND NORMAL BOWEL MOVEMENTS NOW.

I ASK TO GET ADEQUATE SLEEP FOR OPTIMAL HEALTH. I ASK FOR MY ENERGY TO RESTORE TO OPTIMUM LEVELS.

IF APPROPRIATE: I ASK MY FERTILITY REMAINS NORMAL DURING AND AFTER THE CHEMOTHERAPY/RADIATION THERAPY
Radiation therapy or radiotherapy is therapy using ionizing radiation, generally as part of cancer treatment to control or kill malignant cells. Radiation therapy may be curative in a number of types of cancer if they are localized to one area of the body. It may also be used as part of adjuvant therapy, to prevent tumor recurrence after surgery, to remove a primary malignant tumor (for example, early stages of breast cancer). Radiation therapy is synergistic with chemotherapy, and has been used before, during, and after chemotherapy in susceptible cancers.

Radiation therapy is commonly applied to the cancerous tumor because of its ability to control cell growth. Ionizing radiation works by damaging the DNA of cancerous tissue leading to cellular death. To spare normal tissues (such as skin or organs which radiation must pass through to treat the tumor), shaped radiation beams are aimed from several angles of exposure to intersect at the tumor, providing a much larger absorbed dose there than in the surrounding, healthy tissue. Besides the tumor itself, the radiation fields may also include the draining lymph nodes if they are clinically or radiologically involved with tumor, or if there is thought to be a risk of subclinical malignant spread.

Different cancers respond to radiation therapy in different ways.

The response of a cancer to radiation is described by its radiosensitivity. Highly radiosensitive cancer cells are rapidly killed by modest doses of radiation. These include leukemias, most lymphomas and germ cell tumors. The majority of epithelial cancers are only moderately radiosensitive, and require a significantly higher dose of radiation to achieve a radical cure. Some types of cancer are notably radioresistant, that is, much higher doses are required to produce a radical
cure than may be safe in clinical practice. Renal cell cancer and melanoma are generally considered to be radioresistant.

**Side effects**

Radiation therapy is in itself painless. Many low-dose palliative treatments (for example, radiation therapy to bony metastases) cause minimal or no side effects, although short-term pain flare-up can be experienced in the days following treatment due to edema compressing nerves in the treated area.

The main side effects reported are fatigue and skin irritation, like a mild to moderate sun burn.

**Early (acute) side effects**

Nausea and vomiting.

**Damage to the epithelial surfaces** - Epithelial surfaces may sustain damage from radiation therapy. Depending on the area being treated, this may include the skin, mouth, throat, bowel mucosa and ureter. Skin reactions tend to be worse in areas where there are natural folds in the skin, such as underneath the female breast, behind the ear, and in the groin.

**Mouth, throat and stomach sores**

**Intestinal discomfort** - Typical symptoms are soreness, diarrhea, and nausea.

**Swelling** - As part of the general inflammation that occurs, swelling of soft tissues may cause problems during radiation therapy.

**Infertility**

**Late side effects**

Late side effects occur months to years after treatment and are generally limited to the area that has been treated. They are
often due to damage of blood vessels and connective tissue cells.

**Fibrosis** - Tissues which have been irradiated tend to become less elastic over time due to a diffuse scarring process.

**Hair loss**

**Dryness** – dry mouth and eyes, sweat glands stop working

**Lymphedema** - Lymphedema, a condition of localized fluid retention and tissue swelling, can result from damage to the lymphatic system sustained during radiation therapy.

**Cancer**

**Heart Disease**

**Cognitive decline**

**Mechanism of action**

Radiation therapy works by damaging the DNA of cancerous cells. This damage is either direct or indirect ionization of the atoms which make up the DNA chain. Indirect ionization happens as a result of the ionization of water, forming free radicals, which then damage the DNA.

Cancer cells have a diminished ability to repair sub-lethal damage.

One of the major limitations of photon radiation therapy is that the cells of solid tumors become deficient in oxygen. Solid tumors can outgrow their blood supply, causing a low-oxygen state. Oxygen is a potent radiosensitizer, increasing the effectiveness of a given dose of radiation by forming DNA-damaging free radicals. Tumor cells in a hypoxic environment may be as much as 2 to 3 times more resistant to radiation damage than those in a normal oxygen environment.

**HEALING RADIATION THERAPY ON NEXT PAGE**
HEALING – RADIATION THERAPY: PLACE HANDS ON SOLAR PLEXUS

“I ASK THE DNA IN THE CANCER CELLS RESPOND TO THE RADIATION THERAPY AND I ALLOW THE CANCER CELLS TO DIE. I ASK THE CANCER CELLS TO BE HIGHLY SENSITIVE TO THE RADIATION THERAPY. I ASK THE BLOOD FLOW AND OXYGEN FLOW AT THE CANCER CELLS REMAIN OPTIMAL FOR THE RADIATION THERAPY TO WORK IN ITS HIGHEST ABILITY.

I ASK MY NORMAL CELLS AND TISSUES STOP RESPONDING TO THE RADIATION THERAPY AND THAT MY NORMAL CELLS AND TISSUES WILL SEE THE RADIATION AS COMPLETELY SAFE TO THE FUNCTION OF MY NORMAL CELLS.

I ASK MY SKIN REMAINS INTACT AND FUNCTIONS IN OPTIMAL HEALTH AND ALLOW THE RADIATION TO PASS SAFELY THROUGH MY SKIN.

I ASK THE EPITHELIAL SURFACES (“LINING”) OF MY MOUTH, THROAT, BOWEL AND BLADDER REMAIN INTACT AND FUNCTION OPTIMALLY.

I ASK FOR MY BODY TO RESPOND OPTIMALLY AND SAFELY TO THE RADIATION, AND THAT THE RADIATION WILL ONLY HAVE AN EFFECT ON THE CANCER CELLS. I ASK MY HAIR FOLLICLES REMAIN INTACT, MY SKIN CELLS REMAIN HEALTHY, MY MUSCLES REMAIN HEALTHY AND MY LYMPHATIC SYSTEM CONTINUE TO FUNCTION OPTIMALLY FOR MY FLUID BALANCE.

I ASK MY COGNITIVE FUNCTION REMAINS INTACT DURING AND AFTER RADIATION TREATMENT.

IF APPROPRIATE: I ASK MY BODY REMAIN FERTILE DURING AND AFTER THE RADIATION TREATMENT.
CANKER SORES

Aphthous stomatitis is a common condition characterized by the repeated formation of benign and non-contagious mouth ulcers (aphthae) in otherwise healthy individuals.

HEALING: PLACE HANDS ON THE FACE – ON EACH CHEEK

I ASK MY IMMUNE SYSTEM RESOLVE THE CANKER SORE/S WITH EASE AND GENTLENESS NOW. I ASK FOR HEALTHY AND OPTIMAL FUNCTION OF MY IMMUNE SYSTEM AND T-CELLS NOW.

I ASK FOR OPTIMAL LEVELS AND FUNCTION OF TUMOR NECROSIS FACTOR ALPHA IN MY MOUTH NOW.

I ASK PAIN SIGNALS FROM THE CANKER STOP COMPLETELY NOW.

I ASK FOR A HEALTHY AND STRONG MUCOUS MEMBRANE IN MY MOUTH NOW. I ASK MY MUCOUS MEMBRANE TO REMAIN PROTECTED FROM CANKER SORES FORMING AT ANY TIME. I ASK FOR OPTIMAL LEVELS OF KERATIN IN MY MUCOUS MEMBRANE NOW. I ASK MY MUCOUS MEMBRANE TO REMAIN PROTECTED FROM ANTIGENIC TRIGGERS, LIKE VIRUSES AT ALL TIMES.

I ASK SWALLOWING AND CHEWING HAPPEN WITH EASE NOW.

I ASK MY MUCOUS MEMBRANE IN MY MOUTH STAY PROTECTED FROM THE EFFECTS OF FOODS OR ALLERGENS NOW.

I ASK FOR OPTIMAL LEVELS OF VITAMIN B12, FOLATE AND IRON NOW.
CARPAL TUNNEL SYNDROME

Carpal tunnel syndrome is a medical condition in which the median nerve is compressed as it travels through the wrist at the carpal tunnel and causes pain, numbness and tingling, in the part of the hand that receives sensation from the median nerve.

HEALING CARPAL TUNNEL SYNDROME: PLACE HANDS ON WRIST(S)

“I ASK MY LIGAMENTS IN MY CARPAL TUNNEL TO RELAX TO ALLOW MY MEDIAN AND ULNAR NERVES TO PASS THROUGH THE TUNNEL WITH EASE.

I ASK ANY EXCESS BONE, CALCIUM DEPOSITS, FATTY TISSUE OR FLUID IN MY CARPAL TUNNEL TO RESOLVE WITH EASE AND GENTLENESS NOW.

I ASK ANY INFLAMMATION AND SWELLING AROUND MY MEDIAN AND ULNAR NERVES TO RESOLVE COMPLETELY NOW WITH EASE AND GENTLENESS.

I ASK MY CIRCULATORY SYSTEM TO SUPPORT OPTIMAL BLOOD FLOW TO MY NERVES AND MUSCLES IN MY HANDS.

I ASK ANY PAIN SIGNALS FROM MY CARPAL TUNNEL, MEDIAN AND ULNAR NERVES TO STOP COMPLETELY NOW.

I ASK MY NERVOUS SYSTEM, CIRCULATORY SYSTEM AND IMMUNE SYSTEM TO RESTORE OPTIMAL FUNCTION TO MY MUSCLES AND NERVES IN MY HANDS NOW, TO MAINTAIN OPTIMAL GRIP STRENGTH AND NORMAL DEXTERITY.”
CARVERNOUS HEMANGIOMA OF THE BRAIN

Cavernous hemangioma, also called cavernous angioma, or cerebral cavernoma (when referring to presence in the brain), is a type of blood vessel malformation or hemangioma, where a collection of dilated blood vessels form a benign tumor. Because of this malformation, blood flow through the cavities, or caverns, is slow. Additionally, the cells that form the vessels do not form the necessary junctions with surrounding cells. Also, the structural support from the smooth muscle is hindered, causing leakage into the surrounding tissue. It is the leakage of blood, known as a hemorrhage from these vessels that causes a variety of symptoms known to be associated with this disease.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK MY IMMUNE SYSTEM TO REMOVE THE HEMANGIOMA COMPLETELY, WITH GENTLENESS AND EASE NOW. I ASK MY IMMUNE SYSTEM TO REMOVE ANY SWELLING OR INFLAMMATION IN OR AROUND MY BLOOD VESSELS NOW. I ASK ENDOTHELIAL CELL GROWTH IN MY BLOOD VESSELS TO ONLY HAPPEN FOR OPTIMAL HEALTH AND FUNCTION. I ASK FOR OPTIMAL BLOOD PRESSURE IN MY BRAIN AND BODY NOW. I ASK FOR OPTIMAL BLOOD FLOW IN MY BRAIN AT ALL TIMES. I ASK TO BE PROTECTED FROM BLEEDING FROM THE HEMANGIOMA AT ALL TIMES. I ASK ANY PAIN RELATED TO THE HEMANGIOMA TO STOP COMPLETELY NOW. I ASK MY GENES PROTECT ME AT ALL TIMES FOR HEMANGIOMAS FORMING ANYWHERE IN MY BODY. YOU CAN ALSO DO THE SECTION FOR HEADACHE, WITHOUT USING THE WORDS MIGRAINE HEADACHE IF HEADACHE IS A COMPLAINT.
CATARACTS

A cataract is a clouding of the lens in the eye leading to a decrease in vision. It can affect one or both eyes. Often it develops slowly.

HEALING: PLACE HANDS OVER EYES OR ON SIDE OF THE HEAD OVER THE TEMPLES.

I ASK THE PROTEINS IN MY LENSES TO STAY HEALTHY AND STRONG AT ALL TIMES. I ASK THESE PROTEINS TO BE PROTECTED FROM THE EFFECTS OF BLOOD PRESSURE, SUGAR, CHOLESTEROL, TOXINS OR SUNLIGHT.

I ASK MY IMMUNE SYSTEM TO REMOVE ANY SCARRING, PIGMENTATION, OR DAMAGED FIBRES IN MY LENSES NOW, WITH GENTLENESS AND EASE. I ASK MY IMMUNE SYSTEM TO PROTECT MY LENSES FROM THE FORMATION OF CATARACTS AT ALL TIMES.

I ASK MY GENES TO SUPPORT PROTECTION OF MY LENSES FROM CATARACT FORMATION AND TO SUPPORT OPTIMAL FUNCTION OF MY LENSES AT ALL TIMES.

I ASK MY VISUAL ACUITY TO RESTORE TO OPTIMAL LEVELS NOW.
I ASK MY COLOR VISION AND NIGHT VISION TO REMAIN OPTIMAL AT ALL TIMES.
I ASK ANY SENSITIVITY TO BRIGHT LIGHTS AND ANY HALOS IN MY VISUAL FIELD TO STOP COMPLETELY NOW.
I ASK MY IMMUNE SYSTEM TO PROTECT MY VISION FROM THE EFFECTS OF OXIDANTS AND TOXINS IN THE ENVIRONMENT. I ASK MY VISION TO BE PROTECTED AT ALL TIMES FROM THE EFFECTS OF SUNLIGHT.

I ASK FOR BALANCE IN MY SUGAR METABOLISM AND CHOLESTEROL LEVELS.
CELIAC DISEASE

Celiac disease is an autoimmune disorder of the small intestine that occurs in genetically predisposed people of all ages from middle infancy onward. Celiac disease is caused by a reaction to gliadin, a gluten protein found in wheat, and similar proteins found in barley and rye).

HEALING CELIAC DISEASE: PLACE HANDS OVER STOMACH

“I ASK MY GENES TO SUPPORT BALANCED FUNCTION OF MY IMMUNE SYSTEM NOW, ALLOWING MY IMMUNE SYSTEM TO STOP FORMING ANTIBODIES TO THE GLUTEN PROTEIN NOW.

I ASK MY IMMUNE SYSTEM TO STOP REACTING TO GLIADIN (GLUTEN PROTEIN) NOW AND THAT MY TISSUE TRANSGlutaminase ENZYME STOP MODIFYING THE GLIADIN PROTEIN. I ASK MY DIGESTIVE SYSTEM CELLS REMAIN PROTECTED FROM MY IMMUNE SYSTEM RESPONS TO THE GLIADIN PROTEIN AND FOR MY IMMUNE SYSTEM RESOLVE ANY INFLAMMATION IN MY DIGESTIVE TRACT COMPLETELY NOW.

I ASK THAT THE VILLI IN MY DIGESTIVE TRACT CONTINUE TO GROW HEALTHY, IN NUMBER AND SIZE, TO SUPPORT ADEQUATE ABSORPTION OF NUTRIENTS AT ALL TIMES.

I ASK PAIN SIGNALS FROM MY DIGESTIVE TRACT AND CRAMPING TO RESOLVE COMPLETELY NOW.

NEXT PAGE
I ASK MY DIGESTIVE TRACT TO SUPPORT OPTIMAL ABSORPTION OF VITAMINS, MINERALS, ESPECIALLY IRON, AND NUTRIENTS FOR MY OPTIMAL HEALTH AND WEIGHT.

I ASK MY BOWEL MOVEMENTS TO REMAIN REGULAR AND SOFT AND THAT ANY ABDOMINAL BLOATING RESOLVE COMPLETELY NOW.”
CEREBRAL PALSY

Cerebral palsy (CP) is a group of permanent movement disorders that appear in early childhood. Signs and symptoms vary among people. Often, symptoms include poor coordination, stiff muscles, weak muscles, and tremors. There may be problems with sensation, vision, hearing, swallowing, and speaking. Often babies with cerebral palsy do not roll over, sit, crawl, or walk as early as other children of their age. Difficulty with the ability to think or reason and seizures each occurs in about one third of people with CP.

Cerebral palsy is caused by abnormal development or damage to the parts of the brain that control movement, balance, and posture. Most often the problems occur during pregnancy; however, they may also occur during childbirth, or shortly after birth. Often the cause is unknown.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK FOR OPTIMAL STRENGTH AND COORDINATION IN MY MUSCLES NOW. I ASK MUSCLE MOVEMENTS BE SMOOTH AND HAPPEN WITH EASE NOW.

I ASK MY IMMUNE SYSTEM REPAIR MY NERVOUS SYSTEM, SPINAL CORD AND BRAIN, WITH EASE AND GENTLENESS, TO ALLOW FOR HEALTHY MUSCLE DEVELOPMENT AND FUNCTION NOW.

I ASK MY NERVOUS SYSTEM FUNCTION OPTIMALLY, TO ALLOW FOR OPTIMAL SENSATION, BALANCE AND MOVEMENT OF MY MUSCLES AND LIMBS NOW.

I ASK SWALLOWING, CHEWING AND SPEAKING OCCUR WITH EASE NOW.
I ASK STIFFNESS, SPASTICITY OR INVOLUNTARY MOVEMENTS OF MY MUSCLES AND JOINTS STOP COMPLETELY NOW.

I ASK MY NERVOUS SYSTEM, CIRCULATION AND NUTRITION SUPPORT OPTIMAL MUSCLE TONE, REFLEXES, COORDINATION AND DEVELOPMENT OF MY MUSCLES NOW.

I ASK FOR OPTIMAL FUNCTION OF MY BRAIN, TO ALLOW FOR OPTIMAL LEARNING, THINKING, FEELING, HEARING AND COMMUNICATING NOW.

I ASK FOR OPTIMAL GROWTH AND DEVELOPMENT OF MY BONES AND CARTILAGE NOW. I ASK MY BONES FULLY SUPPORT MY MUSCLES AND ALLOW FOR EASY MOVEMENT NOW.

I ASK PAIN IN MY MUSCLES AND JOINTS STOP COMPLETELY NOW.

I ASK FOR OPTIMAL NUTRITION, HYDRATION, DIGESTION AND REGULAR, SMOOTH BOWEL MOVEMENTS NOW.

I ASK FOR RESTFUL SLEEP AND OPTIMAL ENERGY AT ALL TIMES.

IF NEEDED DO CHRONIC PAIN SECTION

CINDY SUGGESTS ALSO CHAKRA CLEARING MEDITATION WITH FOCUS ON THIRD EYE AND CROWN.
CLUB FOOT

Club foot congenital deformity involving one foot or both; the affected foot appears to have been rotated internally at the ankle. Without treatment, people with club feet often appear to walk on their ankles or on the sides of their feet.

HEALING CLUB FOOT – PLACE HANDS ON FEET

“I ASK MY CONNECTIVE TISSUE TO SUPPORT NORMAL GROWTH OF MY LIGAMENTS, MUSCLE, FASCIA AND BONES IN MY FOOT NOW.

I ASK MY CONNECTIVE TISSUE TO SUPPORT THE NORMAL FUNCTION OF THE LIGAMENTS, MUSCLES, FASCIA AND BONES IN MY FOOT NOW.

I ASK MY IMMUNE SYSTEM TO FUNCTION OPTIMALLY TO REMOVE ANY FIBROUS TISSUES IN MY MUSCLES, FASCIA, LIGAMENTS AND TENDON SHEATHS IN MY FOOT NOW.

I ASK MY GENES TO SUPPORT OPTIMAL GROWTH AND DEVELOPMENT OF MY MUSCLES, LIGAMENTS, FASCIA AND BONES IN MY FOOT NOW.

I ASK MY TENDONS IN MY FOOT, ESPECIALLY MY ACHILLES TENDON AND ALSO MY MUSCLES IN MY FOOT, TO STRETCH TO SUPPORT THE NORMAL DEVELOPMENT OF MY FOOT NOW.”
**CHOLELITHIASIS (GALLSTONES)**

A gallstone is a calculus (stone) formed within the gallbladder as a concretion of bile components. Lithiasis (stone formation) in the gallbladder is called cholelithiasis.

**HEALING: PLACE HANDS IN UPPER RIGHT HAND SIDE OF THE STOMACH, BELOW THE RIB CAGE**

I ask for my brain to produce adequate amounts of melatonin, to reduce cholesterol secretion from the gallbladder, to enhance the conversion of cholesterol to bile and to protect the gallbladder from oxidant stress.

I ask my digestive system take up optimal amounts of calcium, magnesium, vitamin C and folate, to protect me from gallstone formation. I ask my digestive system only take up fats and cholesterol for my optimal health and that any excess fat and cholesterol be excreted with gentleness and ease.

I ask that my gallbladder functions optimally now, that it contracts and empties frequently, with gentleness and ease.

I ask that the proteins in my liver prevent crystallization of cholesterol in my gallbladder now.

I ask for my immune system to protect my gallbladder from bacteria and to remove any bacteria in my gallbladder with gentleness and ease now.

NEXT PAGE
I ASK THAT MY BILE DUCT REMAINS OPEN AND RELAXED, TO ALLOW BILE TO MOVE FREELY AND FOR ANY STONES TO FLOW FREELY THROUGH THE BILE DUCTS WITH GENTLENESS AND EASE.

I ASK THAT ANY PAIN SIGNALS FROM MY GALLBLADDER AND BILE DUCT SUBSIDE COMPLETELY NOW.

I ASK THAT BILE SALTS BE EXCRETED IN MY DIGESTIVE SYSTEM WITH GENTLENESS AND EASE AND THAT MY BOWEL MOVEMENTS REMAIN REGULAR TO SUPPORT A HEALTHY METABOLISM NOW.
CHRONIC FATIGUE SYNDROME (CFS)

Chronic Fatigue Syndrome (CFS) is a complex medical condition, characterized by long term fatigue and other symptoms. These symptoms are to such a degree that they limit a person's ability to carry out ordinary daily activities. The fatigue is not due to ongoing exertion, not relieved much by rest and is not caused by other medical conditions.

HEALING CFS: PLACE HANDS ON EACH SIDE OF HEAD

“I ASK THAT MY SLEEP WILL BE RESTFUL, THAT I WILL ENTER DELTA WAVE SLEEP EVERY NIGHT. I ASK MY PINEAL GLAND TO PRODUCE ENOUGH MELATONIN TO ENHANCE MY SLEEP TO OPTIMAL LEVELS NOW. I ASK THAT SLEEP WILL BE RESTORATIVE TO MY ENERGY LEVELS NOW.

I ASK MY ENDOCRINE SYSTEM, ESPECIALLY MY HYPOTHALAMUS, THALAMUS, PITUITARY GLANDS AND ADRENAL GLANDS, TO FUNCTION AT AN OPTIMAL LEVEL TO ALLOW MY BODY AND MIND TO RESTORE TO OPTIMAL FUNCTION AND FOR FATIGUE TO LEAVE MY BODY COMPLETELY. I ASK MY ADRENAL GLANDS TO PRODUCE ENOUGH CORTISOL TO ENHANCE MY ENERGY LEVELS TO OPTIMAL FUNCTION TO ALLOW ME TO CONTINUE TO LIVE A PRODUCTIVE, ENERGETIC LIFE NOW.

I ASK THAT MY BRAIN PRODUCE NEUROTRANSMITTERS (LIKE DOPAMINE, NOREPINEPHRINE AND SEROTONIN) AT OPTIMAL LEVELS, TO SUPPORT OPTIMAL MENTAL FUNCTION.

Next Page
I ASK MY MEMORY, ATTENTION AND REACTION TIME TO RESTORE TO NORMAL LEVELS AND MY MENTAL ABILITY TO FUNCTION AT WORK AND HOME RESTORE TO OPTIMAL LEVELS NOW. I ASK THAT I AM HAPPY AND JOYFUL NOW.

I ASK MY MOTIVATION AND ENERGY LEVELS RESTORE TO OPTIMAL LEVELS NOW, TO ALLOW ME TO EXERCISE REGULARLY.

I ASK MY DIGESTIVE SYSTEM TO TAKE UP ADEQUATE NUTRITION TO SUPPORT MY OPTIMAL HEALTH AND ENERGY NOW. I ASK ANY TOXINS OR FOODS RELATED TO MY FATIGUE TO BE EXCRETED WITH EASE AND GENTLENESS. I ASK THAT ANY SENSITIVITIES TO FOODS, ALLERGENS, CHEMICALS, ODORS OR MEDICATIONS TO STOP COMPLETELY NOW.”

IF DEPRESSION IS PRESENT – Refer to Depression section for healing.

IF PAIN, SUCH AS FIBROMYALGIA, HEADACHES, ETC. IS PRESENT – Refer to those sections for healing.
COCCYDYNIA

Coccydynia is a medical term meaning pain in the coccyx or tailbone area.

HEALING: PLACE ONE HAND OVER THE LOWER BACK AND THE OTHER ON THE STOMACH.

I ASK FOR OPTIMAL STRENGTH AND SUPPORT OF THE MUSCLES AND LIGAMENTS SURROUNDING MY TAILBONE NOW.

I ASK MY IMMUNE SYSTEM REMOVE ANY INFLAMMATION IN MY TAILBONE, MUSCLES AND LIGAMENTS WITH GENTLENESS AND EASE NOW. I ASK MY IMMUNE SYSTEM RESOLVE ANY BONES SPURS NOW, WITH EASE AND GENTLENESS.

I ASK MY IMMUNE SYSTEM REMOVE ANY INFLAMMATION IN THE JOINT BETWEEN MY TAILBONE AND SACRUM NOW.

I ASK FOR OPTIMAL STRENGTH AND SUPPORT OF THE JOINTS BETWEEN THE BONES OF MY TAILBONE AND BETWEEN MY TAILBONE AND SACRUM NOW. I ASK MY IMMUNE SYSTEM REPAIR ANY DISLOCATION AT THESE JOINTS NOW, WITH EASE AND GENTLENESS. I ASK ANY HYPERMOBILITY AT THESE JOINTS STOP COMPLETELY NOW.

I ASK PAIN SIGNALS FROM MY TAILBONE STOP COMPLETELY NOW.
I ask sitting, standing and walking be painless and occur with ease.

You can also do the section for chronic pain if applicable.
COLD SORES

Herpes labialis, also called cold sores, is a type of herpes simplex occurring on the lip, i.e. an infection caused by herpes simplex virus (HSV). An outbreak typically causes small blisters or sores on or around the mouth.

HEALING COLD SORES: PLACE HANDS ON EACH SIDE OF FACE

“I ASK MY IMMUNE SYSTEM TO REMOVE THE HERPES VIRUS COMPLETELY FROM MY TRIGMINAL NERVE GANGLIA NOW. I ASK MY FIGHTER CELLS TO RECOGNIZE THE VIRUS, THAT THE VIRUS BECOME RECEPTIVE TO THE FIGHTER CELLS AND THAT THE FIGHTER CELLS DESTROY THE VIRUS COMPLETELY NOW. I ASK THE HERPES VIRUS TO STOP REPRODUCING AND THAT THE NERVE CELLS WILL STAY PROTECTED AT ALL TIMES FROM INFILTRATION BY THE VIRUS.

I ASK MY IMMUNE SYSTEM TO RESOLVE ANY INFLAMMATION IN MY MUCOSA COMPLETELY NOW. I ASK FOR OPTIMAL IMMUNOGLOBULIN LEVEL TO ALLOW FOR COMPLETE HEALING OF MY SKIN AND MUCOUS MEMBRANES.

I ASK MY SKIN AND MUCOSA TO REMAIN PROTECTED AT ALL TIMES FROM ANY NEW HERPES INFECTION.

I ASK MY NUTRITIONAL STATUS TO STAY OPTIMAL AND I GET RESTFUL SLEEP TO SUPPORT OPTIMAL FUNCTION OF MY IMMUNE SYSTEM NOW.”
COLD / VIRAL INFECTIONS

A viral infection of the upper respiratory tract – throat, sinuses, ears and upper airways.

HEALING COLD / VIRAL INFECTIONS: PLACE HANDS UNDER CLIENTS HEAD AND THEREAFTER WHERE GUIDED TO DO SO

*WITH ANY INFECTION, ALWAYS DO IMMUNE SYSTEM FIRST THEN USE THE HEALING STATEMENTS BELOW.

“I ASK MY FIGHTER CELLS OF MY IMMUNE SYSTEM TO RECOGNIZE THE VIRUS, BIND TO THE VIRUS’ RECEPTORS AND DESTROY THEM.

I ASK MY CELL MEMBRANES TO STRENGTHEN. I ASK THE RECEPTORS ON MY CELLS TO RELEASE THE VIRUS AND THEREFORE ELIMINATE THEIR CHANCE OF CAUSING INFECTION NOW.

I ASK MY DIGESTIVE SYSTEM TO TAKE UP ADEQUATE NUTRITION TO OPTIMIZE MY GENERAL HEALTH. I ASK THAT I GET ADEQUATE SLEEP FOR OPTIMAL HEALTH. I ASK MY ENERGY LEVEL TO RESTORE TO OPTIMAL LEVELS.”
COLITIS – CROHN’S DISEASE

Crohn's disease is a type of inflammatory bowel disease (IBD) that may affect any part of the gastrointestinal tract from mouth to anus.

HEALING COLITIS - CROHN’S DISEASE: PLACE HANDS ON ABDOMEN

“I ASK MY GENES TO SUPPORT MY OPTIMAL HEALTH AND BOWEL FUNCTION. I ASK ANY INFECTIOUS ANTIGENS IN MY DIGESTIVE SYSTEM, AFFECTING MY CROHN’S DISEASE, TO BE EXCRETED NOW WITH EASE AND GENTLENESS.

I ASK MY IMMUNE SYSTEM TO FUNCTION AT AN OPTIMAL LEVEL AND ALLOW MY DIGESTIVE SYSTEM TO HEAL ANY AREAS OF INFLAMMATION COMPLETELY NOW. I ASK THAT MY FIGHTER CELLS (MACROPHAGES) WORK OPTIMALLY TO SUPPORT A HEALTHY GASTRO-INTESTINAL TRACT AND THAT ENZYME (CYTOKINE) PRODUCTION BY THESE FIGHTER CELLS REMAIN OPTIMAL TO SUPPORT A NORMAL IMMUNE RESPONSE NOW. I ASK MY DIGESTIVE TRACT TO PRODUCE NORMAL LEVELS OF ‘SERINE PROTEASE’ NOW. I ASK ANY PAIN SIGNALS RELATED TO MY CROHN’S DISEASE TO STOP COMPLETELY NOW.

I ASK MY BOWEL MOVEMENTS TO BECOME REGULAR AND PAINLESS NOW. I ASK MY DIGESTIVE SYSTEM TO TAKE UP ADEQUATE NUTRITION TO SUPPORT MY OPTIMAL HEALTH, WEIGHT AND ENERGY. I ASK MY CIRCULATORY SYSTEM TO FUNCTION OPTIMALLY TO SUPPORT MY IMMUNE SYSTEM AND NORMAL BOWEL FUNCTION NOW. “

*IMPORTANT THAT SMOKERS STOP SMOKING IF THEY HAVE CROHN’S DISEASE - REFER TO ADDICTIONS.

IF JOINT PAIN – REFER TO ARTHRITIS OR ACUTE PAIN
CONSTIPATION 2

Constipation refers to bowel movements that are infrequent or hard to pass.

HEALING: PLACE HANDS OVER THE SOLAR PLEXUS

I ASK FOR OPTIMAL MOBILITY OF MY BOWEL (COLON), TO ALLOW FOR REGULAR, SOFT BOWEL MOVEMENTS FOR ME NOW. I ASK FOR MY BOWEL MOVEMENTS TO BE EASY AND PAINLESS NOW.

I ASK MY DIGESTIVE SYSTEM TO ALLOW FOR OPTIMAL AND BALANCED UPTAKE OF FIBRE AND FLUIDS, AND FOR MY COLON TO RESPOND OPTIMALLY TO THE FIBRE AND LIQUIDS TO SUPPORT HEALTHY BOWEL MOVEMENTS FOR ME NOW.

I ASK FOR OPTIMAL LEVELS AND BALANCE OF MY THYROID HORMONES TO SUPPORT REGULAR AND SOFT BOWEL MOVEMENTS FOR ME NOW.

I ASK FOR BALANCE IN MY ACTIVITY LEVEL TO SUPPORT SOFT AND REGULAR BOWEL MOVEMENTS FOR ME NOW.

I ASK MY DIGESTIVE SYSTEM TO REMAIN COMPLETELY PROTECTED FROM ANY MEDICATIONS I MAY TAKE AND STOP ANY NEGATIVE EFFECT ON MY BOWEL MOVEMENTS.

I ASK MY NERVOUS SYSTEM AND CIRCULATORY SYSTEM TO SUPPORT OPTIMAL FUNCTION OF MY COLON TO ALLOW FOR REGULAR AND SOFT BOWEL MOVEMENTS FOR ME NOW.

I ASK FOR ANY BLOATING OR ABDOMINAL CRAMPS TO RESOLVE COMPLETELY NOW. I ASK FOR THE SMOOTH MUSCLE IN MY BOWEL TO FUNCTION OPTIMALLY TO ALLOW ME TO HAVE REGULAR AND SOFT BOWEL MOVEMENTS NOW.
CORNEAL DYSTROPHY

Corneal dystrophy is a group of rare (often hereditary) disorders characterized by bilateral abnormal deposition of substances in the transparent front part of the eye called the cornea.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK MY IMMUNE SYSTEM REMOVE ANY OPACITIES IN MY CORNEAS WITH EASE NOW.

I ASK MY IMMUNE SYSTEM TO REPAIR THE BASEMENT MEMBRANE OF MY CORNEAL EPITHELIUM NOW. I ASK MY IMMUNE SYSTEM TO PROTECT THIS MEMBRANE AT ALL TIMES FROM THICKENING, SCARRING OR INFLAMMATION. I ASK CELLS TO MOVE FREELY THROUGH THIS MEMBRANE TO THE SURFACE FOR HEALTHY PHYSIOLOGICAL FUNCTIONING.

I ASK ANY DEPOSITS OF EXTRANEOUS MATERIAL IN MY CORNEAS STOP NOW. I ASK MY IMMUNE SYSTEM TO PROTECT MY CORNEAS AT ALL TIMES FROM MATERIAL BEING DEPOSITED IN THEM.

I ASK FOR OPTIMAL NUTRITION, OPTIMAL THICKNESS AND OPTIMAL HYDRATION OF MY CORNEA NOW.

I ASK FOR OPTIMAL VISION AT ALL TIMES.

I ASK FOR OPTIMAL PRESSURE IN MY EYES AND OPTIMAL TEAR PRODUCTION NOW.

I ASK ANY EYE PAIN OR SENSITIVITY TO LIGHT STOP NOW.
CORNEA/ DRY EYE

Keratoconjunctivitis sicca (KCS), also called dry eye syndrome or keratitis sicca is an eye disease caused by eye dryness, which, in turn, is caused by either decreased tear production or increased tear film evaporation.

HEALING: PLACE HANDS ON THE TEMPLES, EACH SIDE

I ASK FOR OPTIMAL FUNCTION OF MY LACRIMAL GLAND NOW, ESPECIALLY FOR OPTIMAL TEAR PRODUCTION. I ASK FOR OPTIMAL QUALITY OF TEARS WITH OPTIMAL LUBRICATION OF MY CORNIA AND CONJUNCTIVA NOW.

I ASK FOR OPTIMAL PROTEIN AND ENZYMES LEVELS IN MY TEARS NOW. I ASK FOR OPTIMAL NUTRITION AND HYDRATION TO SUPPORT OPTIMAL TEAR PRODUCTION NOW.

I ASK EXCESSIVE TEAR EVAPORATION TO STOP COMPLETELY.

I ASK MY LACRIMAL GLAND AND TEAR PRODUCTION TO REMAIN OPTIMAL, DESPITE ANY MEDICATIONS I MAY TAKE.
I ASK ANY BRIGHT LIGHT IRRITATION TO STOP COMPLETELY NOW. I ASK THAT IRRITANTS OR POLLUTANTS STOP AFFECTING MY EYES AND TEAR PRODUCTION NOW.

I ASK ANY PAIN OR IRRITATION IN MY EYE TO RESOLVE COMPLETELY NOW.

I ASK MY CORNEAL NERVE TO FUNCTION OPTIMALLY, TO SUPPORT HEALTHY AND OPTIMAL TEAR PRODUCTION AT ALL TIMES.

NEXT PAGE
I ASK ANY INFLAMMATION, SCARRING OR SWELLING IN MY CORNEA TO RESOLVE COMPLETELY NOW. I ASK FOR THE EPITHELIAL CELLS IN MY CORNEA TO REMAIN HEALTHY AND AT OPTIMAL THICKNESS AT ALL TIMES.

I ASK MY IMMUNE SYSTEM FUNCTION OPTIMALLY TO REMOVE ANY TOXINS, VIRUSES, BACTERIA, DEBRIS OR DAMAGED CELLS IN MY EYE WITH GENTLENESS AND EASE NOW.
COUGH

A cough is a sudden and often repetitively occurring reflex which helps to clear the large breathing passages from fluids, irritants, foreign particles and microbes. The cough reflex consists of three phases: an inhalation, a forced exhalation against a closed glottis, and a violent release of air from the lungs following opening of the glottis, usually accompanied by a distinctive sound. Coughing is either voluntary or involuntary.

Frequent coughing usually indicates the presence of a disease. Many viruses and bacteria benefit evolutionarily by causing the host to cough, which helps to spread the disease to new hosts. Most of the time, irregular coughing is caused by a respiratory tract infection but can also be triggered by choking, smoking, air pollution, asthma, eosinophilic bronchitis, gastroesophageal reflux disease, post-nasal drip, chronic bronchitis, lung tumors, heart failure and medications such as ACE inhibitors.

HEALING: PLACE HANDS ON THE CHEST

I ASK MY IMMUNE SYSTEM CLEAR ANY INFLAMMATION IN MY LUNGS AND AIRWAYS NOW. I ASK MY IMMUNE SYSTEM REMOVE ANY EXCESS FLUID IN MY LUNGS NOW.

I ASK MY IMMUNE SYSTEM PROTECT MY AIRWAYS AND LUNGS FROM INFECTIONS, ALLERGENS, AND TOXINS AT ALL TIMES.

I ASK ANY TIGHTNESS IN MY AIRWAYS, OR TICKLING IN MY THROAT STOP NOW.

NEXT PAGE:
I ASK MY BREATHING HAPPEN WITH EASE NOW. I ASK ANY HYPERSENSITIVITY OF MY AIRWAYS STOP NOW.

I ASK FOR OPTIMAL AIR FLOW IN MY LUNGS AND OPTIMAL CIRCULATION AT ALL TIMES. I ASK FOR OPTIMAL ARTERIAL PRESSURE NOW. I ASK FOR OPTIMAL FUNCTION OF THE NERVES OF MY AIRWAYS AND LUNGS NOW.

I ASK THAT COUGH ONLY HAPPENS AS A NORMAL PHYSIOLOGIC RESPONSE AND ANY EXCESSIVE COUGHING STOP COMPLETELY NOW.

I ASK FOR OPTIMAL ENERGY AND RESTFUL SLEEP NOW.
CRANIAL NERVE III PALSY

Oculomotor nerve palsy or third nerve palsy is an eye condition resulting from damage to the third cranial nerve or a branch thereof.

HEALING: PLACE HANDS ON THE TEMPLE AREA OF THE HEAD.

I ASK MY IMMUNE SYSTEM REPAIR FUNCTION AND STOP INFLAMMATION IN MY CRANIAL NERVE NOW, WITH EASE AND GENTleness.

I ASK MY IMMUNE SYSTEM REMOVE ANY PRESSURE ON MY CRANIAL NERVES NOW, WITH EASE AND GENTleness.

I ASK FOR OPTIMAL FUNCTION AND STRENGTH OF THE MUSCLES OF MY EYELIDS, EYES AND PUPILS NOW. I ASK DOUBLE VISION STOP NOW.

I ASK FOR OPTIMAL VISION AND FOCUS AT ALL TIMES.

I ASK FOR OPTIMAL BLOOD FLOW AND NUTRITION TO MY CRANIAL NERVES, EYES AND EYE MUSCLES AT ALL TIMES.

I ASK MY GENES PROTECT MY CRANIAL NERVES, EYE MUSCLES AND VISION AT ALL TIMES.

I ASK MY IMMUNE SYSTEM PROTECT MY EYES AND CRANIAL NERVES FROM INFECTION AND INFLAMMATION AT ALL TIMES.
CUSHING’S DISEASE

Cushing's disease is a cause of Cushing's syndrome characterized by increased secretion of adrenocorticotropic hormone (ACTH) from the anterior pituitary (secondary hypercortisolism). This is most often as a result of a pituitary adenoma or due to excess production of hypothalamus CRH (Corticotropin releasing hormone) (tertiary hypercortisolism) that stimulates the synthesis of cortisol by the adrenal glands.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD.

I ask my immune system resolve any pituitary (pit-chew-a-tary) adenomas now, with ease and gentleness.

I ask for optimal levels and balance of ACTH, CRH and cortisol at all times.

I ask any swelling or compression of nerves in my brain stop now.

I ask my vision to be optimal and clear now. I ask for balance in eye pressure now.

I ask for optimal metabolism, weight and energy now. I ask for optimal glucose metabolism now.

I ask for optimal muscle thickness, strength and function now.

I ask for optimal bone growth, bone density and strength now.

NEXT PAGE
I ASK FOR OPTIMAL SKIN ELASTICITY AND THICKNESS NOW. I ASK MY IMMUNE SYSTEM RESOLVE STRETCH MARKS WITH EASE AND GENTLENESS NOW.

I ASK FOR OPTIMAL BLOOD PRESSURE AND CIRCULATION NOW.

I ASK FOR OPTIMAL MEMORY, CONCENTRATION AND A BALANCED MOOD AT ALL TIMES. I ASK FOR RESTFUL SLEEP AT ALL TIMES.

I ASK MY IMMUNE SYSTEM PROTECT ME FROM INFECTION AT ALL TIMES.

I ASK FOR BALANCE IN MY FLUID LEVELS AND ANY EDEMA STOP COMPLETELY NOW.

IF APPROPRIATE: I ASK FOR OPTIMAL SEXUAL FUNCTION AND LIBIDO NOW.

IN WOMEN: I ASK EXCESS HAIR GROWTH STOP NOW.
Cystic fibrosis (CF) is a genetic disorder that affects mostly the lungs but also the pancreas, liver, kidneys and intestine.

CF is an autosomal recessive disorder. It is caused by the presence of mutations in both copies of the gene for the protein cystic fibrosis transmembrane conductance regulator (CFTR). Those with a single working copy are carriers and otherwise mostly normal. CFTR is involved in production of sweat, digestive fluids, and mucus. When CFTR is not functional, secretions which are usually thin instead become thick.

**HEALING: PLACE HANDS OVER THE LUNGS.**

I ASK FOR MY GENES THAT CONTROL THE PROTEIN CFTR (cystic fibrosis transmembrane conductance regulator) TO REPAIR COMPLETELY NOW. I ASK THESE GENES TO SUPPORT OPTIMAL LEVELS OF THE CFTR PROTEIN IN MY BODY NOW AND FOR MY BODY TO PRODUCE OPTIMAL LEVELS OF THE CFTR PROTEIN NOW.

I ASK FOR THE CFTR PROTEIN IN MY BODY TO ALLOW FOR OPTIMAL AND BALANCED PRODUCTION OF SWEAT, MUCOUS AND DIGESTIVE FLUIDS NOW.

I ASK FOR MY MUCOUS, SWEAT AND DIGESTIVE FLUIDS TO BE BALANCED IN THICKNESS (VISCOSITY) AT ALL TIMES NOW.

I ASK FOR ALL FIBROSIS IN MY LUNGS TO RESOLVE COMPLETELY, WITH GENTLENESS AND EASE, NOW. I ASK MY IMMUNE SYSTEM TO SUPPORT REMOVAL OF ANY FIBROSIS IN MY LUNGS COMPLETELY NOW.

I ASK MY BREATHING TO BE GENTLE, AND EASY NOW.
I ASK FOR ANY CYSTS IN MY LUNGS TO RESOLVE COMPLETELY, WITH GENTLENESS AND EASE, NOW. I ASK MY IMMUNE SYSTEM TO SUPPORT REMOVAL OF THESE CYSTS COMPLETELY NOW.

I ASK MY LUNGS AND IMMUNE SYSTEM TO REPAIR AND RESOLVE ANY BRONCHIECTASIS LESIONS NOW, WITH GENTLENESS AND EASE.

I ASK MY IMMUNE SYSTEM TO REMOVE ANY INFLAMMATION IN MY LUNGS NOW AND TO REMOVE ANY MUCOUS PLUGS WITH GENTLENESS AND EASE NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT ME COMPLETELY FROM ANY INFECTIONS IN MY LUNGS AND SINUSES NOW. I ASK MY IMMUNE SYSTEM TO RECOGNIZE ANY BACTERIA OR VIRUSES IN MY BODY IMMEDIATELY AND TO REMOVE THE BACTERIA OR VIRUSES SWIFTLY WITH GENTLENESS AND EASE.

I ASK FOR THE ARTERIAL PRESSURE IN MY LUNGS TO REMAIN BALANCED AT ALL TIMES NOW.

I ASK ANY CYSTS AND FIBROSIS IN MY PANCREAS TO RESOLVE COMPLETELY NOW. I ASK FOR MY PANCREAS TO FUNCTION AT OPTIMAL LEVELS NOW AND TO PRODUCE DIGESTIVE ENZYMES WITH BALANCE AND EASE. I ASK MY PANCREAS TO PRODUCE OPTIMAL LEVELS OF INSULIN NOW AND SUPPORT HEALTHY AND BALANCED METABOLISM OF GLUCOSE AT ALL TIMES IN MY BODY NOW.

I ASK FOR OPTIMAL FUNCTION AND SIZE OF MY HEART NOW.

NEXT PAGE
I ASK FOR OPTIMAL AND BALANCED METABOLISM OF FOOD, VITAMINS, ANTIOXIDANTS, MINERALS AND NUTRIENTS. I ASK FOR REGULAR AND SOFT BOWEL MOVEMENTS NOW. I ASK FOR OPTIMAL LEVELS OF VITAMIN K, VITAMIN D AND CALCIUM IN MY BODY NOW.

I ASK MY WEIGHT REMAINS BALANCED TO ALLOW FOR MY OPTIMAL HEALTH NOW.

IF APPLICABLE: I ASK MY FERTILITY TO REMAIN AT OPTIMAL LEVELS, FOR NORMAL FUNCTION OF MY VAS DEFERENS (OR FALLOPIAN TUBES IN WOMEN) FOR NORMAL PRODUCTION AND FUNCTION OF MY SPERM (OR OVA IN WOMEN) AT ALL TIMES NOW.
CYSTITIS – Bladder Infection

A urinary tract infection (UTI), also known as bladder infection, is an infection that affects part of the urinary tract. When it affects the lower urinary tract it is known as a simple cystitis (a bladder infection) and when it affects the upper urinary tract it is known as pyelonephritis (a kidney infection).

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN
I ASK ANY PELVIC OR FLANK PAIN, OR PAIN RELATED TO VOIDING STOP COMPLETELY NOW.

I ASK ANY URGENCY OR LEAKING OF URINE TO VOID STOP COMPLETELY NOW.

I ASK VOIDING TO HAPPEN WITH EASE AND FOR MY BLADDER TO EMPTY COMPLETELY DURING VOIDING.

I ASK MY IMMUNE SYSTEM TO IMMEDIATELY RECOGNIZE PATHOGENS IN MY BLOOD STREAM, KIDNEYS AND BLADDER AND REMOVE THESE PATHOGENS COMPLETELY NOW, WITH GENTLENESS AND EASE.

I ASK MY BLADDER WALL REMAIN PROTECTED AT ALL TIMES FROM PATHOGENS ATTACHING TO IT.

I ASK MY CELLS IN MY BLADDER AND VAGINAL TO OPTIMALLY RESPOND TO ANY LEVEL OF ESTROGEN.

I ASK FOR OPTIMAL LEVELS OF BLADDER AND VAGINAL FLORA (‘GOOD’ BACTERIA) TO PROTECT ME FROM INFECTION AT ALL TIMES.

I ASK FOR EASY AND SOFT BOWEL MOVEMENTS AT ALL TIMES.
DECREASED LIBIDO

Libido, colloquially known as sex drive, is a person's overall sexual drive or desire for sexual activity.

HEALING: PLACE HANDS OVER THE SOLAR PLEXUS

I ASK FOR OPTIMAL LEVELS, BALANCE AND FUNCTION OF MY SEX HORMONES, NEUROPEPTIDES AND NEUROTRANSMITTERS NOW. I ASK FOR OPTIMAL RECEPTORS AND FUNCTION OF THE NUCLEUS ACCUMBENS IN MY BRAIN NOW.

I ASK FOR OPTIMAL BLOOD FLOW AND BLOOD PRESSURE IN MY SEXUAL ORGANS NOW.

I ASK FOR OPTIMAL NERVE FUNCTION IN MY SEXUAL ORGANS NOW.

I ASK FOR OPTIMAL NUTRITION, OPTIMAL THYROID FUNCTION AND OPTIMAL IRON LEVELS NOW.

I ASK MY SEX HORMONES AND NEUROTRANSMITTERS REMAIN PROTECTED FROM THE EFFECTS OF MEDICATIONS OR TOXINS AT ALL TIMES.

I ASK FOR RESTFUL SLEEP AND OPTIMAL ENERGY LEVELS NOW.

IF STRESS IS A FACTOR, DO THAT SECTION AS WELL
DEEP VEIN THROMBOSIS (BLOOD CLOT)

Deep vein thrombosis (DVT) is the formation of a blood clot (thrombus) within a deep vein, predominantly in the legs.

Pulmonary embolism, a potentially life-threatening complication, is caused by the detachment (embolization) of a clot that travels to the lungs.

HEALING BLOOD CLOTS – PLACE HANDS OVER INVOLVED LEG OR LUNGS DEPENDING ON WHERE THE CLOT FORMED.

“I ASK THE FLOW RATE FOR BLOOD THROUGH MY VEINS TO INCREASE TO OPTIMAL LEVELS FOR MY PERFECT HEALTH NOW. I ASK MY BLOOD’S ABILITY TO CLOT TO STABILIZE TO NORMAL LEVELS NOW. I ASK THE LINING OF MY BLOOD VESSELS TO REMAIN HEALTHY AND ASK MY IMMUNE SYSTEM TO SUPPORT THE LINING OF MY BLOOD VESSELS FULLY.

I ASK MY CIRCULATION TO SUPPORT OPTIMAL OXYGEN FLOW THROUGH MY VEINS.

I ASK MY IMMUNE SYSTEM TO SUPPORT MY BLOOD CELLS AND BLOOD VESSELS OPTIMALLY AND THAT CLOTTING FACTORS BE PRODUCED ONLY AT LEVELS THAT SUPPORT MY OPTIMAL HEALTH.

I ASK THAT CLOTS ONLY FORM WHEN IT IS NEEDED FOR OPTIMAL HEALTH AND THAT MY IMMUNE SYSTEM AND PROTEINS BREAK DOWN CLOTS WHEN NEEDED FOR OPTIMAL HEALTH.

NEXT PAGE
I ASK MY CLOTTING FACTORS AND PROTEIN LEVELS (ESPECIALLY PROTEIN C, PROTEIN S AND ANTITHROMBIN) TO REMAIN AT OPTIMAL LEVELS NOW, TO PROTECT MY BODY FROM CLOTS FORMING.

I ASK MY PLATELETS TO FUNCTION AT OPTIMAL LEVELS TO SUPPORT A NORMAL BLOOD FLOW THROUGH MY BLOOD VESSELS.

I ASK MY MUSCLES TO SUPPORT OPTIMAL BLOOD FLOW THROUGH MY LEG VESSELS.

I ASK THAT I STAY MOTIVATED AND ENERGETIC TO MAINTAIN A REGULAR EXERCISE ROUTINE.

I ASK MY NUTRITION AND GASTRO-INTESTINAL SYSTEM TO FUNCTION OPTIMALLY TO SUPPORT A HEALTHY BLOOD FLOW, A HEALTHY IMMUNE SYSTEM AND OPTIMAL BLOOD FLOW FOR MY BODY NOW. “
DEMENTIA

Dementia, also known as senility, is a broad category of brain diseases that cause a long term and often gradual decrease in the ability to think and remember that is great enough to affect a person's daily functioning. Other common symptoms include emotional problems, problems with language, and a decrease in motivation. A person's consciousness is usually not affected. A dementia diagnosis requires a change from a person's usual mental functioning and a greater decline than one would expect due to aging. These diseases also have a significant effect on a person's caregivers.

Alzheimer's disease accounts for 60-70% of cases of dementia. It is a chronic neurodegenerative disease that usually starts slowly and gets worse over time.

Other common types include vascular dementia (25%), Lewy body dementia (15%) (Abnormal protein collections with in the neurons, causing Visual hallucinations and Parkinson like symptoms), and frontotemporal dementia (drastic personality changes and language difficulty). Less common causes include normal pressure hydrocephalus, Parkinson's disease, syphilis, and Creutzfeldt–Jakob disease among others. More than one type of dementia may exist in the same person.
DEMENTIA HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD.

I ASK MY BRAIN REMAIN PROTECTED AT ALL TIMES, AND I ASK MY BODY TO STOP PRODUCING EXCESS AMYLOID (a-me-lloyd) NOW. WHEN NEEDED I ASK MY BODY TO RELEASE ANY EXCESS AMYLOID (a-me-lloyd) WITH EASE AND GENTLENESS NOW.

I ASK THE NEURONS, SYNAPSES, ENZYMES AND NEUROTRANSMITTERS IN MY BRAIN FUNCTION AT OPTIMAL LEVELS AND THEY REMAIN PROTECTED AT ALL TIMES FROM THE EFFECTS OF FREE RADICALS, TOXINS, HEAVY METALS OR ANY SUBSTANCES THAT MIGHT AFFECT THEIR OPTIMAL FUNCTION.

I ASK MY IMMUNE SYSTEM REPAIR ANY DAMAGED NEURONS, AXONS AND SYNAPSES IN MY BRAIN NOW. I ASK MY IMMUNE SYSTEM RESOLVE ANY PLAQUES OR LEWY BODIES IN MY BRAIN COMPLETELY, WITH GENTLENESS AND EASE NOW. I ASK MY IMMUNE SYSTEM PROTECT MY BRAIN CELLS AT ALL TIMES FROM INFLAMMATION, INFECTION, PLAQUE FORMATION, LEWY BODY FORMATION, BUILD-UP OF TAU PROTEIN, BETA-AMYLOID PEPTIDE OR PROTEIN MISFOLDING.

I ASK MY IMMUNE SYSTEM REPAIR ANY DAMAGE TO MY BLOOD VESSELS NOW, WITH GENTLENESS AND EASE. I ASK MY BLOOD VESSELS IN MY BRAIN REMAIN PROTECTED FROM THE EFFECTS OF BLOOD PRESSURE, CHOLESTEROL, EXCESS SUGAR, TOXINS, FREE RADICALS OR INFECTION NOW.

I ASK FOR RE-GENERATION OF NEURONS, AXONS AND SYNAPSES IN MY BRAIN TO RESTORE OPTIMAL FUNCTION NOW. NEXT PAGE
I ASK FOR OPTIMAL LEVELS OF NEUROTRANSMITTERS, MINERALS AND ELECTROLYTES IN MY BRAIN NOW.

I ASK FOR OPTIMAL LEVELS OF VITAMINS, MINERALS, HORMONES AND ENZYMES IN MY BODY NOW.

I ASK MY MEMORY, ESPECIALLY MY SHORTTERM MEMORY, STAY INTACT NOW.

I ASK FOR OPTIMAL COGNITIVE FUNCTIONING, FOCUS AND CONCENTRATION NOW.

I ASK MY SPEECH TO OCCUR WITH EASE AT ALL TIMES.

I ASK MY SENSE OF ORIENTATION REMAIN INTACT NOW.

I ASK MY MOOD AND EMOTIONS REMAIN BALANCED NOW. I ASK MY BRAIN REMAIN PROTECTED FROM DEVELOPING DEMENTIA, RELATED TO GENETIC INFLUENCE

I ASK FOR OPTIMAL MOBILITY, BALANCE AND MUSCLE STRENGTH NOW.

I ASK FOR OPTIMAL APPETITE, EATING AND SWALLOWING HAPPEN WITH EASE NOW.

I ASK FOR OPTIMAL BLOOD FLOW, NUTRITION AND OXYGEN FLOW TO MY BRAIN NOW.

I ASK FOR RESTFULL SLEEP AT NIGHT, OPTIMAL ENERGY, APPETITE, AND MOTIVATION TO REMAIN PHYSICALLY ACTIVE.

IF A CLIENT IS UNABLE TO SPEAK DUE TO DEMENTIA, STILL SAY THE LANGUAGE AND FLOW THE ENERGY. TRUST THAT ARCHANGE RAPHAEL WITH LET THE HEALING HAPPEN AS IT SHOULD
DEMENTIA – PREVENTION LANGUAGE

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD.

I ASK MY BRAIN REMAIN PROTECTED AT ALL TIMES, FROM THE EFFECTS OF EXCESS AMYLOID (a-me-lloyd).

I ASK THE NEURONS, SYNAPSES, ENZYMES AND NEUROTRANSMITTERS IN MY BRAIN FUNCTION AT OPTIMAL LEVELS AND THEY REMAIN PROTECTED AT ALL TIMES FROM ANY SUBSTANCES THAT MAY POSSIBLY AFFECT THEIR OPTIMAL FUNCTION.

I ASK MY IMMUNE SYSTEM PROTECT MY BRAIN CELLS AT ALL TIMES FROM INFLAMMATION, INFECTION, PLAQUE FORMATION, LEWY BODY FORMATION, BUILD-UP OF TAU PROTEIN, BETA-AMYLOID PEPTIDE OR PROTEIN MISFOLDING.

I ASK MY BLOOD VESSELS IN MY BRAIN REMAIN PROTECTED NOW.

I ASK FOR OPTIMAL LEVELS OF NEUROTRANSMITTERS, MINERALS AND ELECTROLYTES IN MY BRAIN NOW.

I ASK FOR OPTIMAL LEVELS OF VITAMINS, MINERALS, HORMONES AND ENZYMES IN MY BODY NOW.

I ASK MY MEMORY, BOTH MY SHORTTERM AND LONGTERM MEMORY, STAY INTACT NOW WITH THE BEST POSSIBLE OUTCOME.

I ASK FOR OPTIMAL COGNITIVE FUNCTIONING, FOCUS AND CONCENTRATION NOW.
I ASK MY BRAIN REMAIN PROTECTED FROM DEVELOPING DEMENTIA, RELATED TO GENETIC INFLUENCE

I ASK FOR OPTIMAL MOBILITY, BALANCE AND MUSCLE STRENGTH NOW.

I ASK FOR OPTIMAL BLOOD FLOW, NUTRITION AND OXYGEN FLOW TO MY BRAIN NOW.

I ASK FOR RESTFULL SLEEP AT NIGHT, OPTIMAL ENERGY, APPETITE, AND MOTIVATION TO REMAIN PHYSICALLY ACTIVE
DEPRESSION 3

DESPITE THE CAUSE OF DEPRESSION, HERE WE FOCUS ON THE BRAIN – MORE SPECIFIC THE BRAIN CHEMICALS (called neurotransmitters) – SEROTONIN, DOPAMINE AND NOREPINEPHRINE.

HEALING: PLACE HANDS WHERE MOST COMFORTABLE FOR CLIENT – HEAD - BRAIN AREA

“I ASK MY BRAIN TO INCREASE THE LEVELS OF SEROTONIN, DOPAMINE AND NOREPINEPHRINE IN THE SYNAPSIS OF THE NEURONS. I ASK THE LEVELS OF THESE CHEMICALS RESTORE TO BALANCE FOR MY OPTIMAL MENTAL WELLBEING. NOW

I ASK NEURONS IN MY BRAIN TO NUMB THEIR EFFECT TO STRESS, FATIGUE, LACK OF SLEEP, (OR ADD ANYTHING IN HERE THAT IS CAUSING THE CLIENT STRESS), ALLOWING TO PRODUCE THESE BRAIN CHEMICALS IN OPTIMAL AMOUNTS FOR MY MENTAL WELLBEING. NOW

I ASK MY SLEEP PATTERN BE RESTORED TO OPTIMAL LEVELS, NOW. I ASK MY NUTRITION BE BALANCED FOR OPTIMAL HEALTH, NOW. I ASK MY ENERGY IS RESTORED NOW TO MAINTAIN OPTIMAL MENTAL FUNCTIONS.”

USE AFFIRMATIONS FOR POSITIVE THINKING

USE TECHNIQUES TO CLEAR PATTERNS AND EXPERIENCES
DEQUERVAIN’S TENOSYNOVITIS

De Quervain syndrome is a tenosynovitis of the sheath or tunnel that surrounds two tendons that control movement of the thumb.

HEALING: PLACE CLIENT’S HAND IN YOURS

I ASK ALL MUSCLE SPASM IN MY FINGERS, HAND AND WRIST RESOLVE NOW.

I ASK MY IMMUNE SYSTEM TO REMOVE ANY INFLAMMATION AND SWELLING IN MY MUSCLES AND LIGAMENTS NOW, WITH EASE AND GENTLENESS.

I ASK MY IMMUNE SYSTEM TO RESOLVE ANY THICKENING OF THE TENDONS AND THE SYNOVIAL SHEATHS IN MY HAND NOW. I ASK ANY DEGENERATION OF TISSUE IN MY TENDONS AND SYNOVIAL SHEATHS STOP NOW.

I ASK ANY PAIN SIGNALS OR BURNING SENSATION FROM THE MUSCLES AND LIGAMENTS IN MY HAND STOP NOW.

I ASK FOR OPTIMAL CIRCULATION AND FUNCTION OF THE MUSCLES AND LIGAMENTS IN MY HAND AND FINGERS NOW.

I ASK FOR OPTIMAL GRIP STRENGTH AT ALL TIMES AND FOR WRIST AND FINGER MOVEMENTS TO BE PAINLESS NOW.
DEViated NOSE Septum

Nasal septum deviation or deviated nasal septum, is a physical disorder of the nose, involving a displacement of the nasal septum.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD.

I ASK FOR OPTIMAL AIR FLOW THROUGH MY NASAL PASSAGES NOW AND FOR EASY BREATHING DURING SLEEP.

I ASK MY NOSE MUCOSA, NOSE SEPTUM AND NOSE BLOOD VESSELS REMAIN PROTECTED AT ALL TIMES.

I ASK MY SENSE OF SMELL REMAIN OPTIMAL NOW.

I ASK FOR OPTIMAL DRAINAGE OF MY SINUSES NOW.

I ASK FOR OPTIMAL PRESSURE IN MY NOSE BLOOD VESSELS NOW.

I ASK FOR OPTIMAL ALIGNMENT OF MY NOSE SEPTUM NOW.

I ASK MY IMMUNE SYSTEM STOP ANY INFLAMMATION IN MY NOSE MUCOSA AND SEPTUM NOW, AND RESOLVE ANY SCARRING WITH EASE AND GENTLENESS NOW.
DIARRHEA

Diarrhea, also spelled diarrhoea, is the condition of having at least three loose or liquid bowel movements each day. It often lasts for a few days and can result in dehydration due to fluid loss.

HEALING: PLACE HANDS OVER THE SOLAR PLEXUS.

I ASK MY IMMUNE SYSTEM PROTECT MY BOWEL AT ALL TIMES FROM INFECTION, AUTO-ANTIBODIES AND TOXINS.

I ASK ANY INFLAMMATION IN MY STOMACH AND BOWEL RESOLVE WITH EASE AND GENTLENESS NOW.

I ASK FOR BALANCE OF IONS, WATER, ELECTROLYTES, MINERALS SUGAR AND SALT IN MY BOWEL NOW.

I ASK FOR OPTIMAL FLUID AND ELECTROLYTE BALANCE, AND FOR OPTIMAL CIRCULATION TO MY BOWEL NOW.

I ASK FOR SOFT, FORMED BOWEL MOVEMENTS AND ANY ABDOMINAL CRAMPING RESOLVE COMPLETELY NOW.

I ASK MY BOWEL TO STOP RESPONDING ADVERSELY TO IRRITANTS, FOODS OR MEDICATIONS NOW.

I ASK FOR ADEQUATE AND HEALTHY ABSORPTION OF FLUID AND NUTRIENTS NOW.

I ASK MY PANCREAS TO PRODUCE ADEQUATE ENZYMES TO ALLOW FOR OPTIMAL DIGESTION OF FOOD NOW. I ASK FOR OPTIMAL BILE ACID METABOLISM AND ABSORPTION NOW.
DIABETES – TYPE I

Diabetes Mellitus Type 1 (formerly insulin-dependent diabetes or juvenile diabetes) is a form of diabetes mellitus that results from the autoimmune destruction of the insulin-producing beta cells in the pancreas. The subsequent lack of insulin leads to increased blood and urine glucose. The classical symptoms are polyuria (frequent urination), polydipsia (increased thirst), polyphagia (increased hunger) and weight loss. Administration of insulin is essential for survival.

Cause
The cause of Type 1 diabetes is unknown. A number of explanatory theories have been put forward, and the cause may be one or more of the following: genetic susceptibility, a diabetogenic trigger and/or exposure to an antigen.

In Type 1, pancreatic beta cells in the islets of Langerhans are destroyed, decreasing endogenous insulin production. This distinguishes the origin of Type 1 from Type 2. Type 2 is characterized by insulin resistance; Type 1 is characterized by insulin deficiency, generally without insulin resistance.

HEALING TYPE 1 DIABETES: PLACE HANDS OVER MIDDLE OF STOMACH FOR PANCREAS AND OTHER AREAS AS YOU WORK WITH KIDNEYS, LIVER, ETC.

“I ASK THE BETA CELLS OF MY PANCREAS TO HEAL NOW AND THAT NEW CELLS FORM IN OPTIMAL LEVELS NOW TO SUPPORT MY GLUCOSE METABOLISM. I ASK THE BETA CELLS OF MY PANCREAS RESTORE THEIR ABILITY TO PRODUCE INSULIN NOW AND THAT THEY PRODUCE ADEQUATE INSULIN FOR THE OPTIMAL FUNCTION OF MY GLUCOSE METABOLISM NOW.”

. NEXT PAGE
I ask my insulin levels remain optimal at all times to protect my body from producing ketone bodies and I will remain protected from ketoacidosis at all times.

I ask my body to produce adequate c-peptide to support the optimal function of my immune system to protect my beta cells from any harm. I ask my beta cells to stop reacting to any antibodies that attack it now. I ask any genes that block the production of insulin by my beta cells, stop its influence on my beta cells now.

I ask my metabolism to restore to perfect balance now. I ask my body only take up enough sugar and energy to support the optimal function of my body, to keep it in perfect health now. I ask my digestive system, liver and kidneys excrete excess sugar and that those organs continue to function at an optimal level now.

I ask for any damage to my nervous system in the past, caused by high sugar levels, be repaired now and that my nervous system restore to optimal function now.

I ask for any damage to my retina in the past, caused by high sugar levels, be repaired now and that my vision is restored to optimal levels now.

. NEXT PAGE
I ask that my blood pressure normalize now. I ask that my circulation remains optimal now to support the function of my heart, brain and kidneys optimally now. I ask any damage to my heart and blood vessels from the past, caused by high sugar levels, be repaired now.

I ask that any damage to my kidneys in the past, caused by high sugar levels, be repaired now. I ask that my kidneys function optimally now – to excrete excess sugar, without having any damage on my kidneys. I ask that my kidneys balance my salt and water metabolism to support my optimal health now.

I ask my cells in my muscles, liver and fat tissue to respond adequately to insulin now. I ask my liver to appropriately release glucose into my blood and only what is needed for my optimal health.

I ask my fat and cholesterol metabolism is balanced completely now. I ask that the breakdown of lipids in my fat cells only happen in harmony with my optimal health now. I ask my bowel produces incretin at optimal levels now and I ask my incretin optimize its function on the beta cells of my pancreas now. I ask that glucagon levels in my body restore to optimal levels now to help normalize my glucose metabolism.

Next Page
I ASK MY IMMUNE SYSTEM FUNCTION AT OPTIMAL LEVELS NOW, TO SUPPORT MY BODY IN FIGHTING ANY INFECTIONS ASSOCIATED WITH HIGH SUGAR LEVELS.

I ASK MY SLEEP RESTORE TO OPTIMAL LEVELS NOW. I ASK THAT ANY SEXUAL DYSFUNCTION CAUSED BY HIGH SUGARS IN THE PAST, RESOLVE COMPLETELY NOW. I ASK THAT I WILL BE MOTIVATED TO EXERCISE REGULARLY NOW. I ASK MY APPETITE REMAIN BALANCED TO SUPPORT MY OPTIMAL SUGAR BALANCE. I ASK THAT ANY CRAVINGS I HAVE FOR SUGAR OR SWEETS STOP IMMEDIATELY.”

AFFIRMATION: “I AM IN PERFECT HEALTH NOW AS I ALLOW RAPHAEL TO HEAL OLD PATTERNS AND BELIEFS CONNECTED TO DIABETES.”
Diabetes Mellitus Type 2 (formerly noninsulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes) is a metabolic disorder that is characterized by high blood sugar in the context of insulin resistance and relative lack of insulin. This is in contrast to diabetes mellitus Type 1, in which there is an absolute lack of insulin due to breakdown of islet cells in the pancreas. The classic symptoms are excess thirst, frequent urination, and constant hunger. Type 2 diabetes makes up about 90% of cases of diabetes, with the other 10% due primarily to diabetes mellitus Type 1 and gestational diabetes (diabetes in pregnancy). Obesity is thought to be the primary cause of Type 2 diabetes in people who are genetically predisposed to the disease.

Type 2 diabetes is initially managed by increasing exercise and dietary changes. If blood sugar levels are not adequately lowered by these measures, medications such as metformin or insulin may be needed.
HEALING TYPE 2 DIABETES: PLACE HANDS OVER MIDDLE OF STOMACH FOR PANCREAS AND MOVE HANDS AROUND FOR KIDNEYS, LIVER, ETC.

“I ASK MY METABOLISM TO RESTORE TO PERFECT BALANCE NOW. I ASK MY BODY ONLY TAKE UP ENOUGH SUGAR AND ENERGY TO SUPPORT THE OPTIMAL FUNCTION OF MY BODY. I ASK TO KEEP IT IN PERFECT HEALTH AND BALANCE NOW. I ASK MY DIGESTIVE SYSTEM, LIVER AND KIDNEYS TO EXCRETE EXCESS SUGAR AND THAT THOSE ORGANS CONTINUE TO FUNCTION AT AN OPTIMAL LEVEL NOW.

I ASK THE GENES THAT MAKE ME MORE SUSCEPTIBLE TO DIABETES BECOME INACTIVE NOW AND ONLY SUPPORT THE OPTIMAL FUNCTION OF MY ENDOCRINE SYSTEM AND METABOLISM.

I ASK FOR ANY DAMAGE TO MY NERVOUS SYSTEM IN THE PAST, CAUSED BY HIGH SUGAR LEVELS, BE REPAIRED NOW AND MY NERVOUS SYSTEM RESTORE TO OPTIMAL FUNCTION NOW.

I ASK ANY DAMAGE TO MY RETINA IN THE PAST, CAUSED BY HIGH SUGAR LEVELS, BE REPAIRED NOW AND MY VISION IS RESTORED TO OPTIMAL LEVELS NOW.

I ASK MY BLOOD PRESSURE TO NORMALIZE NOW. I ASK MY CIRCULATION REMAINS OPTIMAL NOW TO SUPPORT THE FUNCTION OF MY HEART, BRAIN AND KIDNEYS OPTIMALLY NOW. I ASK ANY DAMAGE TO MY HEART AND BLOOD VESSELS IN THE PAST, CAUSED BY HIGH SUGAR LEVELS, BE REPAIRED NOW.

I ASK ANY DAMAGE TO MY KIDNEYS IN THE PAST, CAUSED BY HIGH SUGAR LEVELS, BE REPAIRED NOW. I ASK MY KIDNEYS TO FUNCTION OPTIMALLY NOW – TO EXCRETE EXCESS SUGAR, AND STOP HAVING ANY DAMAGE TO MY KIDNEYS. NEXT PAGE
I ASK MY KIDNEYS TO BALANCE MY SALT AND WATER METABOLISM TO SUPPORT MY OPTIMAL HEALTH NOW.

I ASK THE BETA CELLS IN MY PANCREAS PRODUCE OPTIMAL LEVELS OF INSULIN NOW. I ASK THE CELLS IN MY MUSCLES, LIVER AND FAT TISSUE TO RESPOND ADEQUATELY TO INSULIN NOW. I ASK THE LIVER APPROPRIATELY RELEASE INSULIN INTO MY BLOOD, ONLY WHAT IS NEEDED FOR MY OPTIMAL HEALTH.

I ASK MY FAT AND CHOLESTEROL METABOLISM IS BALANCED COMPLETELY NOW. I ASK THE BREAKDOWN OF LIPIDS IN MY FAT CELLS ONLY HAPPY IN HARMONY WITH MY OPTIMAL HEALTH NOW. I ASK MY BOWEL PRODUCES INCRETIN AT OPTIMAL LEVELS NOW AND I ASK THE INCRETIN OPTIMIZE ITS FUNCTION ON THE BETA CELLS OF MY PANCREAS NOW. I ASK GLUCAGON LEVELS IN MY BODY RESTORE TO OPTIMAL LEVELS NOW TO HELP NORMALIZE MY GLUCOSE METABOLISM.

I ASK MY IMMUNE SYSTEM TO FUNCTION AT OPTIMAL LEVELS NOW TO SUPPORT MY BODY IN FIGHTING ANY INFECTIONS ASSOCIATED WITH HIGH SUGAR LEVELS.

I ASK MY SLEEP RESTORE TO OPTIMAL LEVELS NOW. I ASK THAT I WILL BE MOTIVATED TO EXERCISE REGULARLY NOW. I ASK MY APPETITE REMAIN BALANCED TO SUPPORT MY OPTIMAL SUGAR BALANCE. I ASK THAT ANY CRAVINGS I HAVE FOR SUGAR OR SWEETS STOP IMMEDIATELY.”

AFFIRMATION: “I AM IN PERFECT HEALTH NOW AS I ALLOW RAPHAEL TO HEAL OLD PATTERNS AND BELIEFS CONNECTED TO DIABETES.”
DAWN PHENOMENON – DIABETES

The dawn phenomenon, also called the dawn effect, is the term used to describe an abnormal early-morning increase in blood sugar (glucose) — usually between 2 and 8 a.m. — in people with diabetes.

Some researchers believe the natural overnight release of the so-called counter-regulatory hormones — including growth hormones, cortisol, glucagon and epinephrine — increases insulin resistance, causing blood sugar to rise.

HEALING: PLACE HANDS OVER THE SOLAR PLEXUS

I ASK FOR BALANCE OF MY CORTISOL, GLUCAGON, EPINEPHRINE AND GROWTH HORMONE LEVELS NOW, ESPECIALLY DURING NIGHT TIME, TO ALLOW FOR OPTIMAL FUNCTION OF MY ENDOCRINE SYSTEM AND BALANCE OF MY SUGAR LEVELS NOW.

I ASK MY BODY TO ONLY PRODUCE CORTISOL, GLUCAGON, EPINEPHRINE AND GROWTH HORMONE WHEN IT IS NEEDED FOR HEALTHY PHYSIOLOGICAL FUNCTIONING.

I ASK MY LIVER TO BE RESPONSIVE TO THE EFFECT OF INSULIN AT ALL TIMES, TO STOP EXCESS GLUCOSE PRODUCTION.
I ask for insulin resistance to stop completely and for my insulin to function optimally for healthy glucose metabolism now.

I ask for balance in my carbohydrate metabolism, for optimal glucose levels and optimal insulin response at all times.

DO THE STRESS SECTION AS WELL.
DEQUERVAIN’S TENOSYNOVITIS

De Quervain syndrome is a tenosynovitis of the sheath or tunnel that surrounds two tendons that control movement of the thumb.

HEALING: PLACE CLIENT’S HAND IN YOURS

I ASK ALL MUSCLE SPASM IN MY FINGERS, HAND AND WRIST RESOLVE NOW.

I ASK MY IMMUNE SYSTEM TO REMOVE ANY INFLAMMATION AND SWELLING IN MY MUSCLES AND LIGAMENTS NOW, WITH EASE AND GENTLENESS.

I ASK MY IMMUNE SYSTEM TO RESOLVE ANY THICKENING OF THE TENDONS AND THE SYNOVIAL SHEATHS IN MY HAND NOW. I ASK ANY DEGENERATION OF TISSUE IN MY TENDONS AND SYNOVIAL SHEATHS STOP NOW.

I ASK ANY PAIN SIGNALS OR BURNING SENSATION FROM THE MUSCLES AND LIGAMENTS IN MY HAND STOP NOW.

I ASK FOR OPTIMAL CIRCULATION AND FUNCTION OF THE MUSCLES AND LIGAMENTS IN MY HAND AND FINGERS NOW.

I ASK FOR OPTIMAL GRIP STRENGTH AT ALL TIMES AND FOR WRIST AND FINGER MOVEMENTS TO BE PAINLESS NOW.
DIVERTICULITIS

Diverticulitis is a common digestive disease which involves the formation of pouches (diverticula) within the bowel wall. This process is known as diverticulosis, and typically occurs within the large intestine, or colon. Diverticulitis results when one of these diverticula becomes inflamed.

HEALING DIVERTICULITIS: PLACE HANDS OVER LOWER ABDOMEN, LEFT SIDE.

“I ASK THE PRESSURE INSIDE MY INTESTINES TO BALANCE TO ALLOW FOR SMOOTH AND REGULAR BOWEL MOVEMENTS.

I ASK MY INTESTINE TO CONTRACT SMOOTHLY AND WITH BALANCED INTENSITY.

I ASK ALL DIVERTICULA IN MY INTESTINE TO RESOLVE WITH EASE AND GENTLENESS NOW.

I ASK MY IMMUNE SYSTEM AND FIGHTER CELLS TO RESOLVE ANY INFLAMMATION IN MY INTESTINE WITH EASE AND GENTLENESS NOW.

I ASK MY INTESTINAL MUCOSA TO REMAIN STRONG AND PROTECTED FROM FORMING DIVERTICULA AND PERFORATION AT ALL TIMES.

I ASK ANY PAIN AND BLOATING IN MY INTESTINE TO RESOLVE COMPLETELY NOW. I ASK ANY SWELLING OR NARROWING IN MY INTESTINE TO RESOLVE COMPLETELY NOW.

I ASK MY IMMUNE SYSTEM TO CONTROL BACTERIAL GROWTH IN MY INTESTINE AND PROTECT ME FROM INFECTION AT ALL TIMES NOW.
DUPUYTREN’S CONTRACTURE

Dupuytren's contracture is a flexion contracture of the hand due to a palmar fibromatosis, in which the fingers bend towards the palm and cannot be fully extended (straightened).

HEALING: HOLD THE CLIENT’S HAND WITHIN YOURS.

I ASK MY IMMUNE SYSTEM TO RESOLVE ANY THICKING IN THE FASCIA (FAS-CI-A) OF MY HAND NOW. I ASK ANY FURTHER THICKENING STOP NOW.

I ASK FOR OPTIMAL CIRCULATION TO MY FASCIA AND FOR HEALTHY COLLAGEN FORMATION AND FUNCTION NOW.

I ASK FOR OPTIMAL MOBILITY OF THE FASCIA AND MY FINGERS NOW. I ASK FOR OPTIMAL GRIP STRENGTH AT ALL TIMES.

I ASK ANY PAIN ASSOCIATED WITH THE CONTRACTURE STOP COMPLETELY NOW.
DYSPHONIA/ DYSARTHRIA

Dysphonia, also known as a hoarse voice, is the medical term for disorders of the voice: an impairment in the ability to produce voice sounds using the vocal organs (it is distinct from dysarthria which signifies dysfunction in the muscles needed to produce speech). Thus, dysphonia is a phonation disorder. The dysphonic voice can be hoarse or excessively breathy, harsh, or rough, but some kind of phonation is still possible (contrasted with the more severe aphonia where phonation is impossible).


I ASK MY VOCAL CORDS VIBRATE NORMALLY, IN BALANCE AND WITH EASE DURING SPEECH.

I ASK FOR OPTIMAL MUSCLE STRENGTH AND FUNCTION OF MY VOCAL CORDS NOW.

I ASK FOR OPTIMAL STRENGTH IN MY LARYNX NOW.

I ASK FOR SPEECH, ARTICULATION OF WORDS, RESONANCE, PHONATION, VOLUME, PITCH, STRENGTH, RANGE AND TONE TO HAPPEN WITH EASE NOW.

I ASK FOR OPTIMAL FUNCTION OF THE NERVES INVOLVED WITH SPEECH NOW. I ASK MY IMMUNE SYSTEM REPAIR ANY DAMAGE IN THE NERVES INVOLVED WITH SPEECH AND BRAIN, COMPLETELY NOW.

NEXT PAGE:
I ASK MY IMMUNE SYSTEM RESOLVE ANY INFLAMMATION OR SWELLING IN AND AROUND MY VOCAL CORDS WITH EASE AND GENTLENESS NOW.

I ASK BREATHING, SWALLOWING, TONGUE MOVEMENTS AND LIP MOVEMENTS TO HAPPEN EASILY AND EFFORTLESSLY.

I ASK MY VOCAL CORDS AND LARYNX REMAIN PROTECTED AT ALL TIMES.
EATING DISORDER

Bulimia nervosa, also known as simply bulimia, is an eating disorder characterized by binge eating followed by purging. Binge eating refers to eating a large amount of food in a short amount of time. Purging refers to the attempts to get rid of the food consumed. This may be done by vomiting or taking laxatives. Other efforts to lose weight may include the use of diuretics, stimulants, water fasting, or excessive exercise.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD OR REST THE HEAD IN YOUR HANDS.

I ASK MY GENES SUPPORT HEALTHY EATING HABITS AND HEALTHY NUTRITION FOR ME NOW.

I ASK THE AMOUNT I EAT ALWAYS REMAIN CONTROLLED FOR MY BEST POSSIBLE HEALTH. I ASK FOR BALANCE IN MY APPETITE NOW. I ASK ANY FEELINGS OF GUILT OR FAULT ASSOCIATED WITH EATING STOP NOW.

I ASK FOR OPTIMAL LEVELS OF BLOOD CELLS, OPTIMAL CIRCULATION, OPTIMAL HYDRATION, REGULAR PULSE RATE AND OPTIMAL BLOOD PRESSURE NOW. I ASK FOR IDEAL ELECTROLYTE BALANCE AND KIDNEY FUNCTION NOW.

I ASK FOR OPTIMAL FUNCTION OF MY STOMACH AND INTESTINES NOW. I ASK MY STOMACH MUSCLES WORK OPTIMALLY AND ALLOW FOR EASY EMPTYING OF STOMACH CONTENTS INTO MY BOWEL. I ASK FOR OPTIMAL GASTRIC ACID LEVEL AND OPTIMAL DIGESTION OF FOOD NOW. I ASK FOR REGULAR, SOFT BOWEL MOVEMENTS NOW.

NEXT PAGE:
I ask for optimal level and function of my hormones now.

I ask for optimal levels and function of neurotransmitters in my brain now. I ask any symptoms of depression or anxiety stop now.

I ask for best possible muscle strength and function now.

I ask for healthy skin and hair now.

I ask for restful sleep and optimal energy at all times now.

I ask I remain motivated to keep focus on my overall well-being and positive experiences for me now.

If depression or anxiety is present, do those sections as well.

Possible affirmations:

- I accept my own power to manage my well-being with my best possible conduct
- I am eating with joy at all times/ I eat with joy now
- I am kind loving and compassionate
- I love and accept my body as I am now
- I accept food as joy and nutrition for my well-being
ECZEMA

Dermatitis or eczema is inflammation of the skin. It is characterized by itchy, erythematous, vesicular, weeping and crusting patches.

HEALING ECZEMA: PLACE HANDS ANYWHERE AROUND AREA OF ECZEMA. Note: hands do not have to be on rash.

“I ASK MY IMMUNE SYSTEM TO FUNCTION AT AN OPTIMAL LEVEL TO SUPPORT THE HEALTHY FUNCTION OF MY SKIN.

I ASK ANY SENSITIVITY TO FOODS, CHEMICALS, MINERALS, PLANTS, ENVIRONMENTAL ALLERGENS, ANIMAL ALLERGENS OR MEDICATIONS TO STOP COMPLETELY NOW. (If specific allergen is known – name it).

I ASK MY IMMUNE SYSTEM TO PRODUCE HISTAMINE ONLY TO SUPPORT MY OPTIMAL FUNCTION NOW AND THAT ANY ITCHING STOP COMPLETELY NOW. I ASK MY IMMUNE SYSTEM SUPPORT MY SKIN TO HEAL COMPLETELY NOW. I ASK MY DIGESTIVE SYSTEM TO TAKE UP ADEQUATE NUTRITION NOW AND MY METABOLISM TO SUPPORT A HEALTHY FUNCTIONING SKIN NOW.

I ASK MY CIRCULATION TO FUNCTION AT AN OPTIMAL LEVEL TO TAKE OXYGEN, NUTRIENTS AND VITAMINS TO THE SKIN AND TO REMOVE TOXINS AND DEAD CELLS WITH GENTLENESS AND EASE NOW. I ASK MY SKIN TO TAKE UP ADEQUATE MOISTURE FROM MY CIRCULATION TO SUPPORT HEALTHY SKIN CELLS NOW.

I ASK MY GENES TO SUPPORT A HEALTHY SKIN NOW.”
EDEMA

Edema is an abnormal accumulation of fluid in the interstitium, located beneath the skin and in the cavities of the body. Clinically, edema is manifest as swelling; the amount of interstitial fluid is determined by the balance of fluid homeostasis, and the increased secretion of fluid into the interstitium, or the impaired removal of the fluid can cause edema.

HEALING EDEMA: PLACE HANDS OVER ANKLES OR HANDS DEPENDING ON WHERE THE EDEMA IS.

IF EDEMA IS DUE TO HEART FAILURE OR KIDNEY FAILURE, REFER TO THOSE SECTIONS.

“I ASK MY BLOOD PRESSURE TO normalize to support and balance the fluid in my blood vessels and cells.

I ASK THE PROTEINS IN MY BLOOD TO support optimal pressure in my blood vessels and cells.

I ASK MY BLOOD VESSEL WALLS TO STRENGTHEN AND FUNCTION OPTIMALLY TO SUPPORT MY FLUID BALANCE AND BLOOD PRESSURE OPTIMALLY NOW.

I ASK MY LYMPHATIC SYSTEM TO FUNCTION OPTIMALLY TO SUPPORT MY FLUID BALANCE AND REMOVE ANY EXCESS FLUID IN MY TISSUES COMPLETELY WITH EASE AND GENTLENESS NOW.

I ASK MY KIDNEYS TO FUNCTION OPTIMALLY TO SUPPORT MY FLUID AND ELECTROLYTE BALANCE NOW.”

ALSO DO SECTION FOR ADRENAL GLANDS.
EHLERS DANLOS SYNDROME

Ehlers–Danlos syndrome (EDS) is a group of genetic connective tissue disorders.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD.

I ASK FOR OPTIMAL LEVELS OF COLLAGEN AND PROTEINS THAT INTERACT WITH COLLAGEN NOW.

I ASK MY GENES SUPPORT OPTIMAL COLLAGEN FORMATION AND FUNCTION NOW.

I ASK FOR OPTIMAL STRENGTH AND ELASTICITY IN MY CONNECTIVE TISSUES, LIGAMENTS AND MUSCLES NOW.

I ASK FOR OPTIMAL STRENGTH, SUPPORT AND MOVEMENT OF MY JOINTS AND SPINE NOW.

I ASK PAIN IN MY MUSCLES AND JOINTS STOP COMPLETELY NOW.

I ASK FOR OPTIMAL STRENGTH AND THICKNESS OF MY SKIN NOW.

I ASK FOR OPTIMAL STRENGTH AND FUNCTIONING OF MY BLOOD VESSELS AND HEART VALVES NOW. I ASK FOR OPTIMAL BLOOD PRESSURE NOW

I ASK FOR OPTIMAL FUNCTION OF MY CARDIOVASCULAR, RENAL AND DIGESTIVE SYSTEMS NOW. I ASK BREATHING HAPPEN WITH EASE NOW.

ALSO DO SECTIONS FOR CHRONIC PAIN AND OSTEOARTHRITIS IF APPROPRIATE.
EMPHYSEMA (COPD) 2

Chronic obstructive pulmonary disease (COPD), also known as chronic obstructive lung disease (COLD) and chronic obstructive airway disease (COAD), among others, is a type of obstructive lung disease characterized by chronically poor airflow.

HEALING: PLACE HANDS OVER THE LUNGS = ONE SIDE FIRST, THEN THE OTHER

I ASK MY IMMUNE SYSTEM TO REPAIR THE CONNECTIVE TISSUE AND CELLS IN MY LUNGS NOW, TO IMPROVE THE ABSORPTION OF AIR TO OPTIMAL LEVELS AT ALL TIMES.

I ASK TRAPPED AIR IN MY LUNGS TO RELEASE WITH GENTLENESS AND EASE NOW. I ASK MY LUNGS TO STOP BREAKDOWN OF LUNG TISSUE NOW. I ASK MY LUNG CELLS TO STOP REACTING TO THE FREE RADICALS OF SMOKE OR AIR POLLUTION.

I ASK THE EXCHANGE OF OXYGEN AND CARBON DIOXIDE IN MY LUNGS NORMALIZE FOR MY OPTIMAL HEALTH.

I ASK MY BREATHING HAPPEN WITH EASE. I ASK EXCESS SPUTUM PRODUCTION AND SHORTNESS OF BREATH TO STOP NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY LUNGS FROM VIRUSES, BACTERIA AND TOXINS AT ALL TIMES.

I ASK THE PRESSURE IN MY LUNG ARTERIES REMAIN STABLE AND OPTIMAL AT ALL TIMES.

I ASK FOR OPTIMAL LEVELS OF ALPHA 1 ANTI-TRYPSIN LEVELS AT ALL TIMES. I ASK MY HEART AND CIRCULATION TO SUPPORT OPTIMAL BLOOD FLOW TO MY LUNG TISSUE AT ALL TIMES. (IF SMOKERS: DO THE SECTION ON DRUG DEPENDENCE AS WELL.)
Endometriosis is a disease in which tissue that normally grows inside the uterus grows outside the uterus. Its main symptom is pelvic pain. Nearly half have chronic pelvic pain, while in 70% pain occurs during menstruation. Pain with sex is also common. Infertility occurs in up to half of women.

**HEALING ENDOMETRIOSIS PLACE HANDS OVER LOWER ABDOMEN**

“I ASK ENDOMETRIAL TISSUE TO ONLY FORM INSIDE THE UTERUS. I ASK MY GENES TO SUPPORT THE HEALTHY FORMATION OF ENDOMETRIAL TISSUE INSIDE MY UTERUS ONLY.

I ASK ANY ENDOMETRIAL TISSUE OUTSIDE THE UTERUS TO RESOLVE COMPLETELY WITH EASE AND GENTLENESS NOW.

I ASK PAIN RELATED TO ENDOMETRIOSIS TO STOP COMPLETELY NOW. I ASK ANY NERVE FIBRES FORMING ON THE ENDOMETRIOSIS LESIONS TO RESOLVE COMPLETELY NOW. I ASK MY PAIN CENTER TO STOP ACCEPTING PAIN SIGNALS FROM ENDOMETRIOSIS NOW.

NEXT PAGE
I ASK MY IMMUNE SYSTEM TO SUPPORT THE REMOVAL OF ANY ENDOMETRIAL TISSUE OUTSIDE MY UTERUS NOW. I ASK MY IMMUNE SYSTEM TO REMOVE THIS EXTRA ENDOMETRIAL TISSUE AND ANY SCAR TISSUE WITH EASE AND GENTLENESS NOW. I ASK MY LEVELS OF ENDORPHINS TO BALANCE NOW.

I ASK MY HORMONES, ESPECIALLY MY PROGESTERONE LEVEL, TO BALANCE WITH EASE AND GENTLENESS NOW.

**IF APPROPRIATE:** I ASK MY FERTILITY IS RESTORED AND REMAINS OPTIMAL NOW.

I ASK FOR MY BOWEL MOVEMENTS TO REMAIN SOFT AND REGULAR AND ASK MY BLADDER FUNCTION TO REMAIN BALANCED AT ALL TIMES.

I ASK MY ENERGY LEVEL TO REMAIN OPTIMAL AND THAT I GET ADEQUATE REST AND SLEEP. “
ENURESIS

Enuresis is a repeated inability to control urination.

HEALING: HOLD HANDS OVER THE LOWER ABDOMEN

I ASK FOR OPTIMAL AND COMPLETE BLADDER CONTROL AT ALL TIMES. I ASK FOR OPTIMAL STRENGTH AND FUNCTIONING OF MY URTEETHRA NOW. I ASK ANY OVERACTIVITY OF MY BLADDER STOP NOW.

I ASK TO RECOGNIZE BLADDER FILLING WHEN ASLEEP AND TO WAKE UP WHEN MY BLADDER IS FULL, TO ALLOW ME TO URINATE NORMALLY.

I ASK MY GENES CONTROL NORMAL BLADDER FUNCTION NOW.

I ASK FOR OPTIMAL BLADDER CAPACITY NOW.

I ASK FOR OPTIMAL FUNCTION OF MY NERVOUS SYSTEM AND BRAIN TO ALLOW FOR NORMAL BLADDER FUNCTION AND CONTINENCE NOW.

I ASK FOR OPTIMAL LEVELS AND FUNCTIONING OF ANTI-DIURETIC (ANTI-DYE-YOU-RETIC) HORMONE NOW.

I ASK ANY ANXIETY WITHIN ME STOP COMPLETELY NOW.

I ASK MY IMMUNE SYSTEM PROTECT MY BLADDER, URINARY TRACT AND KIDNEYS FROM INFECTION AT ALL TIMES.

I ASK FOR SOFT AND EASY BOWEL MOVEMENTS AT ALL TIMES.
**EPILEPSY 2**

Epilepsy is a group of neurological diseases characterized by epileptic seizures. Epileptic seizures are episodes that can vary from brief and nearly undetectable to long periods of vigorous shaking.

**HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD**

I ASK THE CORTICAL NERVE CELL ACTIVITY IN MY BRAIN TO BALANCE COMPLETELY NOW.  
I ASK THE ION CHANNELS IN MY BRAIN TO FUNCTION OPTIMALLY NOW. I ASK THE INHIBITORY NEURONS IN MY BRAIN TO FUNCTION OPTIMALLY NOW.

I ASK FOR COMPLETE BALANCE IN THE ELECTRICAL ACTIVITY OF MY BRAIN NOW. I ASK MY BRAIN TO HAVE OPTIMAL RESISTANCE TO EXCITATORY NEURONS IN MY BRAIN NOW.

I ASK SEIZURES RELATED TO EXTERNAL STIMULI (LIKE LIGHT FLASHES, STRESS OR NOISE) STOP COMPLETELY NOW. I ASK MY SEIZURE THRESHOLD TO BE OPTIMAL AT ALL TIMES.

I ASK MY BRAIN TO STAY PROTECTED AT ALL TIMES FROM THE EFFECTS OF PATHOGENS OR TOXINS AND FOR OPTIMAL FUNCTION OF THE BLOOD BRAIN BARRIER AT ALL TIMES.

I ASK ANY DEFECTS IN MY GENES TO REPAIR COMPLETELY NOW. I ASK MY GENES TO SUPPORT OPTIMAL BRAIN FUNCTION AND TO STOP ALL SEIZURE ACTIVITY NOW.

I ASK FOR ANY INFLAMMATION OR SCARRING IN MY BRAIN TO RESOLVE COMPLETELY NOW. I ASK INJURED NEURONS OR SYNAPSES TO HEAL COMPLETELY NOW.

**NEXT PAGE**
I ASK MY CIRCULATION TO REMAIN OPTIMAL AT ALL TIMES. I ASK MY CIRCULATORY SYSTEM TO ALLOW FOR OPTIMAL NUTRIENTS, GLUCOSE, ANTIOXIDANTS AND OXYGEN TO MY BRAIN NOW AND TO REMOVE ANY TOXINS AND METABOLITES IMMEDIATELY WITH GENTLENESS AND EASE.

I ASK ANY VASCULAR MALFORMATION IN MY BRAIN TO RESOLVE COMPLETELY NOW, WITH GENTLENESS AND EASE.

I ASK FOR BALANCE IN THE FUNCTION AND LEVELS OF NEUROTRANSMITTERS IN MY BRAIN NOW.

I ASK FOR BALANCE IN MY ELECTROLYTES AT ALL TIMES NOW.

I ASK BLADDER AND BOWEL CONTROL TO REMAIN INTACT AT ALL TIMES.

I ASK MY COGNITIVE FUNCTION TO REMAIN OPTIMAL AND INTACT AT ALL TIMES.

I ASK FOR RESTFUL AND OPTIMAL SLEEP AT ALL TIMES.

I ASK STRESS TO STOP COMPLETELY NOW (IF NEEDED YOU CAN ALSO DO THE SECTION ON STRESS)
EPISTAXIS/ NOSE BLEED

Epistaxis, also known as a nosebleed, is the common occurrence of bleeding from the nose. It is usually noticed when the blood drains out through the nostrils.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD.

I ASK FOR OPTIMAL STRENGTH IN MY NOSE BLOOD VESSELS NOW.

I ASK FOR OPTIMAL MOISTURE OF MY NASAL MUCOSA NOW.

I ASK FOR OPTIMAL BLOOD PRESSURE AND BLOOD FLOW IN MY NASAL MUCOSA NOW.

I ASK MY IMMUNE SYSTEM PROTECT MY NASAL MUCOSA AND BLOOD VESSELS NOW AND AT ALL TIMES.

I ASK FOR OPTIMAL LEVELS AND FUNCTION OF MY PLATELETS AND CLOTTING FACTORS NOW.

I ASK FOR OPTIMAL VITAMIN LEVELS NOW, ESPECIALLY VITAMIN C AND K.
EPSTEIN BARR VIRUS – INFECTIOUS MONONUCLEOSIS

Infectious mononucleosis (also known as mono, glandular fever, and sometimes colloquially as the kissing disease from its transmission by saliva) is an infectious, widespread viral disease most commonly caused by the Epstein–Barr virus.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK MY IMMUNE SYSTEM TO REMOVE ANY VIRUSES COMPLETELY FROM MY BODY NOW.

I ASK MY IMMUNE SYSTEM TO REPAIR ANY INFLAMMATION IN MY GLANDS, THROAT, TONSILS, LUNGS, LIVER, SPLEEN AND BRAIN COMPLETELY NOW, WITH GENTLENESS AND EASE.

I ASK MY IMMUNE SYSTEM ONLY PRODUCE ANTIBODIES AGAINST PATHOGENS AND THAT MY NORMAL CELLS REMAIN PROTECTED AT ALL TIMES FROM ATTACK BY MY OWN IMMUNE SYSTEM.

I ASK MY CELLS TO REMAIN PROTECTED AT ALL TIMES FROM THE EFFECTS OF THE EPSTEIN BARR, ADENO OR CYTOMEGALO VIRUS NOW.

I ASK ANY BODY AND MUSCLE ACHES TO RESOLVE COMPLETELY NOW.

I ASK FOR RESTFUL SLEEP AT ALL TIMES NOW.

I ASK FOR OPTIMAL ENERGY LEVEL, OPTIMAL APPETITE AND OPTIMAL NUTRITION NOW.

I ASK MY BONE MARROW TO SUPPORT HEALTHY AND OPTIMAL BLOOD CELL FORMATION NOW.
ERECTILE DYSFUNCTION

Erectile dysfunction (ED) or impotence is sexual dysfunction characterized by the inability to develop or maintain an erection of the penis during sexual activity.

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN

I ASK THE NERVES, SYNAPSES AND NEUROTRANSMITTERS FROM MY PENIS TO MY BRAIN, TO FUNCTION OPTIMALLY AT ALL TIMES.

I ASK FOR OPTIMAL BLOOD PRESSURE AND BLOOD FLOW IN MY PENIS AT ALL TIMES.

I ASK BLOOD TO FILL THE TISSUE IN MY PENIS OPTIMALLY AND FOR THE BLOOD TO BE RETAINED IN THE PENIS DURING ERECTIONS.

I ASK FOR OPTIMAL FUNCTION OF THE MUSCLES IN MY PENIS AT ALL TIMES.

I ASK FOR OPTIMAL LEVELS OF HORMONES, ESPECIALLY TESTOSTERONE AT ALL TIMES.

I ASK MY BLOOD VESSELS, BLOOD FLOW AND NERVOUS SYSTEM TO BE PROTECTED AT ALL TIMES FROM THE EFFECTS OF PATHOGENS, BLOOD SUGAR OR MEDICATIONS I MAY TAKE
ESSENTIAL TREMOR

Essential tremor is the most common movement disorder; its cause is unknown. It typically involves a tremor of the arms, hands or fingers but sometimes involving the head, vocal cords or other body parts during voluntary movements such as eating and writing.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD.

I ASK FOR SMOOTH MUSCLE AND JOINT MOVEMENT NOW. I ASK MOVEMENT ONLY TO HAPPEN WHEN IT IS MY INTENTION.

I ASK ANY TREMOR IN MY LIMBS (OR IF APPLICABLE HEAD, NECK, JAW, TONGUE, VOICE OR TRUNK) STOP COMPLETELY NOW.

I ASK MY IMMUNE SYSTEM REPAIR NERVE CELLS, NERVE FIBRES, SYNAPSES AND RECEPTORS IN MY CEREBELLUM NOW, WITH EASE AND GENTLENESS.

I ASK MY IMMUNE SYSTEM TO PROTECT MY BRAIN AND NERVE CELLS AT ALL TIMES, TO ALLOW FOR OPTIMAL FUNCTION OF MY NERVOUS SYSTEM NOW.

I ASK FOR OPTIMAL COGNITIVE FUNCTION AT ALL TIMES.

I ASK FOR OPTIMAL STRENGTH IN MY MUSCLES NOW.

I ASK FOR RESTFUL SLEEP AT ALL TIMES AND OPTIMAL ENERGY LEVEL NOW.
FACIAL NERVE PALSY

The facial nerve is the seventh cranial nerve, or simply cranial nerve VII. It emerges from the brainstem between the pons and the medulla, controls the muscles of facial expression, and functions in the conveyance of taste sensations from the anterior two-thirds of the tongue and oral cavity. It also supplies preganglionic parasympathetic fibers to several head and neck ganglia.

HEALING: PLACE HANDS ON THE CHEEKS, EACH SIDE OF THE FACE.

I ASK FOR OPTIMAL FUNCTION OF MY FACIAL NERVE, FROM THE PONS AREA IN MY BRAIN, ALONG THE TRACT OF THE NERVE THROUGH THE SKULL AND FACIAL CANAL.

I ASK THE SENSORY AND MOTOR FUNCTION OF MY FACIAL NERVE TO REMAIN OPTIMAL AT ALL TIMES.

I ASK FOR OPTIMAL AND HEALTHY FUNCTION OF THE NEUROTRANSMITTERS, AXONS AND SYNAPSES IN MY FACIAL NERVE NOW.

I ASK FOR OPTIMAL FUNCTION OF TASTE FIBRES IN MY FACIAL NERVE NOW.

I ASK ANY SCARRING, SWELLING OR INFLAMMATION IN MY FACIAL NERVE TO RESOLVE COMPLETELY NOW

I ASK FOR OPTIMAL FUNCTION OF MY FACIAL NERVE TO ALLOW FOR OPTIMAL FUNCTION OF THE MUSCLES OF FACIAL EXPRESSION NOW.
I ASK MY FACIAL NERVE TO FUNCTION OPTIMALLY, SO SUPPORT OPTIMAL SALIVA PRODUCTION NOW.

I ASK FOR OPTIMAL FUNCTION IN MY FACIAL NERVE TO SUPPORT OPTIMAL FUNCTION OF MY EYE LIDS AND CORNEAL REFLEX NOW.

I ASK MY NUTRITION AND CIRCULATION TO SUPPORT OPTIMAL FUNCTION OF MY FACIAL NERVE NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY FACIAL NERVE AT ALL TIMES FROM TOXINS, POLLUTANTS, VIRUSES OR BACTERIA NOW.
FACTOR V DEFICIENCY

Factor V Leiden thrombophilia is a genetic disorder of blood clotting. Factor V Leiden is a variant (mutated form) of human factor V (one of several substances that helps blood clot) that causes an increase in blood clotting (hypercoagulability). With this mutation, the protein secreted that helps blood not clot is unable to do so, and therefore clotting is more likely.

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN AND (FOCUS ON THE ROOT CHAKRA).

I ASK FOR OPTIMAL LEVELS OF FACTOR V NOW. I ASK FOR OPTIMAL FUNCTION OF FACTOR V, TO ALLOW FOR HEALTHY INTERACTION WITH OTHER CLOTTING FACTORS NOW.

I ASK FOR PROTEIN C TO RETAIN ITS ABILITY TO DEGRADE FACTOR V, WHEN IT IS NEEDED FOR OPTIMAL FUNCTION OF COAGULATION.

I ASK MY GENES RESTORE TO OPTIMAL FUNCTION, STRUCTURE AND STABILITY TO PROMOTE OPTIMAL LEVELS OF FACTOR V AND HEALTHY FUNCTION OF MY BLOOD CLOTTING ABILITY NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT ME AT ALL TIMES AND ONLY ALLOW FOR HEALTHY FUNCTION FOR MY CLOTTING FACTORS NOW.

I ASK MY LIVER TO SUPPORT OPTIMAL PRODUCTION OF CLOTTING FACTORS NOW.

I ASK FOR OPTIMAL VITAMIN K LEVELS NOW.

I ASK FOR OPTIMAL FUNCTION FOR MY BLOOD CELLS AND CIRCULATION NOW.
FATIGUE

Fatigue is a subjective feeling of tiredness which is distinct from weakness, and has a gradual onset. Unlike weakness, fatigue can be alleviated by periods of rest. Fatigue can have physical or mental causes. Physical fatigue is the transient inability of a muscle to maintain optimal physical performance, and is made more severe by intense physical exercise. Mental fatigue is a transient decrease in maximal cognitive performance resulting from prolonged periods of cognitive activity. It can manifest as somnolence, lethargy, or directed attention fatigue.

Medically, fatigue is a non-specific symptom, which means that it has many possible causes and accompanies many different conditions. Fatigue is considered a symptom, rather than a sign because it is a subjective feeling reported by the patient, rather than an objective one that can be observed by others.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK MY SLEEP WILL BE RESTFUL, THAT I WILL ENTER DELTA WAVE SLEEP EVERY NIGHT. I ASK MY PINEAL GLAND PRODUCE ENOUGH MELATONIN TO ENHANCE MY SLEEP TO OPTIMAL LEVELS NOW. I ASK SLEEP WILL BE RESTORATIVE TO MY ENERGY LEVELS NOW.

I ASK MY ENDOCRINE SYSTEM, ESPECIALLY MY HYPOTHALAMUS, THALAMUS, PITUITARY GLANDS AND ADRENAL GLANDS, FUNCTION AT AN OPTIMAL LEVEL TO ALLOW MY BODY AND MIND TO RESTORE TO OPTIMAL FUNCTION AND FOR FATIGUE TO LEAVE MY BODY COMPLETELY. I ASK MY ADRENAL GLANDS PRODUCE ENOUGH CORTISOL TO ENHANCE MY ENERGY LEVELS TO OPTIMAL FUNCTION TO ALLOW ME TO CONTINUE TO LIVE A PRODUCTIVE, ENERGETIC LIFE NOW.

NEXT PAGE:
I ASK MY BRAIN PRODUCE NEUROTRANSMITTERS (LIKE DOPAMINE, NOREPINEPHRINE AND SEROTONIN) AT OPTIMAL LEVELS, TO SUPPORT OPTIMAL MENTAL FUNCTION. I ASK MY MEMORY, ATTENTION AND REACTION TIME RESTORE TO NORMAL LEVELS AND MY MENTAL ABILITY TO FUNCTION AT WORK AND AT HOME RESTORE TO OPTIMAL LEVELS NOW. I AM HAPPY AND JOYFUL NOW.

I ASK MY MOTIVATION AND ENERGY LEVELS RESTORE TO OPTIMAL LEVELS NOW, TO ALLOW ME TO EXERCISE REGULARLY. I ASK FOR OPTIMAL MUSCLE STRENGTH AND FUNCTION NOW.

I ASK MY DIGESTIVE SYSTEM TAKE UP ADEQUATE NUTRITION TO SUPPORT MY OPTIMAL HEALTH AND ENERGY NOW. I ASK ANY TOXINS OR FOODS RELATED TO MY FATIGUE BE EXCRETED WITH GENTLENESS AND EASE. I ASK ANY SENSITIVITIES TO FOODS, ALLERGENS, CHEMICALS, ODORS OR MEDICATIONS STOP COMPLETELY NOW.

I ASK FOR OPTIMAL LEVEL OF BLOOD CELLS, OPTIMAL BLOOD CIRCULATION, OPTIMAL BLOOD PRESSURE AND OPTIMAL HYDRATION NOW.

I ASK FOR OPTIMAL FUNCTION OF MY IMMUNE SYSTEM NOW AND MY IMMUNE SYSTEM PROTECT ME FROM INFECTION OR INFLAMMATION AT ALL TIMES NOW. I ASK FOR OPTIMAL LEVELS AND FUNCTION OF CYTOKINES (SITE-O-KEENS) NOW.

PS:

IF DEPRESSION IS PRESENT – REFER TO THAT SECTION FOR HEALING.

IF PAIN, LIKE FIBROMYALGIA, HEADACHES, ETC IS PRESENT – REFER TO THOSE SECTIONS FOR HEALING.
Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy. Problems may include an abnormal appearance, short height, low body weight, small head size, poor coordination, low intelligence, behavior problems, and problems with hearing or seeing. Those affected are more likely to have trouble in school, legal problems, participate in high-risk behaviors, and have trouble with alcohol or other drugs.

**HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD OR REST THE HEAD IN YOUR HANDS.**

I ASK FOR OPTIMAL GROWTH AND FUNCTION OF MY BRAIN, NEURONS, SYNAPSES AND NEUROTRANSMITTERS NOW.

I ASK FOR OPTIMAL MEMORY, LEARNING ABILITY, COGNITION, MATH SKILLS, ATTENTION, LANGUAGE SKILLS, CONCENTRATION, JUDGMENT, VISION AND HEARING NOW.

I ASK FOR OPTIMAL MUSCLE CONTROL, NORMAL GAIT, EYE-HAND COORDINATION AND BALANCE NOW.

I ASK FOR OPTIMAL EMOTIONAL AND IMPULSE CONTROL NOW. I ASK FOR OPTIMAL SOCIAL AND COMMUNICATION SKILLS, AND THE ABILITY TO ADAPT EASILY TO SOCIAL OR ACADEMIC DEMANDS.

I ASK FOR OPTIMAL PHYSICAL GROWTH AND DEVELOPMENT NOW.

**NEXT PAGE:**
I Ask for Optimal Weight and Nutrition Now. I Ask for Optimal Blood Flow, Oxygen and Nutrition to my Brain Now.

I Ask my Immune System Protect My Brain from Infection, Inflammation and Toxins at all Times.
FIBROADENOMA

Fibroadenomas, are benign breast tumours characterized by a mixture of stromal and epithelial tissue. Breasts are made of lobules (milk producing glands) and ducts (tubes that carry the milk to the nipple). These are surrounded by glandular, fibrous and fatty tissues. Fibroadenomas develop from the lobules. The glandular tissue and ducts grow over the lobule to form a solid lump.

HEALING: PLACE HANDS OVER THE UPPER CHEST (AVOID PLACING HANDS OVER THE BREASTS)

I ASK MY IMMUNE SYSTEM RESOLVE FIBROADENOMAS IN MY BREAST(S) NOW, WITH EASE AND GENTLENESS.

I ASK MY IMMUNE SYSTEM STOP OVERGROWTH OF STROMAL AND EPITHELIAL TISSUE IN MY BREAST(S) NOW.

I ASK ANY PAIN IN MY BREAST(S) STOP NOW.

I ASK FOR OPTIMAL LEVEL AND FUNCTION OF MY HORMONES, ESPECIALLY ESTROGEN, PROGESTERONE AND PROLACTIN, NOW.
FIBROADS

Uterine fibroids are benign smooth muscle tumors of the uterus.

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN

I ask my fibroid(s) to resolve completely now with gentleness and ease. I ask my fibroid to become receptive to my immune system, to allow my immune system to resolve the fibroid completely now.

I ask the cells in my uterus to stop producing fibroids now. I ask for balance in the growth factors in my uterine cells and the growth factors to stop producing fibroids now.

I ask my genes to protect me at all times from fibroids forming in my uterus.

I ask my blood flow during my period to be minimal at all times.

I ask any bleeding between my periods to stop completely now.

I ask any pelvic or lower back pain to stop completely now.

I ask for balance in my hormonal levels, especially estrogen and progesterone, now. I ask my estrogen and progesterone to have a normal, healthy effect on my uterus and to stop any fibroids from forming.

I ask for optimal levels of iron now.

I ask urination to happen with ease and without pain. I ask for any urinary urgency to stop completely now.
FIBROMYALGIA

Fibromyalgia is a medical condition characterized by chronic widespread pain and a heightened and painful response to pressure. Fibromyalgia symptoms are not restricted to pain, leading to the use of the alternative term fibromyalgia syndrome for the condition. Other symptoms include debilitating fatigue, sleep disturbance and joint stiffness. Some people also report difficulty with swallowing, bowel and bladder abnormalities, numbness and tingling, and cognitive dysfunction. Fibromyalgia is frequently associated with psychiatric conditions such as depression and anxiety and stress-related disorders such as posttraumatic stress disorder. Its exact cause is unknown but is believed to involve psychological, genetic, neurobiological and environmental factors.

Signs and Symptoms Next Page
The defining symptoms of fibromyalgia are chronic widespread pain, fatigue, sleep disturbance and heightened pain in response to tactile pressure (allodynia). Other symptoms may include tingling of the skin (paresthesias), prolonged muscle spasms, weakness in the limbs, nerve pain, muscle twitching, palpitations and functional bowel disturbances.

Many patients experience cognitive dysfunction, which may be characterized by impaired concentration, problems with short and long-term memory, short-term memory consolidation, impaired speed of performance, inability to multi-task, cognitive overload and diminished attention span. Fibromyalgia is often associated with anxiety and depressive symptoms.

HEALING FOR FIBROMYALGIA ON NEXT PAGE
HEALING FIBROMYALGIA: PLACE HANDS BACK, FRONT AND SIDE OF HEAD; PLACE HANDS WHERE CLIENT EXPERIENCES PAIN.

“I ASK THE PAIN CENTER IN MY BRAIN TO INCREASE ITS PAIN THRESHOLD OF THE PAIN SIGNALS FROM FIBROMYALGIA. I ASK THE PAIN PATHWAYS RESTORE THEIR FUNCTION TO NORMAL. I ASK THE NEUROCHEMICALS IN THE BRAIN RESTORE TO IMPROVE MOOD, SLEEP, ENERGY AND COGNITIVE FUNCTION.

I ASK SPECIFICALLY FOR MY SLEEP QUALITY TO RESTORE, ESPECIALLY THE NORMAL DEEP SLEEP CYCLE.

I ASK THE BRAIN CHEMICALS, ESPECIALLY DOPAMINE, RESTORE TO OPTIMAL LEVELS TO IMPROVE MOOD AND STOP ALL ANXIETY.

I ASK MY BODY TO DECREASE ITS OVER-SENSITIVITY TO PRESSURE, COLD, HEAT, ELECTRICAL AND CHEMICAL STIMULATION.

I ASK MY HORMONAL LEVELS, ESPECIALLY CORTISOL, NORMALIZE AND MY ENDOCRINE SYSTEM FUNCTION OPTIMALLY. (Note: At a separate session, focus can be placed on the endocrine system alone).

I ASK MY CIRCULATORY SYSTEM TO OPTIMIZE FUNCTION TO RESTORE BLOOD FLOW, OXYGEN FLOW AND NUTRIENTS TO THE MUSCLES AND CONNECTIVE TISSUE OF MY BODY.

I ASK MY ENERGY IMPROVE AND FOR MY BODY TO ACCEPT THE BENEFITS OF EXERCISE.”

IF ANXIETY AND DEPRESSION ARE ALSO PRESENT, REFER TO THOSE SECTIONS FOR HEALING.
FISTULA

A fistula is an abnormal connection between two hollow spaces (technically, two epithelialized surfaces), such as blood vessels, intestines, or other hollow organs.

Anal fistula (plural fistulae), or fistula-in-ano, is a chronic abnormal communication between the epithelialized surface of the anal canal and (usually) the perianal skin. An anal fistula can be described as a narrow tunnel with its internal opening in the anal canal and its external opening in the skin near the anus.

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN:

I ASK MY IMMUNE SYSTEM HEAL INFECTION OR INFLAMMATION AROUND THE FISTULA COMPLETELY.

I ASK MY IMMUNE SYSTEM CLOSE MY FISTULA COMPLETELY, WITH GENTLENESS AND EASE NOW.

I ASK FOR OPTIMAL BLOOD FLOW, NUTRITION AND OXYGEN FLOW, TO ALLOW MY BODY AND IMMUNE SYSTEM TO RESOLVE MY FISTULA COMPLETELY.

I ASK MY IMMUNE SYSTEM PROTECT MY ANAL GLANDS FROM INFECTION AT ALL TIMES. I ASK MY IMMUNE SYSTEM KEEP MY ANAL GLAND DUCTS OPEN AT ALL TIMES, TO ALLOW THEM TO DRAIN FREELY.

I ASK ANY PAIN OR SWELLING AT MY FISTULA STOP NOW.

I ASK MY IMMUNE SYSTEM ALLOW MY SKIN TO HEAL COMPLETELY NOW.

(IF CLIENTS ARE GOING FOR SURGERY, DO THE LANGUAGE FOR SURGERY AS WELL.)
HEALING FRACTURES: PLACE HANDS ON INJURED AREA

“I ASK THE PAIN RECEPTORS IN THE LINING OF MY BONE (the periosteum) QUIET THE IMPULSES BEING SENT TO THE PAIN MATRIX IN MY BRAIN. I ACKNOWLEDGE THAT THE PAIN IS THERE TO LET MY BODY KNOW ABOUT THE FRACTURE. I ASK THE PAIN SUBSIDE COMPLETELY NOW AND I ONLY FOCUS ON THE HEALING OF THE FRACTURE.

I ASK THE SWELLING SURROUNDING THE FRACTURE AREA TO RESOLVE COMPLETELY AND ANY BROKEN BLOOD VESSELS TO HEAL COMPLETELY. I ASK MY BLOOD VESSELS TO INCREASE CIRCULATION TO THE FRACTURE AREA AND TAKE FIGHTER CELLS TO THE FRACTURE SITE. I ASK MY FIGHTER CELLS TO REMOVE ANY DEAD TISSUE AND CELLS. I ASK ADEQUATE COLLAGEN FIBRES FORM TO SUPPORT THE FRACTURE AREA TO ENHANCE THE HEALING PROCESS.

I ASK THE MUSCLE SPASMS SURROUNDING THE FRACTURE AREA TO RESOLVE NOW AND ASK MY MUSCLES CONTINUE TO SUPPORT THE BONE IN A HEALTHY WAY. I ASK ANY NERVES THAT ARE INJURED DUE TO THE FRACTURE HEAL COMPLETELY NOW AND THE NERVES CONTINUE TO SUPPORT THE OPTIMAL FUNCTION OF MY MUSCULOSKELETAL SYSTEM.

I ASK MY CELLS TO LAY DOWN NEW BONE MATRIX AND MY BODY TO TAKE UP ADEQUATE CALCIUM TO STRENGTHEN THE NEW BONE MATRIX. I ASK THIS NEW BONE MATRIX STRENGTHEN TO SUPPORT THE WEIGHT OF MY BODY. I ASK MY BODY TO TAKE UP ADEQUATE NUTRITION AND MINERALS TO SUPPORT THE PROMPT HEALING OF THE FRACTURE NOW.”
FROZEN SHOULDER

Adhesive capsulitis (also known as frozen shoulder) is a painful and disabling disorder of unclear cause in which the shoulder capsule, the connective tissue surrounding the glenohumeral joint of the shoulder, becomes inflamed and stiff, greatly restricting motion and causing chronic pain.

HEALING: PLACE HANDS OVER THE SHOULDER

I ASK MY IMMUNE SYSTEM REMOVE ANY INFLAMMATION AND SCAR TISSUE IN MY SHOULDER CAPSULE NOW, WITH EASE AND GENTLENESS.

I ASK SHOULDER MOVEMENT OCCUR WITH NO PAIN AND WITH EASE NOW.

I ASK FOR OPTIMAL LEVELS OF SYNOVIAL FLUID IN MY SHOULDER JOINT NOW.

I ASK FOR OPTIMAL STRENGTH AND SUPPORT OF CONNECTIVE TISSUE, CARTILAGE, MUSCLES AND LIGAMENTS OF MY SHOULDER NOW.

I ASK FOR OPTIMAL BLOOD FLOW TO MY SHOULDER JOINT NOW.

I ASK ANY MUSCLE SPASM AROUND MY SHOULDER TO STOP COMPLETELY NOW.

I ASK PAIN SIGNALS FROM MY SHOULDER STOP COMPLETELY NOW.
FUCH’S DYSTROPHY

Fuchs’ dystrophy (pronounced *fooks*-DIS-tre-fe), is a slowly progressing corneal dystrophy that usually affects both eyes and is slightly more common in women than in men.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK ANY INFLAMMATION, SWELLING (EDEMA) AND THICKENING IN MY CORNEAL ENDOTHELUM TO RESOLVE COMPLETELY NOW. I ASK ANY GUTTAE (DROPS) IN MY CORNEAL ENDOTHELUM TO RESOLVE COMPLETELY NOW.

I ASK ANY SCARRING OR SWELLING IN THE OUTER LAYER OF MY CORNEA TO RESOLVE COMPLETELY NOW.

I ASK COLLAGEN AND FLUID LEVELS TO REMAIN OPTIMAL IN MY CORNEA NOW.

I ASK ANY CORNEAL OPACITY TO RESOLVE COMPLETELY NOW AND FOR MY VISION TO RESTORE TO OPTIMAL LEVELS.

I ASK MY CORNEAL ENDOTHELIAL CELLS TO REPAIR COMPLETELY NOW AND FOR MY IMMUNE SYSTEM TO SUPPORT HEALING OF MY CORNEA AT ALL TIMES.

I ASK MY GENES TO FUNCTION OPTIMALLY AND TO SUPPORT OPTIMAL VISION FOR ME AT ALL TIMES.
Gangrene (or gangrenous necrosis) is a type of necrosis caused by a critically insufficient blood supply.

**HEALING: PLACE HANDS ON THE AFFECTED LIMB (ABOVE THE AREA OF GANGRENE).**

I ASK FOR OPTIMAL BLOOD FLOW TO MY LIMBS NOW. I ASK FOR OPTIMAL PRESSURE IN MY BLOOD VESSELS AND ANY SPASMS IN MY BLOOD VESSELS STOP NOW.

I ASK MY IMMUNE SYSTEM REMOVE ANY NARROWING, BLOCKAGE, INFECTION OR INFLAMMATION IN MY BLOOD VESSELS NOW, WITH EASE AND GENTLENESS.

I ASK MY IMMUNE SYSTEM PROTECT MY BLOOD VESSELS FROM COLD SENSITIVITY, INFECTION, NARROWING, BLOCKAGES AND TOXINS AT ALL TIMES.

I ASK MY IMMUNE SYSTEM REPAIR ANY DAMAGED CELLS IN MY MUSCLES, LIGAMENTS, SKIN AND TISSUES OF MY LIMB(S) NOW, WITH EASE AND GENTLENESS.

I ASK FOR OPTIMAL NUTRITION AND OXYGEN TO MY LIMBS NOW.

I ASK FOR OPTIMAL MUSCLE STRENGTH AND MOBILITY NOW.

I ASK FOR BALANCE IN MY GLUCOSE LEVELS AND METABOLISM NOW.
GASTROPARESIS

Gastroparesis, also called delayed gastric emptying, is a medical condition consisting of a paresis (partial paralysis) of the stomach, resulting in food remaining in the stomach for an abnormally long time. Normally, the stomach contracts to move food down into the small intestine for additional digestion.

HEALING: PLACE HANDS OVER THE SOLAR PLEXUS.

I ASK FOR OPTIMAL FUNCTIONING OF MY VAGUS NERVE NOW.

I ASK MY IMMUNE SYSTEM REPAIR ANY DAMAGE OR INFLAMMATION IN MY VAGUS NERVE AND AUTONOMIC NERVOUS SYSTEM NOW, WITH EASE AND GENTLENESS.

I ASK FOR OPTIMAL STRENGTH AND CONTRACTION OF MY STOMACH MUSCLES NOW.

I ASK FOR EASY MOVEMENT AND DIGESTION OF FOOD IN MY STOMACH NOW.

I ASK ANY NAUSEA, STOMACH SPASMS OR STOMACH PAIN STOP NOW.

I ASK FOR OPTIMAL LEVELS AND FUNCTIONING OF GASTRIC ACID NOW.

I ASK FOR OPTIMAL LEVELS OF SODIUM, AND CHLORIDE AND ZINC NOW. I ASK FOR OPTIMAL BLOOD FLOW TO MY STOMACH AT ALL TIMES.

I ASK FOR OPTIMAL BLOOD GLUCOSE LEVELS AT ALL TIMES.

I ASK FOR OPTIMAL ABSORPTION OF NUTRIENTS AT ALL TIMES.
GENERAL WELLNESS

HEALING: PLACE HANDS OVER SOLAR PLEXUS

I ASK TO BREATHE WITH EASE. I ASK MY LUNGS TO EXPAND FULLY AND WITH EASE. I ASK MY AIRWAYS AND LUNGS FUNCTION OPTIMALLY TO PROTECT ME FROM AIRBORNE ALLERGENS, INFECTIONS OR TOXINS AT ALL TIMES. I ASK FOR OPTIMAL OXYGEN LEVELS AT ALL TIMES AND MY LUNGS TO EXCRETE CARBON DIOXIDE WITH EASE.

I ASK MY IMMUNE SYSTEM WORK OPTIMALLY TO PROTECT ME FROM INFECTIONS, TOXINS OR ALLERGENS. I ASK MY IMMUNE SYSTEM FUNCTION OPTIMALLY TO ALLOW FOR OPTIMAL CELL GROWTH AND PROTECT MY CELLS FROM INJURY, INFLAMMATION, INFECTION OR ABNORMAL GROWTH OR FUNCTION. I ASK MY IMMUNE SYSTEM TO ALLOW MY BODY TO REMOVE METABOLITES, TOXINS AND INJURED CELLS WITH EASE AND GENTLENESS.

I ASK FOR OPTIMAL LEVELS AND FUNCTION OF NEUROTRANSMITTERS IN MY BRAIN NOW. I ASK FOR OPTIMAL FUNCTION OF MY AXONS, NEURONS AND SYNAPSES NOW. I ASK FOR OPTIMAL FUNCTION OF MY BRAIN NOW.

I ASK FOR OPTIMAL BLOOD CELLS TO CARRY OXYGEN AND NUTRIENTS. I ASK FOR OPTIMAL FUNCTION OF MY PLATELETS AND CLOTTING FACTORS TO STOP ANY BLEEDING. I ASK MY IMMUNE SYSTEM PROTECT ME AT ALL TIMES FROM BLEEDING AND BLOOD CLOTS FORMING. I ASK FOR OPTIMAL BLOOD PRESSURE AND OPTIMAL FUNCTION OF MY HEART AND BLOOD VESSELS NOW.
I ASK FOR OPTIMAL HORMONE AND ENZYME FUNCTION AND ADEQUATE LEVELS OF BOTH.

I ASK FOR OPTIMAL FUNCTION OF MY LIVER TO ALLOW FOR OPTIMAL METABOLISM, OPTIMAL REMOVAL OF TOXINS AND METABOLITES AND OPTIMAL GLUCOSE AND FAT METABOLISM NOW.

I ASK FOR OPTIMAL FUNCTION OF MY KIDNEYS NOW, TO ALLOW FOR OPTIMAL HYDRATION, ELECTROLYTE BALANCE AND PH BALANCE OF MY BODY NOW. I ASK MY KIDNEYS REMOVE TOXINS AND METABOLITES WITH EASE AND GENTLENESS NOW. I ASK MY BLADDER EMPTY COMPLETELY AND URINATION OCCUR WITH EASE AT ALL TIMES.

I ASK FOR OPTIMAL APPETITE AND NUTRITION NOW. I ASK DIGESTION OCCUR WITH EASE. I ASK MY STOMACH CONTENTS EMPTY WITH EASE INTO MY BOWEL. I ASK FOR OPTIMAL ABSORPTION OF NUTRITION, CARBOHYDRATES, PROTEIN, FATS, VITAMINS, AMINO-ACIDS AND MINERALS NOW. I ASK BOWEL MOVEMENTS STAY SOFT AND REGULAR.

I ASK FOR RESTFUL SLEEP AND OPTIMAL ENERGY AND STRENGTH AT ALL TIMES. I ASK FOR OPTIMAL CONCENTRATION, MEMORY, ATTENTION AND COGNITION NOW. I ASK FOR STABLE MOOD AND EMOTIONS NOW.

I ASK FOR OPTIMAL BALANCE AND MUSCLE STRENGTH AND COORDINATION NOW.

I ASK FOR OPTIMAL MOTIVATION TO ALLOW ME TO BE ACTIVE, EAT HEALTHY AND FOCUS ON HEALTH NOW.

**AFFIRMATION:** I AM IN PERFECT HEALTH AND ACCEPT MY RESPONSIBILITY TO MY OWN WELLNESS
GILBERT’S SYNDROME

Gilbert's syndrome is a genetic liver disorder. It produces elevated levels of unconjugated bilirubin in the bloodstream (hyperbilirubinemia).

HEALING: PLACE HANDS OVER UPPER RIGHT CORNER OF THE STOMACH.

I ASK FOR OPTIMAL LEVELS AND FUNCTION OF GLUCURONYLTRANSFERASE (GLU-KOO-ROW-KNEEL-TRANS-FE-RASE) ENZYME IN MY LIVER NOW.

I ASK MY GENES SUPPORT OPTIMAL FUNCTION OF MY LIVER ENZYMES, ESPECIALLY THOSE RESPONSIBLE FOR MY BILIRUBIN METABOLISM, NOW.

I ASK FOR OPTIMAL BREAK DOWN AND EXCRETION OF BILIRUBIN NOW.

I ASK FOR RESTFUL SLEEP AND OPTIMAL ENERGY AT ALL TIMES.

I ASK MY IMMUNE SYSTEM FUNCTION OPTIMALLY AT ALL TIMES.
GLAUCOMA

Glaucoma is a group of eye diseases which result in damage to the optic nerve and vision loss.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD (AT THE TEMPLES).

I ASK FOR OPTIMAL PRESSURE IN MY EYES NOW AND FOR MY EYES TO REMAIN PROTECTED AT ALL TIMES FROM INCREASED PRESSURE.

I ASK MY OPTIC NERVE REMAIN PROTECTED AT ALL TIMES. I ASK FOR OPTIMAL LEVELS AND FUNCTION OF MY NEURONS, AXONS, SYNAPSES, GLIAL SUPPORT CELLS AND NEUROTRANSMITTERS IN MY OPTIC NERVES NOW.

I ASK MY IMMUNE SYSTEM REPAIR ANY SCARRING IN MY OPTIC NERVE WITH EASE AND GENTLENESS, NOW.

I ASK FOR OPTIMAL VISION AT ALL TIMES.

I ASK FOR OPTIMAL FUNCTION AND GLAUCOMA PROTECTION FROM MY GENES NOW.

I ASK FOR OPTIMAL BLOOD FLOW TO MY EYES AND OPTIC NERVES NOW. I ASK FOR OPTIMAL BLOOD PRESSURE NOW.

I ASK FOR OPTIMAL PRODUCTION OF LIQUID AQUEOUS (AH-KEW-US) HUMOR, OPTIMAL FLOW THROUGH THE EYE AND OPTIMAL DRAINAGE OF THIS FLUID THROUGH THE TRABECULAR (TRA-BEH-QUE-LAR) NETWORK OF MY EYES NOW.

NEXT PAGE:
I ASK MY IMMUNE SYSTEM REMOVE ANY OBSTRUCTION IN MY TRABECULAR (TRA-BEH-QUE-LAR) NETWORK OF MY EYES NOW, AND TO PROTECT MY TRABECULAR NETWORK FROM OBSTRUCTION AT ALL TIMES.

I ASK THE ANGLE BETWEEN MY IRIS AND CORNEA REMAIN OPEN TO ALLOW FOR FREE FLOW OF AQUEOUS (AH-KEW-US) HUMOR IN MY EYES AT ALL TIMES.
GINGIVITIS (GUM DISEASE)

Gingivitis ("inflammation of the gum tissue") is a non-destructive periodontal disease. In the absence of treatment, or if not controlled, gingivitis can progress to periodontitis, where the inflammation results in tissue destruction and alveolar bone resorption, which can ultimately lead to tooth loss.

HEALING GINGIVITUS: PLACE HANDS ON EACH SIDE OF CHEEKS

*WITH ANY INFECTION, ALWAYS DO IMMUNE SYSTEM FIRST THEN USE THE HEALING STATEMENTS BELOW.

“I ASK MY IMMUNE SYSTEM TO RESPOND EFFECTIVELY TO BACTERIAL PLAQUES IN MY MOUTH AND GUMS AND TO REMOVE THESE BACTERIA AND PLAQUES COMPLETELY.

I ASK MY MUCOUS MEMBRANES AND SALIVA TO PROTECT MY GUMS FROM THE ACIDS AND TOXINS PRODUCED BY BACTERIA NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY GUMS AND TO STOP SWELLING AND BLEEDING NOW. I ASK FOR PAIN SIGNALS FROM MY GUMS AND TEETH TO SUBSIDE NOW. “
GRIEF

Grief is a multifaceted response to loss, particularly to the loss of someone or something that has died, to which a bond or affection was formed. Although conventionally focused on the emotional response to loss, it also has physical, cognitive, behavioral, social, and philosophical dimensions. While the terms are often used interchangeably, bereavement refers to the state of loss, and grief is the reaction to loss.

Grief is a natural response to loss. It is the emotional suffering one feels when something or someone the individual loves is taken away. Grief is also a reaction to any loss. The grief associated with death is familiar to most people, but individuals grieve in connection with a variety of losses throughout their lives, such as unemployment, ill health or the end of a relationship. Loss can be categorized as either physical or abstract, the physical loss being related to something that the individual can touch or measure, such as losing a spouse through death, while other types of loss are abstract, and relate to aspects of a person’s social interactions.

In Addition from Cindy Smith

GRIEF

Ask questions to bring awareness to the length of grief when working with clients. Grief is a natural process for us to mourn our loss and allowing ourselves to process and work through grief in a natural way to let go. I encourage clients to grieve and allow the process to take place. When grief becomes a pattern for a person and their model of their world is through the filter of grief for a longer period of time this is unhealthy for client in all areas of life. Therefore; important for client to acknowledge it is time to change patterns which may have been developed. In addition; grief can have several layers with several different emotions attached.

Immediate Grief and loss:
Focus on Immune System
Remember the Heart Chakra is connected to the Thymus Gland (responsible for directing many facets of the immune system)
Therefore; recommend work with Heart Chakra as assisting client with Immediate Grief.

**Anatomy of the Thymus**
The thymus is located in the upper anterior (front) part of your chest directly behind your sternum and between your lungs. The pinkish-gray organ has two thymic lobes. The thymus reaches its maximum weight (about 1 ounce) during puberty.

**Thymosin: The Hormone of the Thymus**
Thymosin stimulates the development of T cells. Throughout your childhood years, white blood cells called lymphocytes pass through the thymus, where they are transformed into T cells.

Once T cells have fully matured in the thymus, they migrate to the lymph nodes (groups of immune system cells) throughout the body, where they aid the immune system in fighting disease.

Though the thymus gland is only active until puberty, its double-duty function as an endocrine and lymphatic gland plays a significant role in your long-term health.
LONG TERM GRIEF

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD.

I ASK FOR RESILIENCE – TO MAINTAIN STABLE LEVELS OF PSYCHOLOGICAL AND PHYSICAL FUNCTIONING AT ALL TIMES.

I ASK FOR POSITIVE EMOTIONS AND EXPERIENCES IN MY LIFE NOW.

I ASK ANY SADNESS (OR GUILT, ANGER, BITTERNESS, SENSE OF WORTHLESSNESS) TO RESOLVE COMPLETELY NOW. I ASK MY MEMORIES TO BE POSITIVE AND LOVING.

I ASK FOR MY FEELINGS OF LOSS TO RESOLVE AND FOR ACCEPTANCE, CALM AND PEACE ASSOCIATED WITH MY LOSS.

I ASK HAPPINESS TO MANIFEST IN MY LIFE NOW. I ASK THE ABILITY TO ENJOY AND APPRECIATE LIFE TO MANIFEST NOW AND FOR ME TO HAVE A SENSE OF MEANING AND PURPOSE FOR MY LIFE NOW.

I ASK TO EXPERIENCE MY LESSONS WITH GENTLENESS AND EASE NOW.

I ASK TO BE SURROUNDED BY LOVE, TRUST AND SUPPORT NOW. I ASK FOR HUMOR AND JOY TO BE PART OF MY LIFE NOW. I ASK FOR A POSITIVE ATTITUDE, SELF CONTROL AND ACCEPTING RESPONSIBILITY FOR MYSELF.

I ASK TO FEEL SAFE, LOVED AND VALUED NOW.

I ASK FOR OPTIMAL CONCENTRATION, FOCUS AND COGNITIVE FUNCTIONING. NEXT PAGE
I ASK FOR BALANCE IN MY EMOTIONS NOW.

I ASK FOR BALANCE IN MY CORTISOL AND NEUROTRANSMITTER LEVELS NOW. I ASK FOR OPTIMAL FUNCTIONING OF MY IMMUNE SYSTEM NOW.

I ASK FOR RESTFUL SLEEP AT ALL TIMES NOW AND TO EASILY RELAX WHEN I WANT TO.

I ASK FOR OPTIMAL ENERGY LEVEL AND NUTRITION AT ALL TIMES NOW.

PS: ALSO DO ANXIETY/DEPRESSION/STRESS SECTIONS IF NEEDED
Immediate Grief

**Healing: Place Hands Over Heart Centre**

I accept healing on a cellular level to optimize function to my white blood cells (my fighter cells) to allow my fighter cells to remove abnormal cells or toxins.

I accept healing in balance with ease and gentleness for my immune system now. (Repeat above statement several times)

I ask for balance in my cortisol and neurotransmitter levels now. I ask for optimal functioning of my immune system now.

I ask for any unwanted negative emotions I am experiencing as I allow to process grief such as (guilt, anger, bitterness, sense of worthlessness and unforgiveness) to resolve completely now. I ask my memories to be positive and loving.

I ask for resilience – to maintain stable levels of psychological and physical functioning at all times.

I ask to feel safe, loved and valued now.

I ask for restful sleep at all times now and to easily relax when I want to.

I ask for optimal energy level and nutrition at all times now.

In addition: if guided state the endocrine system language
GROWTH HORMONE DEFICIENCY

Growth hormone deficiency (GHD) is a medical condition, caused by problems arising in the pituitary gland, in which the body does not produce enough growth hormone (GH). Growth hormone, also called somatotropin, is a polypeptide hormone which stimulates growth and cell reproduction.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD.

I ASK FOR OPTIMAL FUNCTION OF MY PITUITARY GLAND NOW, SPECIFICALLY FOR OPTIMAL GROWTH HORMONE PRODUCTION.

I ASK FOR OPTIMAL GENE FUNCTION, TO SUPPORT OPTIMAL FUNCTION OF MY PITUITARY GLAND NOW.

I ASK MY IMMUNE SYSTEM PROTECT MY PITUITARY GLAND AT ALL TIMES FROM INJURY AND INFLAMMATION.

I ASK MY IMMUNE SYSTEM REPAIR AND REMOVE ANY DAMAGE, INFLAMMATION OR TUMOURS OF MY PITUITARY GLAND NOW, WITH EASE AND GENTLENESS.

I ASK FOR OPTIMAL GLUCOSE LEVELS AND GLUCOSE METABOLISM NOW.

I ASK FOR OPTIMAL BODY MASS, BONE DENSITY, MUSCLE GROWTH AND STRENGTH, AND BONE GROWTH NOW.

I ASK FOR OPTIMAL MEMORY, CONCENTRATION, MOOD, STRENGTH AND STAMINA NOW.

I ASK FOR OPTIMAL METABOLISM, NUTRITION, BLOOD CIRCULATION, BLOOD PRESSURE AND OXYGENATION AT ALL TIMES.
GOUT

Gout is a medical condition usually characterized by recurrent attacks of acute inflammatory arthritis - a red, tender, hot, swollen joint.

HEALING GOUT: PLACE HANDS OVER KIDNEYS ON EACH SIDE – IN THE FLANKS BELOW THE RIB CAGE AND THEN OVER THE JOINT(S) INVOLVED.

“I ASK THE URIC ACID LEVELS IN MY BLOOD TO REDUCE TO NORMAL LEVELS NOW. I ASK MY KIDNEYS TO EXCRETE ANY EXCESS URIC ACID WITH EASE AND GENTLENESS NOW. I ASK ANY CRYSTALS IN MY JOINT(S) TO RESOLVE NOW. I ASK ANY STONES IN MY KIDNEYS TO DISSOLVE NOW AND THAT THEY PASS TO THE BLADDER PAINLESSLY AND EFFORTLESSLY.

I ASK MY KIDNEYS TO FUNCTION OPTIMALY TO EXCRETE URATE AT OPTIMAL LEVELS NOW, TO PREVENT EXCESS URIC ACID IN MY BLOODSTREAM.

I ASK MY DIGESTIVE SYSTEM TO ONLY TAKE UP ENOUGH PURINE TO SUPPORT MY OPTIMAL HEALTH AND ASK THAT ANY EXCESS PURINE BE EXCRETED WITH EASE AND GENTLENESS NOW. I ASK MY DIGESTIVE AND ENDOCRINE SYSTEMS TO SUPPORT A HEALTHY METABOLISM AND ALLOW MY BODY TO EXCRETE ANY EXCESS FATS, CHOLESTEROL AND SUGAR. I ASK MY PANCREAS TO SUPPORT HEALTHY INSULIN PRODUCTION AND FUNCTION.

I ASK MY GENES TO SUPPORT OPTIMAL URIC ACID METABOLISM NOW.

I ASK MY MOTIVATION AND ENERGY LEVELS TO REMAIN OPTIMAL NOW TO ALLOW ME TO PARTAKE IN A REGULAR EXERCISE PROGRAM.”
HEADACHE

Headache is the symptom of pain anywhere in the region of the head or neck. It occurs in migraines, tension-type headaches, and cluster headaches.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD OR REST THE HEAD IN YOUR HANDS.

I ASK THAT THE PAIN NEURONS IN MY BRAINSTEM, RELATED TO MY HEADACHE (S), QUIET THEIR IMPULSES BEING SENT TO MY BRAIN CORTEX. I ASK THE PAIN MATRIX IN MY BRAIN STOP RESPONDING TO THE PAIN ASSOCIATED WITH MY HEADACHES. I ASK FOR OPTIMAL FUNCTION OF THE NEURONS IN MY BRAIN AND THE PERIPHERAL NERVES OF MY HEAD AND NECK NOW. I ASK HYPEREXCITABILITY OF MY NEURONS STOP NOW. I ASK MY PAIN SUPRESSION SYSTEMS WORK OPTIMALLY NOW.

I ASK THE BLOOD VESSELS IN AND AROUND MY BRAIN STOP DILATING IN RESPONSE TO PAIN SIGNALS. I ASK THE NEUROTRANSMITTERS IN MY BRAIN, ESPECIALLY SEROTONIN AND NITRIC OXIDE, REMAIN AT OPTIMAL LEVELS FOR OPTIMAL FUNCTION OF MY BRAIN. I ASK INCREASED MUSCLE AND SKIN PAIN SENSITIVITY STOP NOW.

I ASK ANY TRACTION OR IRRITATION OF MY BRAIN MEMBRANES (MENINGES) AND BLOOD VESSELS STOP NOW. I ASK ANY SPASMS IN MY BLOOD VESSELS OF MY BRAIN STOP NOW.

I ASK FOR RESTFUL SLEEP AND OPTIMAL ENERGY AT ALL TIMES.

NEXT PAGE:
I ASK MY BODY TO STOP REACTING TO (………) NOW. (IF THE TRIGGER IS KNOWN, NAME IT) – IT CAN BE STRESS, HUNGER, FATIGUE, SMELLS, HORMONAL INFLUENCES, LIGHT, AIR PRESSURE CHANGES, EXERCISE, COUGH, ETC.

I ASK FOR OPTIMAL BLOOD FLOW, BLOOD PRESSURE, OXYGEN AND NUTRITION TO MY BRAIN NOW.

I ASK MY IMMUNE SYSTEM PROTECT MY BRAIN AND NEURONS AT ALL TIMES FROM INFECTION, INFLAMMATION OR TOXINS NOW.

AFFIRMATION: I AM IN COMPLETE RELIEF AND WELLNESS AS I ALLOW A RELAXED STATE WITHIN MY CENTRAL NERVOUS SYSTEM AND MUSCLES AND LIGAMENTS NOW.
HEARING LOSS

Hearing loss, also known as hearing impairment, is a partial or total inability to hear.

HEALING: CUP HANDS OVER EARS.

I ASK FOR OPTIMAL SENSITIVITY TO SOUND, ESPECIALLY SENSITIVITY TO SOUND IN THE SPEECH FREQUENCY, NOW.

I ASK FOR THE ABILITY TO HEAR SOUND WITH EASE NOW.

I ASK FOR OPTIMAL FUNCTIONING OF THE BONES IN MY MIDDLE EAR. I ASK MY IMMUNE SYSTEM TO REPAIR ANY DAMAGE OR SCARRING OF THESE BONES, WITH EASE AND GENTLENESS NOW.

I ASK MY HEARING TO ALWAYS REMAIN INTACT AND PROTECTED FROM THE EFFECTS OF NOISE.

I ASK ANY PAIN, PRESSURE OR RINGING IN MY EARS STOP NOW.

I ASK FOR OPTIMAL BALANCE AND EQUILIBRIUM NOW.

I ASK FOR OPTIMAL FUNCTION OF MY EUSTACHIAN (eu-sta-chian) TUBES NOW.

I ASK MY GENES PROTECT MY HEARING TO REMAIN OPTIMAL AT ALL TIMES.

I ASK MY IMMUNE SYSTEM TO PROTECT MY EARS AND HEARING FROM INFECTION, THE EFFECTS OF MEDICATIONS, TOXINS OR INFLAMMATION. NEXT PAGE
I ask for optimal blood flow to my ears at all times.

I ask for optimal function and vibration of my tympanic membranes and hair cells in my ears, now. I ask my immune system completely repair any damage to my tympanic membranes and hair cells with ease now.

I ask my auditory (au – dit – tory) nerves to function optimally and for the myelin (my- ee-lin) sheath to remain healthy and protected from infection, inflammation, scarring or injury now. I ask my immune system repair any scarring inflammation or injury to my auditory (au- dit- tory) nerves now.

I ask for healthy endolymph in my cochlea (coch-le-a) and for the endolymph to remain in place at all times. I ask for optimal cochlea function now. I ask my immune system to repair any injury, scarring or inflammation in my cochlea now.

I ask for optimal function of my brain stem, brain, and auditory cortex in my temporal lobes, to produce sound with ease now.

If tinnitus or hyperacusis (heightened sensitivity to certain volumes and frequencies of sound) are present, do those sections as well.
HEART FAILURE
Heart failure occurs when the heart is unable to pump sufficiently to maintain blood flow to meet the body's needs.

HEALING HEART FAILURE: PLACE HANDS OVER HEART
“I ASK MY HEART MUSCLE TO STRENGTHEN NOW TO PUMP ENOUGH BLOOD TO SUPPORT OPTIMAL FUNCTION AND BLOOD FLOW TO MY BODY. I ASK MY HEART MUSCLE TO ALLOW OPTIMAL FILLING OF MY HEART WITH BLOOD, DURING THE REST PHASE OF THE HEART'S CYCLE.

I ASK MY BLOOD VESSELS TO SUPPORT OPTIMAL BLOOD FLOW AND OXYGEN FLOW TO MY HEART MUSCLE NOW. I ASK MY LUNGS TO FUNCTION AT OPTIMAL LEVELS TO SUPPORT ADEQUATE OXYGEN SUPPLY TO MY HEART AND ORGANS.

I ASK MY HEART VALVES TO FUNCTION OPTIMALLY NOW TO SUPPORT NORMAL BLOOD FLOW THROUGH MY HEART. I ASK MY BLOOD PRESSURE TO BALANCE FOR OPTIMAL BLOOD FLOW AND FUNCTION NOW. I ASK MY PULSE RATE TO REMAIN REGULAR AND STABLE TO SUPPORT NORMAL FUNCTION OF MY HEART AND NORMAL BLOOD FLOW NOW.

I ASK MY MUSCLES TO SUPPORT OPTIMAL FUNCTION OF BLOOD FLOW IN MY LEGS. I ASK MY LYMPHATIC SYSTEM TO FUNCTION OPTIMALLY TO REMOVE ANY EXCESS FLUID FROM MY LUNGS AND LEGS NOW.

I ASK MY HORMONAL LEVELS, ESPECIALLY VASOPRESSION, RENIN, ANGIOTENSIN & ALDOSTERONE, TO NORMALIZE TO SUPPORT OPTIMAL FLUID LEVELS AND BLOOD FLOW. I ASK MY KIDNEYS TO FUNCTION AT OPTIMAL LEVELS TO STABILIZE FLUID AND SALT LEVELS NOW. I ASK THAT I STAY MOTIVATED AND HAVE ENOUGH STAMINA TO PARTAKE IN REGULAR EXERCISE.”
HEARTBURN (GERD)

Gastroesophageal reflux disease (GERD) is a chronic symptom of mucosal damage caused by stomach acid coming up from the stomach into the esophagus.

HEALING HEARTBURN: HANDS PLACED OVER UPPER PART OF STOMACH AND TO THE LEFT

“I ASK MY LOWER ESOPHAGEAL SPHINCTER TO FUNCTION OPTIMALITY TO PREVENT STOMACH ACID FROM ENTERING THE ESOPHAGUS NOW.

I ASK MY DIAPHRAGM TO STRENGTHEN AND FUNCTION OPTIMALITY TO SUPPORT MY ESOPHAGEAL SPHINCTER AND STOMACH NOW.

I ASK THE LINING OF MY ESOPHAGUS TO HEAL COMPLETELY AND FORM A PROTECTIVE BARRIER TO STOMACH ACID NOW. I ASK ANY NARROWING IN MY ESOPHAGUS TO RESOLVE COMPLETELY NOW.

I ASK GASTRIN PRODUCTION IN MY STOMACH TO NORMALIZE NOW AND ACID PRODUCTION TO NORMALIZE FOR MY OPTIMAL HEALTH NOW. “
HEMOCHROMATOSIS

Iron overload, also known as haemochromatosis, indicates accumulation of iron in the body from any cause.

HEALING: PLACE HANDS OVER THE SOLAR PLEXUS.

I ASK MY GENES TO SUPPORT BALANCE OF MY IRON LEVELS AT ALL TIMES NOW. I ASK FOR ANY ABNORMALITY IN MY CHROMOSOMES TO RESOLVE COMPLETELY NOW.

I ASK ANY SCARRING IN MY LIVER, HEART OR ENDOCRINE GLANDS TO RESOLVE COMPLETELY NOW.

I ASK MY LIVER, HEART, JOINTS AND ENDOCRINE GLANDS TO STOP STORING EXCESS IRON NOW. I ASK MY ORGAN SYSTEMS TO REMAIN PROTECTED FROM EXCESS IRON AT ALL TIMES.

I ASK MY DIGESTIVE SYSTEM TO STOP ABSORBING EXCESS IRON NOW.

I ASK MY LIVER, KIDNEYS, CIRCULATORY AND DIGESTIVE SYSTEM TO METABOLIZE AND EXCRETE EXCESS IRON NOW, WITH GENTLENESS AND EASE.

I ASK FOR COMPLETE BALANCE OF MY IRON AND FERRITIN LEVELS NOW.
HEMORRHOIDS

Hemorrhoids are vascular structures in the anal canal. In their normal state, they are cushions that help with stool control. They become pathological or piles when swollen or inflamed.

The signs and symptoms of hemorrhoids depend on the type present. Internal hemorrhoids usually present with painless rectal bleeding, while external hemorrhoids may produce few symptoms or if thrombosed significant pain and swelling in the area of the anus.

HEALING HEMORRHOIDS: PLACE HANDS OVER LOWER STOMACH

*CAN ALSO DO SECTION FOR BLOOD CLOTS

“I ASK MY DIGESTIVE SYSTEM TO ABSORP ADEQUATE FIBRE AND FLUID TO SUPPORT SOFT AND REGULAR BOWEL MOVEMENTS NOW.

I ASK ANY INCREASED PRESSURE IN MY ABDOMEN TO RESOLVE COMPLETELY NOW.

I ASK THE VALVES IN MY BLOOD VESSELS TO FUNCTION OPTIMALLY AND THE PRESSURE IN MY BLOOD VESSELS TO NORMALIZE NOW.

I ASK THE PRESSURE IN MY ANAL SPhINCTER TO FUNCTION OPTIMALLY TO SUPPORT NORMAL PRESSURE IN MY HEMORRHOIDAL PLEXUS AND TO SUPPORT NORMAL BOWEL MOVEMENTS AND CONTINENCE.

I ASK ANY PAIN OR IRRITATION ASSOCIATED WITH HEMORRHOIDS TO RESOLVE COMPLETELY NOW.

. NEXT PAGE
I ASK MY IMMUNE SYSTEM TO RESOLVE ANY INFLAMMATION IN MY HEMORRHOIDAL PLEXUS AND REMOVE ANY BLOOD CLOTS IN THIS SYSTEM WITH EASE AND GENTLENESS NOW."
HEPATITIS

Hepatitis is a medical condition defined by the inflammation of the liver and characterized by the presence of inflammatory cells in the tissue of the organ.

HEALING: PLACE HANDS OVER THE LIVER – RIGHT UPPER QUADRANT OF THE STOMACH, BELOW THE RIB CAGE.

I ASK ANY INFLAMMATION IN MY LIVER TO RESOLVE COMPLETELY NOW, WITH GENTLENESS AND EASE. I ASK MY LIVER TO REGENERATE LIVER CELLS AT OPTIMAL LEVELS NOW.

I ASK MY IMMUNE SYSTEM TO SUPPORT COMPLETE REMOVAL OF ANY SCARRING OR DAMAGED CELLS IN MY LIVER NOW.

I ASK MY IMMUNE SYSTEM TO COMPLETELY REMOVE ANY VIRUS IN MY LIVER AND BLOOD NOW, WITH GENTLENESS AND EASE.

I ASK MY LIVER TO FUNCTION OPTIMALLY AND TO PRODUCE LIVER ENZYMES AND BILE AT OPTIMAL LEVELS AT ALL TIMES NOW. I ASK MY LIVER CELLS TO REMAIN HEALTHY AND PROTECTED AT ALL TIMES FROM VIRUSES, INFECTION AND TOXINS.

I ASK MY LIVER TO STOP STORING EXCESS FAT AND IRON AND TO ALLOW FOR ANY EXCESS FAT AND IRON TO BE EXCRETED WITH GENTLENESS AND EASE NOW.

I ASK FOR OPTIMAL LEVELS OF CLOTTING FACTORS IN MY BLOOD NOW. I ASK FOR OPTIMAL LEVEL OF BLOOD CELLS AND FOR OPTIMAL BLOOD FLOW TO MY LIVER NOW.

NEXT PAGE
I ASK MY LIVER TO RETAIN ITS ABILITY TO METABOLIZE FOODS AND TOXINS OPTIMALLY AT ALL TIMES. I ASK MY CIRCULATORY AND LYMPATIC SYSTEMS TO COMPLETELY REMOVE ANY EXCESS FLUID IN MY STOMACH AND LEGS NOW, WITH GENTLENESS AND EASE.

I ASK MY BLOOD BRAIN BARRIER TO FUNCTION OPTIMALLY, TO PROTECT MY BRAIN AT ALL TIMES FROM ANY TOXINS.

I ASK MY CIRCULATORY SYSTEM, KIDNEYS AND DIGESTIVE SYSTEM TO FUNCTION OPTIMALLY AT ALL TIMES, TO SUPPORT COMPLETE REMOVAL OF TOXINS AND METABOLITES FROM MY BODY NOW.

I ASK MY DIGESTIVE SYSTEM TO SUPPORT OPTIMAL NUTRITION AND ABSORPTION OF VITAMINS NOW. I ASK FOR BALANCE OF MY SUGAR AND CHOLESTEROL LEVELS AT ALL TIMES.

I ASK FOR OPTIMAL STRENGTH, ENERGY LEVEL, RESTFUL SLEEP AND BALANCE IN MY APPETITE NOW.
HIDRADENITIS SUPPURATIVA

Hidradenitis suppurativa, also known as Acne Inversa, is a chronic skin disease characterized by clusters of abscesses or subcutaneous boil-like "infections" (oftentimes free of actual bacteria) that most commonly affects apocrine sweat gland bearing areas, such as the underarms, under the breasts, inner thighs, groin and buttocks. The disease is not contagious.

HEALING: PLACE HANDS ON THE SHOULDERS (IF CONDITION IS UNDER THE ARMS) OR CLOSE TO THE AREA THAT IS AFFECTED, BUT NOT ON THE AFFECTED AREA.

I ASK MY GENES TO SUPPORT NORMAL CELL STRUCTURE OF MY APOCRINE SWEAT GLANDS NOW.

I ASK MY IMMUNE SYSTEM TO SUPPORT NORMAL GROWTH AND FUNCTION OF MY APOCRINE SWEAT GLANDS NOW, AND FOR ANY AUTO-IMMUNE ACTIVITY AFFECTING MY SWEAT GLANDS ADVERSELY, TO STOP COMPLETELY NOW.

I ASK ANY BLOCKAGE IN MY APOCRINE SWEAT GLANDS AND HAIR FOLLICLES, RESOLVE COMPLETELY NOW. I ASK MY IMMUNE SYSTEM TO PROTECT ME AT ALL TIMES FROM BLOCKAGES FORMING IN MY SWEAT GLANDS OR HAIR FOLLICLES NOW.

I ASK MY IMMUNE SYSTEM RESOLVE ANY SWELLING, INFLAMMATION, ABSCESSES OR SINUS FORMATION IN MY SWEAT GLANDS AND HAIR FOLLICLES NOW.

. NEXT PAGE
I ASK TRIGGERS LIKE STRESS, SWEATING, HORMONAL
CHANGES, HEAT, HUMIDITY AND FRICTION FROM
CLOTHING, STOP CAUSING BLOCKAGES OR
INFLAMMATION IN MY SWEAT GLANDS NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT ME AT ALL
TIMES FROM BACTERIAL INFECTION OR DEEP TISSUE
INFECTION.

I ASK PAIN SIGNALS FROM THE INFLAMMATION STOP
COMPLETELY NOW.

I ASK MY IMMUNE SYSTEM TO RESOLVE SCARRING IN
THE AFFECTED AREA NOW, WITH EASE AND
GENTLENESS.

I ASK EXCESSIVE SWEATING STOP COMPLETELY NOW.

I ASK FOR COMPLETE BALANCE OF MY HORMONAL,
ESPECIALLY ANDROGEN LEVELS, NOW.
HIGH BLOOD PRESSURE / HYPERTENSION

Hypertension, also known as high blood pressure, is a chronic medical condition in which the blood pressure in the arteries is elevated. The systolic pressure occurs when the left ventricle is most contracted; the diastolic pressure occurs when the left ventricle is most relaxed prior to the next contraction.

HEALING HIGH BLOOD PRESSURE / HYPERTENSION: PLACE HANDS OVER HEART

“I ASK MY GENES TO SUPPORT A HEALTHY BLOOD PRESSURE NOW.

I ASK MY RESTING BLOOD PRESSURE TO RESTORE TO NORMAL LEVELS NOW. I ASK THE RESISTANCE IN MY BLOOD VESSELS IN RESPONSE TO BLOOD FLOW RESTORE TO NORMAL LEVELS NOW. I ASK THE ENDOTHELIAL LINING OF MY BLOOD VESSELS TO FUNCTION AT AN OPTIMAL LEVEL AND MY IMMUNE SYSTEM TO REPAIR ANY DEFECTS IN THIS LINING NOW. I ASK MY BLOOD PRESSURE TO ONLY INCREASE IN RESPONSE TO THE NORMAL FUNCTIONS AND NEEDS OF MY BODY. I ASK MY HEART FUNCTION TO REMAIN AT OPTIMAL LEVEL TO SUPPORT A NORMAL BLOOD PRESSURE AND BLOOD FLOW NOW. I ASK THE CHEMICAL FUNCTION OF MY KIDNEYS (the renin-angiotensin system) TO RESTORE TO OPTIMAL LEVELS NOW TO SUPPORT A NORMAL BLOOD PRESSURE.

I ASK MY BLOOD VESSELS, HEART, KIDNEYS, BRAIN, LUNGS AND RETINAS TO FUNCTION AT OPTIMAL LEVELS NOW AND MY BLOOD PRESSURE ONLY HAVE A HEALTHY EFFECT ON THESE ORGANS AT ALL TIMES. I ASK MY NERVOUS SYSTEM TO SUPPORT THE NORMAL FUNCTION OF MY ORGANS TO MAINTAIN A NORMAL BLOOD PRESSURE NOW.

NEXT PAGE
I ask my endocrine system to function at an optimal level to support a healthy blood pressure. I ask my hormone levels, especially aldosterone, cortisol and catecolamines to remain at optimal levels to support a normal blood pressure now.

I ask my digestive system to take up adequate nutrition to support a normal blood pressure now. I ask my digestive system to only take up enough salt for my optimal health and blood pressure. I ask my circulation and kidneys to function at optimal levels to remove any toxins and excess salt with gentleness and ease now.

I ask my motivation and energy to stay at optimal levels to allow me to exercise regularly to support a normal blood pressure now.”
HERNIA 2

A hernia is the exit of an organ, such as the bowel, through the wall of the cavity in which it normally resides. Hernias come in a number of different types. Most commonly they involve the abdomen, specifically the groin. Other hernias include hiatus, incisional, and umbilical hernias.

**HEALING: PLACE HANDS OVER THE STOMACH, CLOSE TO THE HERNIA.**

I ASK ANY TEARS IN MY ABDOMINAL WALL, FASCIA OR DIAPHRAGM TO HEAL COMPLETELY NOW.

I ASK FOR OPTIMAL STRENGTH IN MY ABDOMINAL WALL MUSCLES, DIAPHRAGM AND FASCIA AND FOR ANY WEAKNESS TO RESOLVE COMPLETELY NOW.

I ASK MY ABDOMINAL ORGANS AND BOWEL TO REMAIN IN POSITION AND FOR ANY PROTRUSION TO STOP COMPLETELY NOW.

I ASK FOR BALANCE IN PRESSURE IN MY ABDOMINAL CAVITY TO STOP PROTRUSION OF ORGANS NOW.

I ASK FOR OPTIMAL BLOOD FLOW AND NUTRITION TO MY ABDOMINAL MUSCLES, DIAPHRAGM AND FASCIA NOW.

I ASK ANY INFLAMMATION OR SWELLING IN MY BOWEL AND ORGANS TO RESOLVE COMPLETELY NOW.
HIGH CHOLESTEROL

HEALING HIGH CHOLESTEROL: PLACE HANDS OVER THE LIVER (UPPER RIGHT CORNER OF THE STOMACH)

“I ASK MY BODY TO STOP RESPONDING TO ANY GENETIC INFLUENCE THAT WILL INCREASE MY RISK OF HIGH CHOLESTEROL. I ASK MY GENES TO SUPPORT ME BEING IN PERFECT HEALTH NOW.

I ASK MY DIGESTIVE SYSTEM TO ONLY TAKE IN ENOUGH CHOLESTEROL AND FATS TO SUPPORT MY OPTIMAL HEALTH NOW. I ASK ANY EXCESS FATS AND CHOLESTEROL BE EXCRETED WITH GENTLENESS AND EASE. I ASK MY BLOOD VESSELS AND HEART TO FUNCTION AT AN OPTIMAL LEVEL NOW AND FOR THE CHOLESTEROL AND FATS IN MY BODY TO SUPPORT NORMAL FUNCTION OF MY VASCULAR SYSTEM. I ASK MY DIGESTIVE SYSTEM TO ONLY TAKE IN ENOUGH SUGAR TO SUPPORT MY OPTIMAL HEALTH NOW. I ASK THE EXCESS SUGAR BE EXCRETED WITH GENTLENESS AND EASE NOW.

I ASK MY DIGESTIVE SYSTEM, PANCREAS AND LIVER TO PRODUCE ENOUGH ENZYMES TO SUPPORT MY METABOLISM OF LIPIDS AT AN OPTIMAL LEVEL NOW. I ASK MY LIVER TO STOP STORING EXCESS FAT NOW.

I ASK MY KIDNEYS TO FUNCTION AT AN OPTIMAL LEVEL TO HELP MY BODY EXCRETE ANY TOXINS AND FATS WITH GENTLENESS AND EASE.

I ASK FOR OPTIMAL ENERGY LEVELS AND MOTIVATION TO HAVE A REGULAR EXERCISE PROGRAM TO ALLOW MY BODY TO PRODUCE OPTIMAL LEVELS OF HDL CHOLESTEROL.”
HYPERACUSIS 2

Hyperacusis is a health condition characterized by an increased sensitivity to certain frequency and volume ranges of sound (a collapsed tolerance to usual environmental sound). A person with severe hyperacusis has difficulty tolerating everyday sounds, some of which may seem unpleasantly or painfully loud to that person but not to others.

IF TINNITUS IS PRESENT, ALSO DO THAT SECTION.

HEALING: PLACE HANDS ON EAR/EARS

I ASK FOR HEALING OF THE NERVE FIBRES IN MY BRAIN, WHICH REGULATE HEARING.

I ASK FOR HEARING PROCESSING IN MY BRAIN TO OCCUR AT OPTIMAL LEVELS AND FOR MY BRAIN TO AMPLIFY SOUND ONLY WHEN NEEDED FOR NORMAL HEARING.

I ASK FOR OPTIMAL FUNCTION OF THE MUSCLES IN MY MIDDLE EAR NOW.

I ASK MY MIDDLE EAR AND NERVE FIBRES (WHICH REGULATE HEARING) AND MY BRAIN’S SENSORY PROCESSING TO STOP AMPLIFYING SOUND DURING SPEECH AT ALL TIMES NOW.

I ASK MY EAR TO STOP REVERBERATION DURING SPEECH, HUMMING AND SINGING AT ALL TIMES NOW.

I ASK MY BRAIN’S SENSORY PROCESSING TO QUIET LOUD NOISE OR SOUND TO COMFORTABLE LEVELS FOR ME NOW.

NEXT PAGE
I ASK SOUND ONLY TO BE PRODUCED BY EXTERNAL SOURCE OR STIMULI AND ANY SOUND PRODUCTION FROM VIBRATION OF MY INNER EAR BONES OR LOOSE PARTICLES IN MY EAR STOP COMPLETELY NOW. I ASK SPEECH, HUMMING, SINGING OR SWALLOWING STOP AMPLIFYING SOUNDS AND STOP CAUSING REVERBERATIONS. I ASK SOUND TO HAPPEN AT A COMFORTABLE AND AUDIBLE LEVEL NOW.

I ASK MY IMMUNE SYSTEM RESOLVE ANY INFLAMMATION OR SCARRING IN MY EAR COMPLETELY NOW.

I ASK MY IMMUNE SYSTEM COMPLETELY PROTECT MY INNER EAR, COCHLEA AND NERVE FIBRES AT ALL TIMES FROM INJURY AND INFLAMMATION.

I ASK MY VISION REMAIN INTACT AT ALL TIMES.

I ASK ANY EYE PAIN, EAR PAIN OR HEADACHE ASSOCIATED WITH SOUND AND REVERBERATIONS STOP COMPLETELY NOW.

I ASK FOR PERFECT BALANCE OF INNER EAR PRESSURE AT ALL TIMES.

I ASK FOR OPTIMAL FUNCTION AND PRESSURE OF MY EUSTACHIAN TUBES AT ALL TIMES.

I ASK FOR OPTIMAL FUNCTION OF MY COCHLEA AT ALL TIMES.

I ASK ITCHINESS IN MY EARS STOP COMPLETELY NOW.
HYPERHYDROSIS

Hyperhidrosis is a condition characterized by abnormally increased sweating, in excess of that required for regulation of body temperature.

HEALING: PLACE HANDS OVER THE SOLAR PLEXUS.

I ASK FOR OPTIMAL FUNCTIONING OF MY SWEAT GLANDS NOW. I ASK SWEATING TO HAPPEN ONLY AS A NORMAL PHYSIOLOGICAL RESPONSE.

I ASK FOR OPTIMAL HORMONAL LEVELS AND OPTIMAL FUNCTION OF MY THYROID AND PITUITARY GLANDS NOW.

I ASK FOR OPTIMAL FUNCTION OF MY NERVOUS SYSTEM NOW.

I ASK MY GENES SUPPORT NORMAL PHYSIOLOGICAL SWEATING AT ALL TIMES.

I ASK MY IMMUNE SYSTEM PROTECT MY BODY AND SWEAT GLANDS FROM THE EFFECTS OF TOXINS AT ALL TIMES.

I ASK FOR OPTIMAL ENERGY, PEACE AND CALMNESS AND MY EMOTIONS STOP AFFECTING MY SWEAT GLANDS NOW.
**HYPER AND HYPO - THYROID DISEASE**

**Hypothyroidism** often called underactive thyroid is a common endocrine disorder in which the thyroid gland does not produce enough thyroid hormone. Worldwide, too little iodine in the diet is the most common cause of hypothyroidism. In countries with enough dietary iodine, the most common cause of hypothyroidism is the autoimmune condition Hashimoto's thyroiditis.

![Signs and symptoms of Hypothyroidism](image)

**Psychological**
- Poor memory and concentration
- Poor hearing

**Pharynx**
- Hoarseness

**Heart**
- Slow pulse rate
- Pericardial effusion

**Muscular**
- Delayed reflex relaxation

**Extremities**
- Coldness
- Carpal tunnel syndrome

**General**
- Fatigue
- Feeling cold
- Weight gain with poor appetite

**Lungs**
- Shortness of breath
- Pleural effusion

**Skin**
- Paresthesia
- Myxedema

**Intestines**
- Constipation
- Ascites

**Reproductive system**
- Menorrhagia
HYPERTHYROIDISM

Hyperthyroidism, also known as overactive thyroid, is the condition that occurs due to excessive production of thyroid hormone by the thyroid gland.

HEALING: PLACE ONE HAND GENTLY ON THE FRONT OF THE THROAT AND THE OTHER ON THE NECK IN THE BACK (IF CLIENT IS UNCOMFORTABLE WITH THE HAND ON THE THROAT, PLACE IT ON THE UPPER CHEST).

I ASK MY THYROID TO PRODUCE ONLY ENOUGH THYROID HORMONE FOR HEALTHY AND BALANCED FUNCTION FOR ME NOW.

I ASK FOR BALANCED IODINE METABOLISM AT ALL TIMES.

I ASK ANY INFLAMMATION, NODULES OR SWELLING IN MY THYROID RESOLVE WITH EASE AND GENTleness NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY THYROID AT ALL TIMES FROM THE EFFECTS OF AUTO-ANTIBODIES AND FOR MY BODY TO STOP PRODUCING AUTO-ANTIBODIES NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY THYROID AT ALL TIMES FROM TOXINS OR INFECTIONS.

I ASK FOR OPTIMAL FUNCTION OF MY THALAMUS, HYPOTHALAMUS AND PITUITARY GLANDS NOW.

I ASK FOR OPTIMAL ENERGY, MUSCLE STRENGTH, TEMPERATURE REGULATION, METABOLISM AND WEIGHT NOW.

I ASK FOR OPTIMAL CIRCULATION, PULSE RATE AND HEART FUNCTION NOW.

NEXT PAGE
I ASK FOR OPTIMAL VISION AND FUNCTION OF MY EYE MUSCLES NOW. I ASK ANY SWELLING IN MY EYE MUSCLES STOP NOW.

I ASK FOR HEALTHY HAIR AND SKIN NOW.

I ASK FOR REGULAR, SOFT BOWEL MOVEMENTS NOW.

I ASK FOR STABLE MOOD, RESTFULL SLEEP AND OPTIMAL COGNITIVE FUNCTION AT ALL TIMES.
HYPOTHYROIDISM

Hypothyroidism, also called underactive thyroid or low thyroid, is a common disorder of the endocrine system in which the thyroid gland does not produce enough thyroid hormone.

HEALING: PLACE ONE HAND GENTLY ON THE FRONT OF THE THROAT AND THE OTHER ON THE NECK IN THE BACK (IF CLIENT IS UNCOMFORTABLE WITH THE HAND ON THE THROAT, PLACE IT ON THE UPPER CHEST).

I ASK FOR MY THYROID TO STRENGTHEN AND INCREASE THYROID HORMONE PRODUCTION TO OPTIMAL AND HEALTHY LEVELS FOR ME NOW.

I ASK FOR OPTIMAL ABSORPTION AND METABOLISM OF IODINE NOW.

I ASK FOR OPTIMAL FUNCTION OF MY THALAMUS, HYPOTHALAMUS AND PITUITARY GLANDS NOW.

I ASK ANY SWELLING OR INFLAMMATION IN MY THYROID RESOLVE WITH EASE AND GENTLENESS NOW.

I ASK MY IMMUNE SYSTEM PROTECT ME AT ALL TIMES FROM THE EFFECTS OF AUTO-ANTIBODIES AND STOP PRODUCING THESE ANTIBODIES NOW. I ASK MY IMMUNE SYSTEM TO PROTECT MY THYROID AT ALL TIMES FROM TOXINS OR INFECTION.

I ASK MY THYROID HORMONE TO SUPPORT OPTIMAL METABOLISM, WEIGHT AND TEMPERATURE REGULATION FOR ME AT ALL TIMES.

I ASK FOR OPTIMAL ENERGY LEVELS, OPTIMAL MEMORY AND CONCENTRATION, STABLE MOOD, HEALTHY LEVELS OF NEUROTRANSMITTERS IN MY BRAIN AND OPTIMAL VISION NOW.

NEXT PAGE
I ASK FOR HEALTHY SKIN AND HAIR GROWTH AND OPTIMAL MUSCLE STRENGTH, NOW.

I ASK FOR REGULAR, SOFT BOWEL MOVEMENTS NOW.

I ASK FOR OPTIMAL CIRCULATION AT ALL TIMES AND ANY SWELLING OR EDEMA STOP NOW.
HYPOGLYCEMIA (LOW BLOOD SUGAR)

Hypoglycemia, also known as low blood sugar or low blood glucose, is when blood sugar decreases to below normal.

HEALING: PLACE HANDS OVER THE SOLAR PLEXUS

I ASK FOR COMPLETE BALANCE IN MY GLUCOSE METABOLISM NOW AND FOR OPTIMAL LEVELS OF GLUCOSE AT ALL TIMES.

I ASK FOR OPTIMAL LEVEL OF GLUCOSE IN MY BRAIN NOW. I ASK FOR OPTIMAL CIRCULATION AND OXYGEN FLOW TO MY BRAIN AT ALL TIMES.

I ASK MY PANCREAS TO PRODUCE ADEQUATE AMOUNT OF INSULIN. I ASK FOR OPTIMAL FUNCTION OF MY INSULIN NOW TO HELP ME METABOLIZE GLUCOSE FOR MY OPTIMAL HEALTH.

I ASK ANY EXCESS INSULIN TO BE EXCRETED WITH GENTLENESS AND EASE.

I ASK FOR OPTIMAL LEVEL AND FUNCTION OF ADRENALINE AND GLUCAGON NOW, TO KEEP MY SUGAR LEVELS HEALTHY FOR MY BODY NOW AND AT ALL TIMES.

I ASK MY DIGESTIVE SYSTEM TO SUPPORT OPTIMAL NUTRITION FOR ME AND FOR BALANCE IN UPTAKE OF CARBOHYDRATES AND GLUCOSE NOW.

I ASK MY BODY STORE ENOUGH GLUCOSE FOR OPTIMAL FUNCTION AND ANY EXCESS GLUCOSE TO BE EXCRETED WITH GENTLENESS AND EASE.

NEXT PAGE
I ASK MY CIRCULATORY SYSTEM TO SUPPORT OPTIMAL SUPPLY OF GLUCOSE TO MY BRAIN AND ORGANS AT ALL TIMES.

I ASK FOR RESTFUL SLEEP AT ALL TIMES AND FOR OPTIMAL ENERGY LEVEL.

I ASK TO REMAIN MOTIVATED TO DO REGULAR EXERCISE.
HYPOPLASTIC LEFT HEART SYNDROME

Hypoplastic left heart syndrome (HLHS) is a rare congenital heart defect in which the left heart is severely underdeveloped, characterized by underdevelopment of the left heart with significant hypoplasia of the left ventricle including atresia, stenosis, or hypoplasia of the aortic or mitral valve, or both valves, and hypoplasia of the ascending aorta and aortic arch.

Congenital heart defect (CHD), also known as a congenital heart anomaly or congenital heart disease, is a problem in the structure of the heart that is present at birth.

HEALING: PLACE HANDS OVER THE HEART. THESE CONDITIONS ARE PRESENT IN BABIES, SO JUST SAY THE LANGUAGE OUT LOUD AND ALLOW ARCHANGEL RAPHAEL TO DO THE WORK.

I ASK FOR OPTIMAL FUNCTION OF MY GENES AND FOR MY GENES TO ALLOW FOR HEALTHY HEART AND HEART VALVE FUNCTION NOW.

I ASK MY IMMUNE SYSTEM TO REPAIR MY HEART TISSUE (VENTRICLE) AND HEART VALVES NOW, WITH GENTLENESS AND EASE.

I ASK MY HEART TO PUMP BLOOD WITH EASE, AND FOR OPTIMAL FUNCTION OF MY HEART VALVES. I ASK FOR OPTIMAL FUNCTION OF MY HEART’S ELECTRICAL SYSTEM NOW.

I ASK FOR OPTIMAL BLOOD PRESSURE IN MY LUNG’S BLOOD VESSELS NOW, AND TO ALLOW MY BLOOD TO TAKE UP ADEQUATE OXYGEN AND TO FLOW THIS OXYGEN RICH BLOOD WITH EASE TO MY HEART.

NEXT PAGE:
I ASK MY CIRCULATORY SYSTEM SUPPORT HEALTHY BLOOD FLOW NOW, TO ALLOW FOR ADEQUATE OXYGEN AND NUTRITION TO MY BODY AND BRAIN NOW.

I ASK MY IMMUNE SYSTEM PROTECT ME FROM INFECTION AT ALL TIMES.

I ASK MY BREATHING TO OCCUR WITH EASE NOW AND AT ALL TIMES.

I ASK FOR OPTIMAL ENERGY, OPTIMAL MUSCLE STRENGTH, APPETITE, FEEDING AND GROWTH NOW.
IMMUNOSUPPRESSION

Immunosuppressive drugs or immunosuppressive agents or antirejection medications are drugs that inhibit or prevent activity of the immune system. They are used in immunosuppressive therapy to:

- Prevent the rejection of transplanted organs and tissues (e.g., bone marrow, heart, kidney, liver)
- Treat autoimmune diseases or diseases that are most likely of autoimmune origin (e.g., rheumatoid arthritis, multiple sclerosis, myasthenia gravis, vitiligo, systemic lupus erythematosus, sarcoidosis, focal segmental glomerulosclerosis, Crohn's disease, Bechet's Disease, pemphigus, and ulcerative colitis).
- Treat some other non-autoimmune inflammatory diseases (e.g., long term allergic asthma control).

A common side-effect of many immunosuppressive drugs is immunodeficiency, because the majority of them act non-selectively, resulting in increased susceptibility to infections and decreased cancer immunosurveillance.

HEALING: PLACE HANDS ON THE SOLAR PLEXUS.

I ASK FOR OPTIMAL FUNCTION OF MY IMMUNE SYSTEM NOW. I ASK MY IMMUNE SYSTEM TO PROTECT ME FROM INFECTION AND INFLAMMATION AT ALL TIMES, AND TO RECOGNIZE TOXINS, BACTERIA AND VIRUSES IMMEDIATELY AND REMOVE THEM FROM MY BODY EFFECTIVELY, WITH GENTLENSS AND EASE.
I ASK MY IMMUNE SYSTEM TO RECOGNIZE MY NEW ORGANS AS A COMPLETE PART OF MY BODY, MY GENES, MY CELLS AND MY ENERGY. I ASK MY IMMUNE SYSTEM TO PROTECT THESE ORGANS AS MY VERY OWN AND TO ALLOW THESE ORGANS TO FUNCTION AT THEIR OPTIMAL ABILITY FOR MY PERFECT HEALTH.

I ASK MY IMMUNE SYSTEM TO ALLOW FOR HEALTHY CELL GROWTH, ENZYME FUNCTION AND HEALTHY FUNCTION OF MY IMMUNE RESPONSE WHEN NEEDED FROM MY FIGHTER CELLS AND OTHER PROTECTIVE CELLS IN MY BODY. I ASK THIS IMMUNE RESPONSE TO ONLY HAPPEN FOR MY OPTIMAL HEALTH AND PROTECTION NOW.

I ASK MY IMMUNE SYSTEM TO REPAIR DAMAGED TISSUES AND CELLS SWIFTLY AND COMPLETELY, AND MY FIGHTER CELLS PROTECT MY ORGANS, TISSUES AND CELLS AT ALL TIMES FROM INFECTION, TOXINS OR ABNORMAL CELL GROWTH. I ASK MY CELLS TO REMAIN RECEPTIVE TO HEALTHY FUNCTION OF MY IMMUNE SYSTEM NOW. I ASK MY IMMUNE SYSTEM TO ALWAYS RECOGNIZE HEALTHY CELLS AND TISSUES AND STOP AUTO-IMMUNE ACTIVITY TOWARDS HEALTHY CELLS AND TISSUE NOW.

I ASK FOR OPTIMAL BLOOD PRESSURE, GLUCOSE LEVELS AND LIPID LEVELS NOW.

I ASK FOR OPTIMAL FUNCTION OF MY LIVER AND KIDNEYS NOW.

I ASK BONE MARROW PRODUCE OPTIMAL LEVELS OF BLOOD CELLS AND FOR THESE BLOOD CELLS TO FUNCTION OPTIMALY AT ALL TIMES.

I ASK FOR RESTFUL SLEEP, OPTIMAL ENERGY LEVELS AND OPTIMAL NUTRITION NOW.
INFECTION - GENERAL LANGUAGE FOR ALL INFECTION

Infection is the invasion of an organism's body tissues by disease-causing agents, their multiplication, and the reaction of host tissues to these organisms and the toxins they produce. Infectious disease is illness resulting from an infection.

HEALING: PLACE HANDS ON SOLAR PLEXUS

I ASK MY IMMUNE SYSTEM TO FUNCTION OPTIMALLY AT ALL TIMES TO PROTECT ME FROM INFECTION.

I ASK MY DEFENSE MECHANISMS IN MY AIRWAYS, MUCOUS MEMBRANES, DIGESTIVE TRACT AND SKIN TO FUNCTION OPTIMALLY TO PROTECT ME FROM INFECTION AT ALL TIMES.

I ASK FOR OPTIMAL LEVELS OF ENZYMES IN MY SALIVA, TEARS, SKIN, DIGESTIVE TRACT AND LUNGS, TO REMOVE PATHOGENS IMMEDIATELY.

I ASK FOR OPTIMAL LEVEL AND FUNCTION OF MY WHITE BLOOD CELLS TO PROTECT MY CELLS FROM INFECTION AND TO REMOVE PATHOGENS AT ALL TIMES.

I ASK MY IMMUNE SYSTEM RECOGNIZE PATHOGENS IMMEDIATELY AND REMOVE THEM COMPLETELY FROM MY BODY, WITH GENTLENESS AND EASE.

I ASK MY CELL MEMBRANES STAY PROTECTED AT ALL TIMES FROM THE EFFECTS OF PATHOGENS AND THEIR TOXINS.

I ASK MY IMMUNE SYSTEM TO PRODUCE ANTIBODIES IN OPTIMAL NUMBERS AGAINST PATHOGENS IN MY BODY.

NEXT PAGE
I ASK ANY PATHOGENS IN MY BODY TO BECOME RECEPTIVE TO ANTIBODIES AND FIGHTER CELLS TO ALLOW COMPLETE REMOVAL OF THE PATHOGENS.

I ASK MY GENES TO ALLOW MY IMMUNE SYSTEM TO FUNCTION OPTIMALLY TO REMOVE PATHOGENS COMPLETELY FROM MY BODY.

I ASK FOR RESTFUL SLEEP AT ALL TIMES.

I ASK FOR OPTIMAL NUTRITION AND ENERGY, TO ALLOW FOR OPTIMAL FUNCTION OF MY BODY SYSTEMS, ESPECIALLY MY IMMUNE SYSTEM.
INFERTILITY

Infertility is the inability of a person to reproduce by natural means.

In humans, infertility may describe a woman who is unable to conceive as well as being unable to carry a pregnancy to full term.

The World Health Organization defines infertility as follows:

“Infertility is “a disease of the reproductive system defined by the failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse (and there is no other reason, such as breastfeeding or postpartum amenorrhoea). Primary infertility is infertility in a couple who have never had a child. Secondary infertility is failure to conceive following a previous pregnancy.”

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN

I HAVE PUT IN BRACKETS THE LANGUAGE TO USE FOR MEN

I ASK MY IMMUNE SYSTEM FUNCTION OPTIMALLY TO REMOVE ANY PATHOGENS AND TOXINS FROM MY GENITAL SYSTEM WITH GENTLENESS AND EASE. I ASK MY IMMUNE SYSTEM TO PROTECT MY OVARIIES (OR TESTES AND SPERM IN MEN) FROM THE EFFECTS OF TOXINS AT ALL TIMES.

I ASK FOR MY DNA TO REPAIR IN ALL THE CELLS OF MY OVARIIES (OR TESTES) WITH GENTLENESS AND EASE NOW.

NEXT PAGE
I ASK FOR OPTIMAL FUNCTION OF MY THALAMUS, HYPOTHALAMUS AND PITUITARY GLAND TO PRODUCE HORMONES IN OPTIMAL LEVELS, TO SUPPORT OPTIMAL FUNCTION OF MY OVARIES AND TO ALLOW FOR OVULATION TO HAPPEN WITH GENTLENESS AND EASE. (OR IF MALE: TO SUPPORT OPTIMAL FUNCTION OF MY TESTES AND TO ALLOW FOR SPERM PRODUCTION TO BE HEALTHY AND OPTIMAL).

I ASK FOR OPTIMAL FUNCTION OF MY THYROID, ADRENAL GLANDS AND GLUCOSE METABOLISM. I ASK FOR MY HORMONAL LEVELS AND PROLACTIN LEVEL TO REMAIN OPTIMAL AND BALANCED AT ALL TIMES NOW.

I ASK FOR MY FALLOPIAN TUBES (OR SPERMATIC CORDS IN MEN) TO REMAIN OPEN AT ALL TIMES, TO ALLOW FOR OVA (OR SPERM) TO MOVE FREELY AND EASILY AT ALL TIMES. I ASK FOR ANY SCARRING OR NARROWING TO RESOLVE COMPLETELY NOW, WITH GENTLENESS AND EASE.

I ASK THE FOLLICLES IN MY OVARIES TO MATURE TO ALLOW FOR OVULATION TO HAPPEN WITH EASE. I ASK FOR MY EGGS TO BE RECEPTIVE TO SPERM AND TO FERTILIZE WITH EASE. I ASK MY MUCOUS MEMBRANES OF MY VAGINA AND CERVIX TO SUPPORT THE EASY MOVEMENT OF SPERM TO ALLOW FOR EASY FERTILIZATION OF MY OVA.

I ASK FOR ANY INFLAMMATION IN THE LINING OF MY UTERUS (ENDOMETRIUM) TO RESOLVE COMPLETELY NOW. I ASK FOR EASY IMPLANTATION OF THE EGG IN THE LINING OF MY UTERUS.

CONTINUED ON NEXT PAGE
(IN MEN – I ASK FOR MY TESTES TO FUNCTION OPTIMALLY, TO ALLOW FOR OPTIMAL AMOUNT AND Viable SPERM TO FORM. I ASK FOR OPTIMAL QUALITY AND MOTILITY OF THE SPERM).

I ASK MY OVARIIES TO BE REPONSIVE TO ANY HORMONES I MAY TAKE, FOR OVULATION TO HAPPEN WITH EASE AND FOR HEALTHY EGGS TO FORM.

IF IVF (IN VITRO FERTILIZATION): I ASK FOR EASY FERTILIZATION OF MY EGGS. I ASK FOR EASY IMPLANTATION. I ASK MY UTERUS AND ENDOMETRIUM TO ALLOW FOR EASY AND HEALTHY GROWTH OF THE FERTILIZED EGG.

I ASK FOR BALANCE IN MY ENERGY LEVEL AND FOR OPTIMAL NUTRITION FOR ALLOW FOR OPTIMAL FERTILITY AT ALL TIMES.

I ASK FOR OPITMAL LEVELS OF NEUROTRANSMITTERS IN MY BRAIN, TO ALLOW FOR BALANCE IN MY EMOTIONS AND COGNITIVE FUNCTIONING.

I ASK FOR PEACE AND CALM WHILE ALLOWING FOR CHANGE AND HEALING TO HAPPEN WITH GENTLENESS AND EASE.
IDIOPATHIC TOE WALKING

Toe walking refers to a condition where a person walks on their toes without putting much weight on the heel or any other part of the foot. Toe walking in toddlers is common.

HEALING: PLACE HANDS OVER THE ANKLES

I ASK FOR OPTIMAL LENGTH, STRENGTH AND FUNCTION OF MY LEG MUSCLES AND ACHILLES TENDON NOW.

I ASK FOR OPTIMAL MOVEMENTS FOR MY ANKLE NOW, TO ALLOW FOR A NORMAL GAIT.

I ASK MY ANKLE JOINT TO SUPPORT SMOOTH MOVEMENTS AT ALL TIMES.

I ASK MY IMMUNE SYSTEM TO REMOVE ANY INFLAMMATION IN MY LIGAMENTS, MUSCLES AND BONES IN MY ANKLE AND FOOT, WITH EASE AND GENTLENESS NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY FOOT AND ANKLE AT ALL TIMES FROM INFLAMMATION.

I ASK FOR OPTIMAL FUNCTION OF MY NERVOUS SYSTEM AND SPINAL CORD, TO ALLOW FOR NORMAL FUNCTION OF MY LEG MUSCLES, ANKLE JOINT AND ACHILLES TENDON, TO ALLOW FOR A NORMAL GAIT NOW.

I ASK FOR OPTIMAL CIRCULATION TO AND FROM MY LEG MUSCLES, ANKLE JOINT AND ACHILLES TENDON NOW.
INTERSTITIAL CYSTITIS

Interstitial cystitis is a chronic inflammatory condition of the submucosal and muscular layers of the bladder. The cause is currently unknown.

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN

I ASK PELVIC PAIN TO STOP COMPLETELY NOW. I ASK MY PAIN CENTER IN MY BRAIN TO STOP ACCEPTING PAIN SIGNALS FROM MY BLADDER NOW.

I ASK THAT MY NERVE FIBRES BECOME LESS SENSITIVE TO BLADDER PAIN. I ASK ANY EXCESS NERVE FIBRES AROUND MY BLADDER TO RESOLVE COMPLETELY NOW.

I ASK MY BLADDER LINING TO REPAIR COMPLETELY NOW AND FOR MY IMMUNE SYSTEM TO RESOLVE ANY INFLAMMATION NOW, WITH GENTLENESS AND EASE.

I ASK THE LINING OF MY BLADDER TO BE PROTECTED AT ALL TIMES FROM INFLAMMATION, TOXINS AND PATHOGENS.

I ASK MAST CELLS IN MY BLADDER TO FUNCTION OPTIMALLY AND ONLY RESPOND TO INFECTION AND STOP PRODUCING HISTAMINE IN THE ABSENCE OF INFECTION NOW.

I ASK URINARY URGENCY AND FREQUENCY TO STOP COMPLETELY NOW.

I ASK VOIDING TO BE PAINLESS AND TO HAPPEN WITH EASE. I ASK MY BLADDER TO EMPTY COMPLETELY DURING VOIDING.

I ASK EXCESS NIGHT TIME VOIDING TO STOP NOW.
I ASK FOR OPTIMAL LEVELS OF CORTISOL NOW, TO ALLOW FOR OPTIMAL FUNCTION OF MY IMMUNE SYSTEM.

I ASK FOR RESTFUL SLEEP AND OPTIMAL ENERGY LEVELS AT ALL TIMES.
IF APPROPRIATE: I ASK FOR ANY PAIN RELATED TO SEXUAL INTERCOURSE TO STOP COMPLETELY NOW.
INSOMNIA

Insomnia, or sleeplessness, is a sleep disorder in which there is an inability to fall asleep or to stay asleep as long as desired. It is often practically defined as a positive response to either of two questions: "Do you experience difficulty sleeping?" or "Do you have difficulty falling or staying asleep?"

As long as a patient refrains from using sleeping pills, there is little to no increase in mortality associated with insomnia, but there does appear to be an increase in longevity. This is reassuring for patients with insomnia in that, despite the sometimes-unpleasantness of insomnia, insomnia itself appears to be associated with increased longevity. It is unclear why sleeping longer than 7.5 hours is associated with excess mortality.

HEALING INSOMNIA: PLACE HANDS ON HEAD – BOTH SIDES, OVER THE EARS

“I ASK THAT I BE PRESENTED WITH ADEQUATE OPPORTUNITY FOR ENOUGH SLEEP FOR MY OPTIMAL HEALTH.

I ASK TO FALL ASLEEP WITH GENTLENESS AND EASE. I ASK TO STAY ASLEEP AND ENTER DELTA WAVE SLEEP AS NEEDED THROUGHOUT THE NIGHT FOR MY OPTIMAL HEALTH. I ASK TO ONLY WAKE UP WHEN MY MIND AND BODY HAS RESTORED FROM ADEQUATE SLEEP FOR OPTIMAL HEALTH.

I ASK ARCHANGEL RAPHAEL TO TAKE ANY FEAR, ANXIETY, IRRITABILITY OR A DEPRESSED MOOD, ASSOCIATED WITH THE INSOMNIA, AND TRANSMUTE IT TO THE UNIVERSE AS DIVINE LIGHT. I ASK THAT THESE FEARS, ANXIETY, IRRITABILITY OR DEPRESSED MOOD BE REPLACED WITH PEACE, COMFORT, TRUST AND HOPE TO ALLOW ME TO HAVE AN UNINTERRUPTED AND RESTFUL SLEEP. NEXT PAGE
I ASK MY BODY TO ONLY PRODUCE ENOUGH CORTISOL FOR OPTIMAL FUNCTION AND THAT EXCESS CORTISOL IS EXCRETED WITH GENTLENESS AND EASE.

I ASK ANY PHYSICAL SYMPTOMS (name it here – like restless legs, pain, difficulty breathing, excessive night time urination, etc.) TO STOP NOW. MY INTENTION IS TO HAVE OPTIMUM SLEEP TO RESTORE MY ENERGY TO OPTIMUM LEVELS AND TO ALLOW MY BODY TO HEAL NOW.

I ASK MY CIRCADIAN RHYTHM TO RESTORE TO NORMAL FUNCTION NOW. I ASK MY PINEAL GLAND PRODUCE OPTIMAL LEVELS OF MELATONIN FOR A HEALTHY SLEEP PATTERN.

I ASK THAT ANY PHYSICAL EFFECTS THE INSOMNIA HAS ON MY BODY TO STOP NOW AND FOR MY BODY REMAIN IN OPTIMAL HEALTH. I ASK MY ENERGY TO RESTORE TO OPTIMAL LEVELS WHILE I SLEEP AND I ASK FOR CONTINUOUS MOTIVATION TO DO REGULAR ACTIVITY TO ENHANCE MY SLEEP QUALITY.

I ASK THAT I ACCEPT TIMES WHEN I SLEEP LESS AS ADEQUATE FOR MY BODY AND MIND AT THAT TIME. I ASK THAT I REMAIN FOCUSED ON MY OPTIMAL HEALTH AND ALLOW MY BODY TO TAKE THE AMOUNT OF SLEEP IT NEEDS FOR OPTIMAL HEALTH.”

IF THERE IS DEPENDENCE ON SUBSTANCES THAT CAUSE INSOMNIA - DO ADDICTION HEALING SECTION.

IF THERE IS DEPENDENCE ON SLEEPING PILLS – DO SECTION ON ADDICTION.

IF MENOPAUSE, DEPRESSION, ANXIETY, PAIN IS AGGRAVATING THE INSOMNIA – REFER TO THOSE SECTIONS AS WELL FOR HEALING.
IRRITABLE BOWEL SYNDROME (IBS)

Irritable bowel syndrome (IBS) affects mostly women. Causes are unknown. IBS symptoms include diarrhea, constipation and abdominal cramps.

Bowel movement patterns:
When you have IBS, your pattern of bowel movements may be different over time. Two or more of the following may happen:

- Bowel movements may occur either more often (diarrhea) or less often (constipation) than usual. For example, you may have more than 3 bowel movements a day or less than 3 a week.
- Bowel movements may differ in size or consistency. They may be hard and small, pencil-thin or loose and watery.
- The way stools pass changes. You may strain, feel an urgent need to have a bowel movement or feel that you haven't completely passed a stool.
- You may have bloating or a feeling of gas in the intestines.

Other intestinal symptoms:
- Some people may have pain in the lower belly with constipation that is sometimes followed by diarrhea. Other people have pain and mild constipation but no diarrhea.
- Some people have intestinal gas and passage of mucus in stools.

Non-gastrointestinal symptoms:
Some people have other symptoms that don't affect the intestines, such as:
- Anxiety or depression
- Fatigue
- Headache
- Unpleasant taste in the mouth
- Backache
• Sleep problems (insomnia) not caused by symptoms of IBS
• Sexual problems such as pain during sex or reduced sexual desire
• Heart palpitations (feels like your heart skips a beat or is fluttering)
• Urinary symptoms (have frequent or urgent need to urinate, trouble starting the urine stream or trouble emptying your bladder)

Symptoms often occur after a meal, during stressful times or during menstruation.

HEALING IBS: PLACE HANDS OVER STOMACH AND LOWER BOWEL AREA

“I ASK MY DIGESTIVE SYSTEM TO FUNCTION NORMALLY NOW. I ASK MY DIGESTIVE SYSTEM TO RELAX WHEN I EAT. I ASK FOR BOWEL MOVEMENTS TO BE GENTLE AND REGULAR.

I ASK FOR PAIN SIGNALS TO STOP, ESPECIALLY AFTER MEALS.

I ASK FOR SLEEP TO BE RESTFUL AND STOP ALL PAIN. I ASK FOR MY ENERGY LEVEL TO RESTORE TO OPTIMAL LEVELS.”

IF PALPITATIONS – Add the following:

• “I ASK FOR MY HEART TO FUNCTION NORMAL, TO HAVE NORMAL BLOOD FLOW TO MY GUT AND FOR MY PULSE RATE TO REMAIN NORMAL.”

IF BLADDER SYMPTOMS – Add the following:

• “I ASK FOR BLADDER CRAMPING TO STOP, I ASK MY BLADDER EMPTY FULLY AND I URINATE WITH EASE.”

IF ANXIETY AND/OR DEPRESSION IS PRESENT – See healing section for Anxiety and/or Depression.
KIDNEY DIALYSIS

In medicine, dialysis is a process for removing waste and excess water from the blood and is used primarily as an artificial replacement for lost kidney function in people with kidney failure.

HEALING: PLACE HANDS ON FLANK – ONE IN FRONT AND ONE IN THE BACK (JUST UNDER THE RIB CAGE).

I ASK FOR OPTIMAL FUNCTION OF MY KIDNEYS FOR OPTIMAL EQUILIBRIUM OF WATER AND MINERALS (SODIUM, POSTASSIUM CHLORIDE, CALCIUM, PHOSPHORUS, MAGNESIUM AND SULFATE) NOW.

I ASK FOR OPTIMAL EXCRETION OF ACIDIC METABOLISM END-PRODUCTS BY MY KIDNEYS NOW. I ASK FOR OPTIMAL ERYTHROPOIETIN (EREE-THROW – POW-EETIN), CALCITRIOL AND RENIN PRODUCTION BY MY KIDNEYS NOW.

I ASK MY KIDNEYS TO ADJUST PERFECTLY TO DIALYSIS, TO ALLOW FOR OPTIMAL WASTE AND EXCESS FLUID REMOVAL NOW.

I ASK MY BODY TO MAINTAIN OPTIMAL PH BALANCE NOW AND FOR OPTIMAL BICARBONATE LEVELS IN MY BLOOD NOW.

I ASK FOR OPTIMAL BLOOD PRESSURE AT ALL TIMES. I ASK FOR OPTIMAL ENERGY LEVELS AND RESTFUL SLEEP AT ALL TIMES.

I ASK FOR OPTIMAL APPETITE AND NUTRITION AT ALL TIMES.

NEXT PAGE
I ask my body and kidneys to respond optimally to dialysis, to allow my body to respond physiologically with perfect balance and to allow my kidneys to heal and restore optimal function, without dialysis.

Also do the laguage for kidney failure
KIDNEY FAILURE

Kidney failure, also known as renal failure or renal insufficiency, is a medical condition of impaired kidney function in which the kidneys fail to adequately filter metabolic wastes from the blood.

HEALING: PLACE HANDS IN FLANK AREA – ONE ON THE BACK AND THE OTHER IN THE FRONT. DO THIS SECTION FOR EACH KIDNEY.

I ASK FOR OPTIMAL GLOMERUAL FILTRATION RATE IN MY KIDNEYS NOW.

I ASK MY IMMUNE SYSTEM TO COMPLETELY REPAIR DAMAGED CELLS IN MY KIDNEYS NOW, WITH GENTLENESS AND EASE.

I ASK FOR OPTIMAL CREATININE AND UREA LEVELS AND FOR MY KIDNEYS TO PRODUCE OPTIMAL LEVELS OF ERYTHROPOIETIN (E-RY-THROW –POW- EETIN) NOW.

I ASK MY KIDNEYS TO PROCESS WASTE PRODUCTS WITH EASE AND FOR THESE WASTE PRODUCTS TO BE EXCRETED SAFELY INTO MY URINE NOW.

I ASK MY KIDNEYS TO REMAIN PROTECTED AT ALL TIMES FROM THE EFFECTS OF TOXINS.

I ASK FOR OPTIMAL BLOOD FLOW, NUTRITION AND OXYGEN TO MY KIDNEYS NOW.

I ASK FOR FLUID BALANCE IN MY BODY AND FOR ANY EXCESS FLUID TO BE EXCRETED SAFELY THROUGH MY KIDNEYS.

NEXT PAGE:
I ASK FOR OPTIMAL LEVELS OF CALCIUM, URIC ACID, POTASSIUM, PHOSPHATE AND ACID IN MY BODY NOW.

I ASK ANY BLOOD AND PROTEIN LOSS IN THE URINE TO STOP COMPLETELY NOW.

I ASK FOR OPTIMAL BONE HEALTH AND FOR OPTIMAL PRODUCTION OF BLOOD CELLS IN MY BODY NOW.

I ASK FOR OPTIMAL MUSCLE STRENGTH, RESTFUL SLEEP, OPTIMAL ENERGY, OPTIMAL NUTRITION AND OPTIMAL COGNITIVE FUNCTIONING NOW.
KIDNEY STONES

A kidney stone, also known as a renal calculus, is a solid piece of material which is formed in the kidneys from minerals in urine.

HEALING KIDNEY STONES: PLACE HANDS ON FLANK OF AFFECTED SIDE, ONE HAND IN FRONT AND ONE IN THE BACK.

“I ASK MY DIGESTIVE SYSTEM TO SUPPORT OPTIMAL ABSORPTION OF WATER AND NUTRIENTS FOR OPTIMAL FUNCTION OF MY KIDNEYS. I ASK THAT MY DIGESTIVE SYSTEM EXCRETE ANY EXCESS MINERALS, PROTEIN, SUGARS, OXALATE, URIC ACID AND SALT WITH GENTLENESS AND EASE.

I ASK MY DIGESTIVE SYSTEM, CIRCULATORY SYSTEM AND MY KIDNEYS SUPPORT COMPLETE BALANCE OF MY ELECTROLYTES, MINERALS AND FLUID LEVELS IN MY BODY NOW. I ASK FOR BALANCE IN MY URINE PH NOW.

I ASK THAT ANY CRYSTAL FORMING SUBSTANCES IN MY URINE PASS FREELY THROUGH MY KIDNEYS AND TUBES NOW. I ASK FOR THE LEVELS CHELATING AGENTS, ESPECIALLY CITRATE AND STONE INHIBITORS, INCREASES IN MY URINE NOW.

I ASK MY DIGESTIVE SYSTEM TO SUPPORT ADEQUATE UPTAKE OF MAGNESIUM AND CITRATE NOW.

I ASK THAT ANY PAIN AND SPASMS RELATED TO KIDNEY STONES RESOLVE COMPLETELY NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY KIDNEYS AND BLADDER FROM INFECTION NOW AND THAT ANY INFLAMMATION IN MY KIDNEYS, TUBES AND BLADDER RESOLVE COMPLETELY NOW.
LABYRINTHITIS

Labyrinthitis, also known as vestibular neuritis, is inflammation of the inner ear. It results in vertigo and also possible hearing loss or ringing in the ears. It can occur as a single attack, a series of attacks, or a persistent condition that diminishes over three to six weeks. It may be associated with nausea, vomiting. Vestibular neuritis may also be associated with eye nystagmus.

HEALING: PLACE HANDS OVER THE EARS

I ASK MY IMMUNE SYSTEM REMOVE INFLAMMATION IN MY VESTIBULAR SYSTEM AND VESTIBULAR NERVES NOW.

I ASK ANY VERTIGO OR DIZZINESS STOP COMPLETELY NOW.

I ASK MY INNER EAR PRESSURE REMAIN BALANCED AT ALL TIMES.

I ASK FOR OPTIMAL FUNCTION OF MY EYE NERVES TO RETAIN NORMAL VISUAL FOCUS DURING MOVEMENT AT ALL TIMES.

I ASK MY IMMUNE SYSTEM PROTECT MY INNER EAR AT ALL TIMES FROM INFECTION, TOXINS, ALLERGENS AND INFLAMMATION NOW.

I ASK MY SENSE OF BALANCE REMAIN INTACT AT ALL TIMES.

I ASK FOR OPTIMAL FUNCTION OF MY VESTIBULAR SYSTEM AT ALL TIMES.

AFFIRMATION: I AM IN COMPLETE CONTROL OF MY SENSE OF BALANCE. I AM SAFE AND I AM FULLY ABLE TO HEAL MY VERTIGO NOW
LARYNGITIS

Laryngitis is an inflammation of the larynx. It causes hoarse voice or temporary complete loss of the voice because of irritation to the vocal cords.

HEALING: STAND AT THE HEAD OF THE BED AND PLACE HANDS ON EACH SIDE OF THE NECK – LATERALLY

I ASK PAIN IN MY THROAT AND LARYNX STOP NOW.

I ASK FOR OPTIMAL MOISTURE IN MY LARYNX AND ANY DRYNESS STOP NOW.

I ASK SWALLOWING OCCUR WITH EASE NOW.

I ASK SWELLING IN MY LARYNX STOP NOW. I ASK MY IMMUNE SYSTEM REMOVE ANY INFLAMMATION IN MY LARYNX WITH EASE AND GENTLENESS, NOW. I ASK MY IMMUNE SYSTEM REMOVE ANY NODULES ON MY VOCAL CORDS WITH EASE AND GENTLENESS, NOW

I ASK BREATHING OCCUR WITH EASE NOW.

I ASK FOR OPTIMAL NERVE FUNCTION AND BLOOD FLOW TO MY LARYNX NOW.

I ASK SPEECH OCCUR EASILY AND EFFORTLESSLY NOW. I ASK MY IMMUNE SYSTEM PROTECT MY LARYNX AT ALL TIMES.

IF INFECTION IS PRESENT- DO THE INFECTION LANGUAGE AS WELL.
**LARYNGOMALACIA**

Laryngomalacia (literally, "soft larynx") is the most common cause of stridor in infancy, in which the soft, immature cartilage of the upper larynx collapses inward during inhalation, causing airway obstruction.

**HEALING: PLACE HANDS OVER THE MIDDLE OF THE UPPER CHEST, IN FRONT.**

I ASK THE EPIGLOTTIC BANDS TO BE OPTIMAL LENGTH AND HAVE OPTIMAL TENSION, TO KEEP THE EPIGLOTTIS IN PERFECT POSITION, TO ALLOW FOR EASY BREATHING AT ALL TIMES.

I ASK ANY LAXITY IN THE EPIGLOTTIC BANDS TO RESOLVE COMPLETELY NOW.

I ASK FOR OPTIMAL STRENGTH OF THE CARTILAGE IN THE LARYNX, TO SUPPORT AN OPEN AIR WAY AT ALL TIMES.

I ASK FOR OPTIMAL MUSCLE TONE IN THE UPPER AIRWAYS AT ALL TIMES.

I ASK FOR EASY, EFFORTLESS BREATHING AT ALL TIMES.

I ASK FOR EASY AND EFFORTLESS SWALLOWING AT ALL TIMES.

I ASK ANY ACID REFLUX TO STOP COMPLETELY NOW.
LEG CRAMPS

A cramp is a sudden, severe and involuntary muscle contraction or over-shortening; while generally temporary and non-damaging, they can cause mild-to-excruciating pain, and a paralysis-like immobility of the affected muscle(s).

HEALING LEG CRAMPS: PLACE LEFT HAND ON CALF AND RIGHT HAND IN FRONT OF LOWER LEG. DO BOTH LEGS.

“I ASK MY ELECTROLYTES AND MINERAL LEVELS, ESPECIALLY SODIUM, POTASSIUM, CALCIUM AND MAGNESIUM TO BALANCE NOW. I ASK MY DIGESTIVE SYSTEM TO SUPPORT ADEQUATE INTAKE OF ELECTROLYTES AND MINERALS, AND THAT MY CIRCULATION AND KIDNEYS SUPPORT THE BALANCE OF MY ELECTROLYTE AND MINERAL LEVELS NOW.

I ASK MY CIRCULATION TO SUPPORT ADEQUATE NUTRIENTS, GLUCOSE AND OXYGEN TO MY MUSCLES AND TO REMOVE ANY LACTIC ACID BUILD-UP WITH EASE AND GENTleness NOW.

I ASK MY MUSCLES CONTRACT AND RELAX WITH EASE AND GENTleness NOW.

I ASK ANY MEDICATION I TAKE TO SUPPORT OPTIMAL FUNCTION AND HEALTH OF MY LEG MUSCLES AND THAT THESE MEDICATIONS ONLY DO THE WORK THEY ARE INTENTed FOR.

I ASK MY NERVOUS SYSTEM TO SUPPORT OPTIMAL FUNCTION OF MY LEG MUSCLES.

NEXT PAGE
I ASK THAT MY SLEEP IS ADEQUATE AND RESTFUL TO ALLOW MY MUSCLES TO REST AND STRENGTHEN DURING SLEEP.

I ASK THAT MY GENES SUPPORT OPTIMAL FUNCTION OF MY DOPAMINE AND IRON METABOLISM NOW.

I ASK MY ENERGY AND STRENGTH TO STAY AT OPTIMAL LEVELS TO ALLOW ME TO EXERCISE REGULARLY.”
LICHEN PLANUS

Lichen planus (LP) is an uncommon disease of the skin. The cause is unknown, but it is thought to be the result of an autoimmune process with an unknown initial trigger.

The term lichenoid reaction (or lichenoid lesion) refers to a lesion of similar or identical histopathologic and clinical appearance to lichen planus (i.e. an area which looks the same as lichen planus, both to the naked eye and under a microscope). Sometimes dental materials or certain medications can cause a lichenoid reaction.

HEALING: PLACE HANDS AROUND THE AREA OR ON THE CHEEKS (IF LESION IS IN THE MOUTH).

I ASK MY IMMUNE SYSTEM TO STOP ANY INFLAMMATION IN MY SKIN AND MUCOUS MEMBRANES NOW. I ASK MY IMMUNE SYSTEM PROTECT MY SKIN AND MUCOUS MEMBRANES FROM INFLAMMATION AT ALL TIMES.

I ASK PAIN AND ITCHING ASSOCIATED WITH LICHEN PLANUS STOP NOW.

I ASK MY IMMUNE SYSTEM REPAIR ANY ULCERATION, THICKENING OR EROSIONS ON MY SKIN OR MUCOUS MEMBRANES NOW, WITH EASE AND GENTLENESS.

I ASK FOR HEALTHY SKIN AND MUCOUS MEMBRANE GROWTH NOW. I ASK FOR HEALTHY CELLS OF MY SKIN AND MUCOUS MEMBRANES NOW. I ASK FOR OPTIMAL BLOOD FLOW AND NUTRITION TO MY SKIN AND MUCOUS MEMBRANES NOW.

I ASK MY MUCOUS MEMBRANES REMAIN PROTECTED FROM THE EFFECTS OF FOODS OR BEVERAGES NOW.

NEXT PAGE
I ask my immune system only respond to my skin and mucous membranes in a normal, healthy physiological way and any auto-immune reaction stop now.

I ask my skin and mucous membrane cells remain protected from the effects of antigens, medications, heavy metals, trauma, infection and toxins at all times.
LIGAMENT INJURY

HEALING LIGAMENT INJURY: PLACE HANDS OVER AFFECTED AREA

“I ASK THE PAIN RECEPTORS IN THE AREA OF THE INJURY/SPRAIN STOP SENDING SIGNALS TO THE PAIN MATRIX IN THE BRAIN NOW.

I ACCEPT THAT THE PAIN IS THERE TO TELL MY BRAIN ABOUT THE INJURY. I ASK FOR THE PAIN TO STOP COMPLETELY NOW AND I ONLY FOCUS ON THE HEALING OF THE INJURED AREA.

I ASK MY BLOOD VESSELS TO TAKE FIGHTER CELLS TO THE AREA OF INJURY AND TO REMOVE ANY DEAD TISSUE AND CELLS.

I ASK THE INJURED/TORN FIBRES IN THE LIGAMENT TO HEAL AND STRENGTHEN NOW.

I ASK FOR ANY MUSCLE SPASM SURROUNDING THE AREA OF INJURY TO RESOLVE COMPLETELY AND MY MUSCLES CONTINUE TO SUPPORT THE AREA OF INJURY IN A HEALTHY WAY NOW AND IN FUTURE.

I ASK MY CIRCULATION – BLOOD SYSTEM AND LYMPHATIC SYSTEM TO REMOVE ANY EXCESS FLUID IN THE AREA OF INJURY TO REDUCE THE SWELLING.

I ASK MY BODY TO TAKE UP ADEQUATE NUTRITION TO ENHANCE THE HEALING OF MY INJURED LIGAMENT(S) AND TO RESTORE OPTIMAL HEALTH TO MY BONES AND MUSCLES TO COMPLETELY SUPPORT THE AREA OF INJURY.”
LIPOMAS

A lipoma is a benign tumor composed of adipose tissue (body fat).

HEALING: PLACE HANDS OVER THE LIPOMA OR CLOSE TO IT. IF THERE ARE MULTIPLE ONES, PLACE HANDS WHERE YOU ARE GUIDED.

I ASK MY GENES PROTECT MY BODY FROM LIPOMAS FORMING AT ANY TIME.

I ASK THE LIPOMA TO BECOME RECEPTIVE TO MY IMMUNE SYSTEM NOW, TO ALLOW MY IMMUNE SYSTEM TO RESOLVE THE LIPOMA WITH GENTLENESS AND EASE.

I ASK ANY PAIN ASSOCIATED WITH THE LIPOMA RESOLVE COMPLETELY NOW.
LOW BLOOD PRESSURE

Hypotension is low blood pressure, especially in the arteries of the systemic circulation. Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps out blood. Blood pressure is considered too low only if noticeable symptoms are present. Hypotension is the opposite of hypertension, which is high blood pressure.

HEALING: PLACE HANDS OVER THE HEART.

I ASK FOR COMPLETE BALANCE OF MY BLOOD PRESSURE NOW.

I ASK FOR MY DIGESTIVE SYSTEM AND KIDNEYS TO SUPPORT OPTIMAL BLOOD VOLUME NOW AND FOR BALANCE OF MY SODIUM, POTASSIUM AND HORMONAL LEVELS NOW.

I ASK MY PULSE RATE TO REMAIN OPTIMAL TO SUPPORT OPTIMAL BLOOD FLOW THROUGH MY ORGANS AND ALLOW FOR AN OPTIMAL BLOOD PRESSURE NOW.

I ASK THAT MY SMALL BLOOD VESSELS (ARTERIOLES) CONTRACT OPTIMALLY TO SUPPORT HEALTHY BLOOD PRESSURE FOR ME NOW.

I ASK MY NERVOUS SYSTEM FUNCTION OPTIMALLY TO SUPPORT OPTIMAL BLOOD PRESSURE FOR ME NOW. I ASK THAT THE RECEPTORS IN MY BLOOD VESSELS RESPOND TO MY NERVOUS SYSTEM TO SUPPORT OPTIMAL BLOOD PRESSURE FOR ME NOW.

I ASK THAT MY NERVOUS SYSTEM AND CIRCULATORY SYSTEM SUPPORT OPTIMAL BLOOD PRESSURE WHEN I STAND UP.
LIVER CIRRHOSIS

Cirrhosis is a condition in which the liver does not function properly due to long-term damage. Typically, the disease comes on slowly over years.

HEALING: PLACE HANDS OVER THE LIVER – RIGHT UPPER QUADRANT OF THE STOMACH, BELOW THE RIB CAGE.

I ASK FOR OPTIMAL BLOOD FLOW TO MY LIVER AT ALL TIMES.

I ASK ANY SCARRING IN MY LIVER TO RESOLVE COMPLETELY NOW. I ASK MY LIVER TO BE PROTECTED FROM FORMING SCAR TISSUE AT ALL TIMES.

I ASK ANY BLOCKAGE IN MY BILE DUCTS TO RESOLVE COMPLETELY NOW.

I ASK ANY DILATED BLOOD VESSELS IN MY STOMACH, LIVER AND ESOPHAGUS TO RESOLVE COMPLETELY NOW. I ASK FOR THE PRESSURE IN MY PORTAL VEIN TO BALANCE NOW.

I ASK MY LIVER TO PRODUCE LIVER ENZYMES AND PROTEINS AT OPTIMAL LEVELS AND FOR BALANCE IN MY BILIRUBIN LEVELS AT ALL TIMES NOW. I ASK MY LIVER TO METABOLIZE LIPIDS AND CARBOHYDRATES AT OPTIMAL LEVELS AT ALL TIMES.

I ASK FOR OPTIMAL FUNCTION OF MY GLANDS AND BALANCE IN MY HORMONAL LEVELS AT ALL TIMES NOW.

I ASK MY IMMUNE SYSTEM TO REMOVE ANY VIRUS IN MY LIVER AND BLOOD COMPLETELY NOW. I ASK MY IMMUNE SYSTEM TO PROTECT MY LIVER FOR DAMAGE AT ALL TIMES NOW.
I ASK MY IMMUNE SYSTEM TO REMOVE ANY DAMAGED CELLS FROM MY LIVER NOW. I ASK MY LIVER TO REGENERATE DAMAGED CELLS AT OPTIMAL LEVELS NOW.

I ASK MY BLOOD BRAIN BARRIER TO FUNCTION OPTIMALLY AND FOR MY BRAIN TO REMAIN PROTECTED AT ALL TIMES FROM TOXINS.

I ASK MY CIRCULATORY SYSTEM, DIGESTIVE SYSTEM AND KIDNEYS TO FUNCTION OPTIMALLY AT ALL TIMES TO COMPLETELY REMOVE TOXINS AND METABOLITES, ESPECIALLY AMMONIA, FROM MY BODY, WITH GENTLENESS AND EASE.

I ASK FOR OPTIMAL LEVELS OF MY CLOTTING FACTORS AND PLATELETS NOW.

I ASK MY LIVER CELLS TO REMAIN PROTECTED AT ALL TIMES FROM TOXINS, HEAVY METALS, EXCESS IRON OR FATS. I ASK MY LIVER TO STOP STORING EXCESS FAT OR IRON AND EXCESS FAT AND IRON TO BE EXRETED WITH GENTLENESS AND EASE.

I ASK MY CIRCULATORY AND LYMPHATIC SYSTEM TO REMOVE ANY EXCESS FLUID IN MY STOMACH AND LEGS COMPLETELY NOW.

I ASK FOR OPTIMAL STRENGTH, ENERGY LEVEL AND RESTFUL SLEEP AT ALL TIMES.

I ASK FOR BALANCE IN MY BLOOD PRESSURE, SUGAR AND CHOLESTEROL LEVELS NOW.
LUPUS (SYSTEMIC LUPUS ERYTHEMATOSIS)

Lupus erythematosus is a name given to a collection of autoimmune diseases in which the human immune system becomes hyperactive and attacks normal, healthy tissues. Symptoms of these diseases can affect many different body systems, including joints, skin, kidneys, blood cells, heart and lungs.

HEALING LUPUS: PLACE HANDS ON EACH SIDE OF HEAD

“I ASK MY HUMAN LYMPHOCYTE ANTIGENS ON MY CHROMOSOMES TO QUIET DOWN TO STOP MY IMMUNE SYSTEM FROM PRODUCING AUTOANTIBODIES NOW.

I ASK ALL MY GENES TO SUPPORT HEALTHY FUNCTIONING OF MY IMMUNE SYSTEM NOW. I ASK MY IMMUNE SYSTEM TO ONLY PRODUCE ANTIBODIES AGAINST PATHOGENS AND TO STOP AFFECTING MY NORMAL TISSUES NOW.

I ASK MY IMMUNE SYSTEM TO REMOVE ANY ANTINUCLEAR ANTIBODIES OR OTHER AUTOANTIBODIES, WHICH STOP MY BODY FROM EXPERIENCING OPTIMAL HEALTH. I ASK MY CELLS TO REMAIN PROTECTED AT ALL TIMES FROM THE EFFECTS OF AUTOANTIBODIES.

I ASK MY IMMUNE SYSTEM TO PROTECT MY HEART, LUNGS AND KIDNEYS COMPLETELY FROM THE EFFECT OF AUTOANTIBODIES.

I ASK MY SKIN TO REMAIN HEALTHY NOW, THAT MY IMMUNE SYSTEM FULLY SUPPORT HEALTHY SKIN CELL GROWTH AND THAT MY SKIN WILL REMAIN PROTECTED FROM THE SUN AT ALL TIMES.

NEXT PAGE
I ASK MY IMMUNE SYSTEM TO RESOLVE ANY INFLAMMATION IN MY SKIN AND MUCOUS MEMBRANES NOW, WITH EASE AND GENTLENESS.

I ASK MY BLOOD BRAIN BARRIER TO FUNCTION OPTIMALLY TO PROTECT MY BRAIN AT ALL TIMES FROM THE EFFECTS OF AUTOANTIBODIES.

I ASK MY APPETITE TO REMAIN HEALTHY AT ALL TIMES, AND ASK MY DIGESTIVE SYSTEM TO ALLOW OPTIMAL NUTRITION AND MY ENERGY LEVEL TO REMAIN HEALTHY AT ALL TIMES.

I ASK MY BONE MARROW AND CIRCULATORY SYSTEM TO ALLOW FOR HEALTHY BLOOD CELL GROWTH AND FOR MY HEART TO ALLOW OPTIMAL CIRCULATION TO ALL MY ORGANS NOW.”

ALSO DO SECTION ON ARTHRITIS IF APPLICABLE.

IF JOINT PAIN - PLACE HANDS WHERE JOINTS ARE SORE. MULTIPLE SYSTEMS ARE USUALLY INVOLVED, SO AS ALWAYS, COVER ALL THE SYSTEMS TOO.
LYME DISEASE

Lyme disease is an infectious disease caused by bacteria of the *Borrelia* type. Lyme disease is transmitted to humans by the bite of infected ticks.

HEALING: PLACE HANDS OVER THE SOLAR PLEXUS

I ASK ANY MUSCLE OR JOINT PAIN TO RESOLVE COMPLETELY NOW AND I ASK MY PAIN CENTER TO STOP ACCEPTING PAIN SIGNALS RELATED TO LYME DISEASE NOW.

I ASK MY IMMUNE SYSTEM TO RESOLVE ANY INFLAMMATION IN MY MUSCLES, JOINTS AND NERVES COMPLETELY NOW. I ASK MY NERVOUS SYSTEM TO SUPPORT OPTIMAL FUNCTION OF MY MUSCLES NOW.

I ASK FOR MY HEART’S ELECTRICAL SYSTEM TO FUNCTION WITH BALANCE AND EASE AND FOR MY IMMUNE SYSTEM TO PROTECT MY HEART AND ITS ELECTRICAL SYSTEM FROM THE EFFECTS OF LYME DISEASE NOW.

I ASK THAT MY IMMUNE SYSTEM PROTECT MY SKIN, HEART, JOINTS, MUSCLES AND NERVOUS SYSTEM AT ALL TIMES FROM THE BACTERIUM THAT CAUSES LYME DISEASE. I ASK THAT MY IMMUNE SYSTEM RECOGNIZES THIS BACTERIUM IMMEDIATELY AND REMOVE IT COMPLETELY FROM MY BODY NOW. I ASK THAT THE LYME DISEASE BACTERIUM BECOME RECEPTIVE TO MY FIGHTER CELLS, TO ALLOW MY FIGTHER CELLS TO KILL THE BACTERIUM COMPLETELY NOW.

I ASK FOR MY ENERGY LEVEL TO REMAIN BALANCED AND AT OPTIMAL LEVELS FOR ME NOW.

NEXT PAGE
I ASK FOR THE NEUROTRANSMITTERS IN MY BRAIN TO REMAIN AT OPTIMAL LEVELS NOW TO SUPPORT EXCELLENT MEMORY, ALERTNESS AND COGNITIVE FUNCTION FOR ME NOW.

I ASK MY IMMUNE SYSTEM TO REMOVE ANY TOXINS PRODUCED BY THE LYME DISEASE BACTERIUM, COMPLETELY NOW.

I ASK THAT MY BRAIN REMAINS COMPLETELY PROTECTED FROM THE EFFECTS OF TOXINS PRODUCED BY THE LYME DISEASE BACTERIUM NOW.

I ASK MY SLEEP TO BE EASY, RESTFUL AND BALANCED IN LEVEL AND TIME FOR ME NOW.

(If arthritis is present, do section for arthritis as well, or if headache is present, do the section for migraine, but substitute headache for migraine).
LYMPHEDEMA

Lymphedema, also known as lymphatic obstruction, is a condition of localized fluid retention and tissue swelling caused by a compromised lymphatic system. The lymphatic system normally returns interstitial—outside of the cells—fluid to the thoracic duct and then to the bloodstream.

HEALING: PLACE HANDS ON THE AFFECTED LIMB

I ASK MY LYMPH COLLECTORS BETWEEN THE CELLS OF MY LEG (OR ARM) ALLOW FLUID, PROTEINS, CELLULAR DEBRIS, BACTERIA AND ANY TOXINS, TO FLOW FREELY INTO MY LYMPHATIC VESSELS NOW.

I ASK THE VALVES IN MY LYMPHATIC VESSELS FUNCTION OPTIMALLY NOW.
I ASK THE PRESSURE IN MY LYMPHATIC VESSELS TO BALANCE WITH GENTLENESS AND EASE NOW.

I ASK THE SMOOTH MUSCLE CELLS IN MY LYMPHATIC VESSELS TO FUNCTION OPTIMALLY, TO ALLOW THE LYMPHATIC VESSELS TO CONTRACT OPTIMALLY NOW.

I ASK MY NERVOUS SYSTEM TO SUPPORT THE FUNCTION OF MY LYMPHATIC VESSELS OPTIMALLY NOW.
I ASK THE MUSCLES IN MY LEG (OR ARM) SUPPORT THE OPTIMAL FUNCTION OF MY LYMPHATIC SYSTEM NOW.

I ASK MY ARTERIAL PRESSURE BALANCE NOW WITH GENTLENESS AND EASE.
I ASK MY THORACIC DUCT REMAINS OPEN, THAT THE PRESSURE IN MY THORACIC DUCT BALANCES, TO ALLOW FOR LYMPH TO FLOW WITH EASE INTO MY BLOOD CIRCULATION.
I ASK MY IMMUNE SYSTEM TO PROTECT MY LEG (OR ARM) FROM ANY INFECTION AT ALL TIMES.
MÉNIÈRE'S DISEASE 2

Ménière's disease also called endolymphatic hydrops, is a disorder of the inner ear that can affect hearing and balance. It is characterized by episodes of vertigo, tinnitus, and hearing loss.

HEALING: PLACE HANDS OVER THE EARS

I ASK THE AMOUNT OF ENDOLYPH IN MY EARS BALANCES AND THE ENDOLYPH TO REMAIN IN THE ENDOLYPH CHANNELS AT ALL TIMES. I ASK FOR ANY SWELLING OR BLOCKAGE IN THE ENDOLYPHTIC DUCT RESOLVE COMPLETELY NOW. I ASK THAT MY CIRCULATORY SYSTEM SUPPORT ADEQUATE BLOOD FLOW TO MY INNER EARS.

I ASK THAT ANY VERTIGO RESOLVE COMPLETELY NOW.

I ASK THAT MY HEARING RESTORE TO OPTIMAL LEVELS NOW, ESPECIALLY FOR LOWER FREQUENCY SOUNDS.

I ASK FOR ANY TINNITUS RESOLVE COMPLETELY NOW. (ALSO DO SECTION FOR TINNINTUS IF APPROPRIATE).

I ASK FOR THE PRESSURE IN MY EAR(S) BALANCES FOR OPTIMAL FUNCTION OF MY HEARING AND BALANCE.

I ASK THAT ANY DIZZINESS RESOLVE COMPLETELY NOW AND THAT MY SENSE OF BALANCE REMAIN INTACT.

I ASK MY NUTRITIONAL SYSTEM, CIRCULATORY SYSTEM AND KIDNEYS SUPPORT BALANCE OF MY SALT METABOLISM NOW.

I ASK MY NUTRITIONAL SYSTEM, CIRCULATORY SYSTEM AND KIDNEYS TO SUPPORT BALANCE OF MY SALT METABOLISM NOW.
MACULAR DEGENERATION

Macular degeneration is a medical condition that usually affects older adults and results in a loss of vision in the center of the visual field (the macula) because of damage to the retina. It occurs in "dry" and "wet" forms. It is a major cause of blindness and visual impairment in older adults. Macular degeneration can make it difficult or impossible to read or to recognize faces, although enough peripheral vision remains to allow other activities of daily life.

HEALING: PLACE HANDS OVER THE EYES OR ON THE SIDES OF THE HEAD, OVER THE TEMPLES

I ask for optimal function of the visual receptors and nerves in my retina.

I ask my genes to allow for optimal function of my retina and vision. I ask that my genes protect me from macular degeneration at all times.

I ask the choroid (the network of blood vessels that supply the retina with blood) to function optimally at all times.

I ask my immune system and blood system to remove any cellular debris, excess fluid or blood cells completely from my retina and choroid plexus. I ask for any scarring in my retina to resolve completely now.

I ask any excess blood vessels to be removed with gentleness and ease now. I ask any excess blood vessel growth to stop completely now.

I ask any distortion in my vision to stop completely now.

NEXT PAGE
I ASK MY IMMUNE SYSTEM TO SUPPORT REPAIR OF ANY DAMAGED CELLS IN MY RETINA NOW.

I ASK ANY SENSITIVITY TO BRIGHT LIGHT TO STOP COMPLETELY NOW.

I ASK MY VISUAL ACUITY TO RESTORE TO OPTIMAL LEVELS NOW. I ASK ANY SHADOWS IN MY VISUAL FIELD TO RESOLVE COMPLETELY NOW. I ASK ANY BLANK SPOTS IN MY VISUAL FIELD TO RESOLVE COMPLETELY NOW. I ASK MY COLOR VISION TO BE OPTIMAL AT ALL TIMES. I ASK FOR OPTIMAL DEPTH PERCEPTION AND TO RETAIN MY ABILITY TO OBSERVE STRAIGHT LINES, CONTOURS AND COLORS.

I ASK FOR PERFECTION FUNCTION OF MY CENTRAL VISUAL FIELD AT ALL TIMES NOW.

I ASK FOR OPTIMAL BLOOD PRESSURE, GLUCOSE METABOLISM, VITAMIN D AND CHOLESTEROL LEVELS. I ASK MY IMMUNE SYSTEM TO PROTECT ME AT ALL TIMES FROM THE EFFECTS OF OXIDANTS AND TOXINS FROM THE ENVIRONMENT AND IN MY DIET.
MENINGIOMA

Meningiomas are a diverse set of tumors arising from the meninges, the membranous layers surrounding the central nervous system. They arise from the arachnoid "cap" cells of the arachnoid villi in the meninges.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD.

I ASK MY IMMUNE SYSTEM REMOVE MENINGIOMA TISSUE COMPLETELY NOW, WITH EASE AND GENTLENESS

I ASK MY MENINGES, ESPECIALLY MY ARACHNOIDAL (a-rach-noy-dill) CELLS, REMAIN PROTECTED AT ALL TIMES FROM MENINGIOMAS FORMING.

I ASK MY GENES PROTECT MY MENINGES FROM FORMING MENINGIOMAS NOW.

I ASK TO REMAIN PROTECTED AT ALL TIMES FROM SEIZURES NOW.

I ASK FOR OPTIMAL MUSCLE STRENGTH AND FUNCTION IN MY LIMBS NOW.

I ASK FOR OPTIMAL FUNCTION OF MY OPTIC NERVE NOW. I ASK MY IMMUNE SYSTEM PROTECT MY OPTIC NERVE AT ALL TIMES FROM PRESSURE AND INFLAMMATION. I ASK MY IMMUNE SYSTEM REPAIR ANY CELL DAMAGE AND INFLAMMATION OF MY OPTIC NERVE NOW. I ASK FOR OPTIMAL VISION NOW.

I ASK FOR OPTIMAL INTRACRANIAL PRESSURE NOW.

I ASK FOR OPTIMAL BLADDER AND BOWEL CONTROL AND FUNCTION NOW.
Menopause is the time in a woman's life when her menstrual periods stop and she is no longer able to have children. Medical professionals define menopause as having occurred when a woman has not had a period for a year. This typically occurs between 45 and 55 years of age. Menopause occurs in all women.

- Atrophic vaginitis - Thinning of the membranes of the vulva, the vagina, the cervix and also the outer urinary tract, along with considerable shrinking and loss in elasticity of all of the outer and inner genital areas.
- Increased susceptibility to inflammation and infection, for example vaginal candidiasis and urinary tract infections
- The risk of acute myocardial infarction and other cardiovascular diseases rises sharply after menopause, but the risk can be reduced by managing risk factors, such as tobacco smoking, hypertension, increased blood lipids and body weight.

Mechanism
The menopause transition, and post menopause itself, is a natural life change, not a disease state or a disorder. The transition itself has a variable degree of effects and for some it can be a difficult time of life.

Hormonal changes
Bone loss due to menopause occurs due to changes in a woman's hormone levels. The stages of the menopause transition have been classified according to a woman's reported bleeding pattern, supported by changes in the pituitary follicle-stimulating hormone (FSH) levels.

Menopause occurs because of the natural or surgical cessation of estradiol and progesterone production by the ovaries, which are a part of the body's endocrine system of hormone
production, in this case, the hormones which make reproduction possible and influence sexual behavior. After menopause, estrogen continues to be produced in other tissues, notably the ovaries, but also in bone, blood vessels and even in the brain. However, the dramatic fall in circulating estradiol levels at menopause impacts many tissues, from brain to skin.

Natural or physiological menopause occurs as a part of a woman's normal aging process. It is the result of the eventual depletion of almost all of the oocytes and ovarian follicles in the ovaries. This causes an increase in circulating follicle stimulating hormone (FSH) and luteinizing hormone (LH) levels because there are a decreased number of oocytes and follicles responding to these hormones and producing estrogen. This decrease in the production of estrogen leads to the perimenopausal symptoms of hot flashes, insomnia and mood changes. Long-term effects may include osteoporosis and vaginal atrophy.

Management
Perimenopause is a natural stage of life. It is not a disease or a disorder, and therefore it does not automatically require any kind of medical treatment. However, in those cases where the physical, mental, and emotional effects of perimenopause are strong enough that they significantly disrupt the everyday life of the woman experiencing them, palliative medical therapy may sometimes be appropriate.

HEALING MENOPAUSE NEXT PAGE
HEALING MENOPAUSE: PLACE HANDS ON PELVIC AREA AND CALL ARCHANGEL HANIEL TO ASSIST ARCHANGEL RAPHAEL.

“I ASK MY BODY TO ADJUST WITH GENTLENESS AND EASE TO THE HORMONAL CHANGES RELATED TO MENOPAUSE.

I ASK MY MOOD AND ENERGY REMAIN OPTIMAL NOW TO SUPPORT MY MIND AND BODY ADJUSTING TO THIS NEW HORMONAL CHANGE.

I ASK MY CIRCULATION TO FUNCTION AT AN OPTIMAL LEVEL NOW TO SUPPORT NORMAL BLOOD PRESSURE AND NORMAL BLOOD FLOW AND THAT ANY HOT FLASHES STOP COMPLETELY. I ASK MY BODY ACCEPT TEMPERATURE CHANGES WITH GENTLENESS AND EASE. I ASK MY SKIN AND MUCOUS MEMBRANES (LIKE VAGINAL LINING) REMAIN OPTIMALLY SUPPORTED DURING THIS HORMONAL TRANSITION.”

IF APPROPRIATE: “I ASK MY SEXUAL FUNCTION REMAINS UNAFFECTED BY THE CHANGE IN HORMONAL LEVELS AND THAT I CONTINUE TO ENJOY HEALTHY AND SATISFACTORY SEXUAL RELATIONS.

I ASK THAT I FALL ASLEEP EASILY AND THAT MY SLEEP IS RESTFUL AND ADEQUATE TO SUPPORT MY OPTIMAL HEALTH NOW.

I ASK THE NEUROTRANSMITTERS IN MY BRAIN, THAT AFFECT MOOD, REMAIN OPTIMAL FOR MY MENTAL WELL BEING.”

IF APPROPRIATE: “I ASK ANY CRAVINGS FOR CAFFEINE, SUGAR, SALT, NICOTINE AND ALCOHOL TO SUBSIDE IMMEDIATELY.

NEXT PAGE
I ASK MY DIGESTIVE SYSTEM TO TAKE UP ADEQUATE NUTRITION TO SUPPORT MY TRANSITION DURING THIS HORMONAL CHANGE.

I ASK MY BODY TO TAKE UP ADEQUATE CALCIUM AND MINERALS TO SUPPORT THE DENSITY IN MY BONES AT OPTIMAL LEVELS.

I ASK THAT MY MOTIVATION TO DO EXERCISE, MY ENERGY LEVEL AND NUTRITION REMAIN AT THE HIGHEST LEVEL TO SUPPORT REGULAR EXERCISE.”

IF DEPRESSION AND/OR ANXIETY ARE ALSO PRESENT: Refer to the healing sections for Depression and Anxiety.

IF PAIN: Refer to healing section for Pain - Acute or Chronic (e.g. back pain, abdominal pain, breast pain, muscle aches, joint pain or headaches)

AFFIRMATION WITH ARCHANGEL HANIEL: “I ASK TO ALLOW MY BODY TO ACKNOWLEDGE THE CHANGE AND ALLOW THIS CHANGE WITH NO SYMPTOMS NOW.”
**MENORRHAGIA**

**Menorrhagia** is an abnormally heavy and prolonged menstrual period at irregular intervals.

**HEALING MENORRHAGIA: PLACE HANDS OVER LOWER ABDOMEN**

“I ASK MY MENSTRUAL CYCLE TO BECOME REGULAR AND THAT BLEEDING BECOMES MINIMAL AND PAINLESS NOW.

I ASK MY PLATELETS AND CLOTTING FACTORS TO FUNCTION OPTIMALLY TO ALLOW FOR CLOTTING TO REMAIN NORMAL AT ALL TIMES.

I ASK MY PITUITARY GLAND, HYPOTHALAMUS AND OVARIIES TO PRODUCE ENOUGH HORMONES, ESPECIALLY PROGESTERONE, TO KEEP MY MENSTRUAL CYCLE BALANCED NOW.

I ASK MY OVARIIES TO REMAIN RECEPTIVE TO GONADOTROPIN RELEASING HORMONE TO BALANCE MY MENSTRUAL PERIOD NOW.

I ASK MY ESTROGEN AND PROGESTERONE LEVELS TO OPTIMIZE TO KEEP MY ENDOMETRIAL LINING BALANCED AT ALL TIMES.

**IF APPLICABLE:** I ASK ANY FIBROIDS PRESENT IN MY UTERUS TO RESOLVE COMPLETELY NOW, WITH EASE AND GENTLENESS.

**IF ENDOMETRIOSIS IS PRESENT** - DO THAT SECTION SEPERATELY.

**IF PMS (MENSTRUAL CRAMPING) IS PRESENT** - DO THAT SECTION SEPERATELY.
MIGRAINE 2

Migraine is a chronic neurological disease characterized by recurrent moderate to severe headaches often in association with a number of autonomic nervous system symptoms.

Typically the headache affects one half of the head, is pulsating in nature, and lasts from 2 to 72 hours. Associated symptoms may include nausea, vomiting, and sensitivity to light, sound, or smell. The pain is generally made worse by physical activity. Up to one-third of people with migraine headaches perceive an aura: a transient visual, sensory, language, or motor disturbance which signals that the headache will soon occur.

Migraines are believed to be due to a mixture of environmental and genetic factors. About two-thirds of cases run in families. Changing hormone levels may also play a role. The exact mechanisms of migraine are not known. It is, however, believed to be a neurovascular disorder. The primary theory is related to increased excitability of the cerebral cortex and abnormal control of pain neurons in the trigeminal nucleus of the brainstem.

Signs and symptoms

Prodrome phase

Prodromal or premonitory symptoms occur in about 60% of those with migraines, with an onset that can range from two hours to two days before the start of pain or the aura. These symptoms may include a wide variety of phenomena, including altered mood, irritability, depression or euphoria, fatigue, craving for certain food(s), stiff muscles (especially in the neck), constipation or diarrhea, and sensitivity to smells or noise.

Pain phase

Classically the headache is unilateral, throbbing, and moderate to severe in intensity, and is aggravated by physical activity.
The pain is frequently accompanied by nausea, vomiting, sensitivity to light, sensitivity to sound, sensitivity to smells, fatigue and irritability.

**Genetics, Triggers, Physiological aspects**

Common triggers quoted are stress, hunger, and fatigue (these equally contribute to tension headaches). Psychological stress has been reported as a factor by 50 to 80% of people. Migraines have also been associated with post-traumatic stress disorder and abuse. Migraines are more likely to occur around menstruation.

**HEALING: PLACE HANDS WHERE MOST COMFORTABLE FOR CLIENT - HEAD AREA. FRONT, BACK AND SIDE OF HEAD AND INCLUDE PLACING HANDS OVER BOTH EYES.**

“I ASK THE PAIN NEURONS IN MY BRAINSTEM, RELATED TO MY MIGRAINE HEADACHES, QUIET THEIR IMPULSES BEING SENT TO MY BRAIN CORTEX. I ASK THE PAIN MATRIX IN MY BRAIN STOP RESPONDING TO THE PAIN ASSOCIATED WITH MY MIGRAINE HEADACHES. NOW

I ASK THE BLOOD VESSELS IN MY BRAIN STOP DILATING IN RESPONSE TO THE PAIN SIGNALS. I ASK THE NEUROTRANSMITTERS IN MY BRAIN, ESPECIALLY SEROTONIN, REMAIN AT OPTIMAL LEVELS FOR OPTIMAL FUNCTION OF MY BRAIN. NOW

I ASK TO ACHIEVE ADEQUATE SLEEP FOR MY WELLBEING AND I ASK MY ENERGY LEVEL BE AT OPTIMAL FUNCTION. NOW

I ASK MY BODY TO STOP REACTING TO ANY TRIGGERS FOR A MIGRAINE.” – (IF THE TRIGGER IS KNOWN, NAME IT) – IT CAN BE STRESS, HUNGER, FATIGUE, SMELLS, HORMONAL INFLUENCES, LIGHT, AIR PRESSURE CHANGES, ETC.
MORNING SICKNESS

Morning sickness is a symptom of pregnancy that involves nausea or vomiting. Despite the name, nausea or vomiting can occur at any time during the day. Typically these symptoms occur between the 4th and 16th week of pregnancy.

HEALING: PLACE HANDS OVER MID ABDOMEN.

I ASK FOR OPTIMAL LEVELS AND FUNCTION OF CHORIONIC (kori-onick) GONADOTROPHIN (go-nah-do-tro-fin) NOW. I ASK FOR OPTIMAL LEVELS, BALANCE AND FUNCTION OF ESTROGEN AND PROGESTERONE NOW.

I ASK ANY NAUSEA TO STOP COMPLETELY NOW AND FOR MY BODY AND BRAIN TO STOP CAUSING NAUSEA IN RESPONSE TO MY HORMONAL LEVELS, FOOD, ODORS OR TOXINS NOW.

I ASK MY BODY RESPOND IN A HEALTHY PHYSIOLOGICAL WAY TO MY HORMONES NOW.

I ASK FOR OPTIMAL STOMACH EMPTYING NOW AND OPTIMAL FUNCTION OF THE LOWER ESOPHAGEAL SPHINCTER NOW. I ASK ANY ACID REFLUX STOP NOW. I ASK FOR OPTIMAL MOBILITY OF MY BOWELS AND OPTIMAL LIVER FUNCTION AND LEVELS OF LIVER ENZYMES NOW.

I ASK TO BE PROTECTED AT ALL TIMES FROM TOXINS IN MY DIET AND ENVIRONMENT NOW. I ASK FOR OPTIMAL NUTRITION AND HYDRATION NOW.

I ASK FOR OPTIMAL LEVELS OF VITAMIN B1, B6 AND B12 NOW. I ASK FOR RESTFUL SLEEP AND OPTIMAL ENERGY LEVEL NOW.

DO THE PREGNANCY SECTION AS WELL
MOTION SICKNESS

Motion sickness is a condition in which a disagreement exists between visually perceived movement and the vestibular system's sense of movement. Depending on the cause, it can also be referred to as seasickness, car sickness, simulation sickness or airsickness.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD.

I ASK MY BRAIN TO BE AWARE OF NORMAL MOVEMENT AT ALL TIMES AND TO STOP NAUSEA AND DIZZINESS RELATED TO MOVEMENT NOW. I ASK MY BRAIN TO STOP INDUCING NAUSEA RELATED TO MOTION, EVEN IF MY EYES SEE ONLY A STATIC ENVIRONMENT OR WHEN I SEE MOTION, BUT I AM UNABLE TO FEEL IT.

I ASK FOR COMPLETE EQUILIBRIUM BETWEEN MY VESTIBULAR (INNER EAR) AND OCULOMOTOR (EYE) SYSTEMS NOW. I ASK THAT MY SENSE OF FEELING MOTION AND MY SENSE OF SEEING MOTION CORRESPOND IN PERFECT HARMONY NOW.

I ASK FOR OPTIMAL FUNCTIONING OF MY VESTIBULAR ORGANS, EYE MUSCLES AND CRANIAL NERVES NOW.

I ASK ANY NAUSEA STOP COMPLETELY NOW.

I ASK MY SENSE OF SMELL REMAIN INTACT AND ODORS STOP INDUCING NAUSEA NOW.
MULTIPLE MYELOMA

Multiple myeloma is a cancer of plasma cells, a type of white blood cell normally responsible for producing antibodies.

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN, FOCUS ON THE ROOT CHAKRA.

I ASK MY BONE MARROW TO PRODUCE NORMAL AND HEALTHY LYMPHOCYTES NOW. I ASK MY GENES AND IMMUNE SYSTEM TO PROTECT MY LYMPHOCYTES AND PLASMA CELLS, AND ALLOW THEM AT ALL TIMES TO FUNCTION NORMALLY, AND PRODUCE ANTIBOdIES AND CYTOKINES ONLY AS PART OF HEALTHY PHYSIOLOGICAL FUNCTION.

I ASK MY BONE MARROW TO PRODUCE OPTIMAL LEVELS OF RED BLOOD CELLS NOW.

I ASK MY IMMUNE SYSTEM TO RECOGNIZE ABNORMAL PLASMA CELLS AND REMOVE THEM COMPLETELY, WITH EASE AND GENTLENESS.

I ASK FOR BALANCE IN MY CALCIUM LEVELS NOW. I ASK MY BODY TO EXCRETE EXCESS CALCIUM WITH EASE AND GENTLENESS NOW.

I ASK MY IMMUNE SYSTEM TO HEAL ANY BONE LESIONS COMPLETELY NOW.

I ASK MY BODY TO STOP OVER-PRODUCING ACTIVATORS FOR OSTEOCLASTS NOW. I ASK MY BONES TO STAY HEALTHY AND STRONG, AND TO REMAIN PROTECTED FROM RESORPTION AT ALL TIMES.

I ASK PAIN SIGNALS FROM BONE LESIONS TO STOP NOW.

NEXT PAGE
I ASK FOR OPTIMAL RENAL FUNCTION NOW. I ASK MY KIDNEYS TO REMAIN PROTECTED FROM THE EFFECTS OF PROTEINS SECRETED BY MALIGNANT CELLS AND FOR MY KIDNEYS TO EXCRETE THESE PROTEINS EFFECTIVELY, WITH EASE AND GENTLENESS.

I ASK MY IMMUNE SYSTEM TO PROTECT ME FROM INFECTION AT ALL TIMES.

I ASK FOR RESTFUL SLEEP, OPTIMAL APPETITE AND ENERGY AT ALL TIMES.
MULTIPLE SCLEROSIS

Multiple sclerosis (MS), is a demyelinating disease in which the insulating covers of nerve cells in the brain and spinal cord are damaged. This damage disrupts the ability of parts of the nervous system to communicate.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK MY GENES TO SUPPORT OPTIMAL FUNCTION OF MY NERVOUS SYSTEM AT ALL TIMES NOW.

I ASK MY IMMUNE SYSTEM SUPPORT OPTIMAL FUNCTION OF MY NERVOUS SYSTEM AT ALL TIMES NOW. I ASK MY IMMUNE SYSTEM TO PROTECT MY NERVOUS SYSTEM COMPLETELY FROM DAMAGE BY ANY ENVIRONMENTAL FACTORS NOW.

I ASK THAT MY MYELIN PRODUCING CELLS FUNCTIONS OPTIMALLY TO ALLOW FOR HEALTHY, OPTIMAL PRODUCTION OF MYELIN NOW. I ASK FOR THE MYELIN SHEATHS OF MY NEURONS TO RESTORE COMPLETELY NOW.

I ASK ANY PLAQUES IN MY BRAIN AND SPINAL CORD RESOLVE COMPLETELY NOW, WITH GENTLENESS AND EASE.

I ASK FOR ANY INFLAMMATION IN MY NERVE CELLS, FIBRES AND BRAIN TO RESOLVE COMPLETELY NOW. I ASK THAT MY T-CELLS STOP AFFECTING MY MYELIN SHEATHS NOW. I ASK MY IMMUNE SYSTEM REMOVE ANY ANTIBODIES ATTACKING MY NERVE CELLS NOW, WITH GENTLENESS AND EASE.

NEXT PAGE
I ask my blood brain barrier to remain intact at all times, to protect my brain and spinal cord from antibodies and T-cells now. I ask for optimal cognitive function, for my energy level to stay optimal and for optimal levels of neurotransmitters in my brain.

I ask for optimal strength in my muscles and for my sense of balance and coordination to remain intact at all times. I ask for my sense of sensation to remain intact at all times now.

I ask my visual nerves to function optimally, to support optimal vision at all times.

I ask any muscle pain, muscle spasm, numbness or tingling to resolve completely now.

I ask for optimal speech and swallowing at all times.

I ask my bowel and bladder function to remain optimal and strong, to allow for regular, easy bowel movements and voiding (and if appropriate – for any incontinence to resolve completely now).

I ask my immune system to protect me from infection at all times now.

I ask for restful sleep at all times and my energy level to remain optimal.
MYASTENIA GRAVIS

Myasthenia gravis is a neuromuscular disease that leads to fluctuating muscle weakness and fatigue.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK MY IMMUNE SYSTEM TO REMOVE ANY ANTIBODIES THAT AFFECT MY ACETHYLCHOLINE RECEPTORS, WITH GENTLENESS AND EASE NOW. I ASK MY IMMUNE SYSTEM TO STOP PRODUCING ANTIBODIES THAT ATTACK MY ACETHYLCHOLINE RECEPTORS NOW.

I ASK FOR OPTIMAL FUNCTION OF THESE RECEPTORS AND FOR OPTIMAL LEVELS OF ACETHYLCHOLINE IN MY NERVE FIBRES NOW.

I ASK MY GENES TO SUPPORT OPTIMAL FUNCTION OF MY IMMUNE SYSTEM, SYNAPSIS, NEUROTRANSMITTERS AND RECEPTORS, WHICH REGULATE MUSCLE MOVEMENT AND STRENGTH.

I ASK FOR OPTIMAL STRENGTH IN MY MUSCLES NOW. I ASK FOR OPTIMAL FUNCTION OF MY EYE MUSCLES AND FOR OPTIMAL VISION AT ALL TIMES.

I ASK FOR OPTIMAL FUNCTION OF MY MOUTH, ESOPHAGEAL AND STOMACH MUSCLES, TO ALLOW FOOD TO BE CHEWED AND LIQUIDS TO BE SWALLOWED EASILY AND EFFORTLESSLY NOW.

I ASK FOR OPTIMAL FUNCTION OF THE MUSCLES INVOLVED WITH SPEECH, AT ALL TIMES.

I ASK MY BREATHING TO OCCUR EFFORTLESSLY AND EASILY NOW AND AT ALL TIMES. I ASK FOR OPTIMAL EXERCISE TOLERANCE AT ALL TIMES.
MYELOFIBROSIS

Myelofibrosis, also known as osteomyelofibrosis, is a rare bone marrow cancer. It is currently classified as a myeloproliferative neoplasm, in which the proliferation of an abnormal clone of hematopoietic stem cells in the bone marrow and other sites results in fibrosis, or the replacement of the marrow with scar tissue.

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN AND FOCUS ON THE ROOT CHAKRA

I ASK FOR MY BONE MARROW TO STOP PRODUCING MEGAKARYOCYTES (MEGA-KA-REE-O-CYTES) NOW.

I ASK FOR BALANCE IN MY THROMBOPOIETIN (THROM-BO-POE-EETIN) RECEPTOR PROTEIN AND FIBROBLAST GROWTH FACTOR LEVELS NOW. I ASK FOR THE FIBROBLASTS IN MY BONE MARROW TO FUNCTION OPTIMALLY AND STOP PRODUCING EXCESS COLLAGEN NOW.

I ASK MY GENES TO RESTORE TO OPTIMAL STRUCTURE, FUNCTION AND STABILITY, TO PROMOTE HEALTHY BONE MARROW FUNCTION AND VOLUME, TO ALLOW FOR HEALTHY BLOOD CELL FORMATION AT ALL TIMES.

I ASK MY IMMUNE SYSTEM REMOVE FIBROTIC TISSUE IN MY BONE MARROW NOW, WITH EASE AND GENTLENESS.

I ASK FOR OPTIMAL PLATELET AND RED CELL COUNT AND FUNCTION NOW.

I ASK MY IMMUNE SYSTEM FUNCTION OPTIMALLY AND TO KEEP ME PROTECTED FROM ANY INFECTION NOW.

NEXT PAGE:
I ASK ANY SWELLING OF MY SPLEEN OR LIVER TO RESOLVE WITH EASE NOW. I ASK FOR OPTIMAL BLOOD AND OXYGEN FLOW TO MY LIVER AND SPLEEN NOW.

I ASK FOR OPTIMAL ENERGY, APPETITE AND RESTFUL SLEEP NOW.
NARCOLEPSY

Narcolepsy is a long-term neurological disorder that involves a decreased ability to regulate sleep-wake cycles. Symptoms include periods of excessive daytime sleepiness that usually last from seconds to minutes and may occur at any time.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD OR REST THE CLIENT’S HEAD IN YOUR HANDS.

I ASK FOR OPTIMAL LEVELS AND FUNCTION OF MY NEUROTRANSMITTERS AND NEUROPEPTIDES, ESPECIALLY OREXIN (O-REXIN) PEPTIDES NOW.

I ASK FOR OPTIMAL FUNCTION OF MY NEURONS AND HYPO-THALAMUS NOW.

I ASK FOR NORMAL STAGES OF SLEEP, OPTIMAL REM SLEEP AND RESTORATIVE SLEEP AT ALL TIMES.

I ASK FOR OPTIMAL ENERGY LEVELS AT ALL TIMES.

I ASK FOR OPTIMAL MUSCLE STRENGTH, TONE AND MUSCLE CONTROL AT ALL TIMES.

I ASK MY SLEEP REMAIN PEACEFUL AND MY DREAMS PLEASANT.
NEUROPATHY

Peripheral neuropathy (PN) is damage to or disease affecting nerves, which may impair sensation, movement, gland or organ function, or other aspects of health, depending on the type of nerve affected.

HEALING: PLACE HANDS ON THE LEGS (OR ARMS IF THEY ARE AFFECTED)

I ASK FOR ALL PAIN SIGNALS AND TINGLING RELATED TO NEUROPATHY STOP IMMEDIATELY NOW. I ASK FOR MY NERVOUS SYSTEM TO STOP SENSITIVITY TO THE PAIN SIGNALS AND FOR THE PAIN CENTER IN MY BRAIN TO STOP THE SENSATION OF PAIN RELATED TO THE NEUROPATHY NOW. I ASK FOR HYPERSENSITIVITY IN THE PAIN CENTER TO STOP COMPLETELY NOW AND FOR BALANCE IN THE FUNCTION OF MY PAIN CENTER NOW.

I ASK FOR THE CELL BODIES, THE NERVE FIBRES AND SYNAPSES IN MY LIMBS TO REPAIR NOW AND TO RESTORE TO OPTIMAL HEALTH AND FUNCTION NOW. I ASK FOR MY NEUROS TO STOP ALL PATHOLOGICAL ACTIVITY COMPLETELY NOW.

I ASK FOR MY NERVOUS SYSTEM AND CIRCULATION TO SUPPORT HEALTHY GROWTH OF MY SKIN NOW. I ASK FOR MY SENSE OF TEMPERATURE TO REMAIN INTACT AT ALL TIMES NOW.

I ASK FOR MY SENSE OF TOUCH AND VIBRATION TO REMAIN AT OPTIMAL LEVELS AT ALL TIMES.

I ASK FOR ANY MUSCLE TWITCHING IN MY LEGS TO RESOLVE COMPLETELY NOW.

NEXT PAGE
I ask for my sense of balance and coordination to remain intact at all times now. I ask for my muscles to remain strong, to support normal activity at all times.

I ask for my bones to remain strong and for my digestive system to take up adequate calcium and phosphate to support healthy bone growth.

I ask for my digestive system and circulation to support adequate nutrition for my skin, hair and nails at all times.

I ask for my nervous system and circulation to support control of my blood pressure, pulse rate, digestive tract, genital organs, and bladder function and allow for normal sweating at all times now.
Obesity is a condition in which excess body fat has accumulated to the extent that it may have a negative effect on health, leading to reduced life expectancy and/or increased health problems. In Western countries, people are considered obese when their body mass index (BMI), a measurement obtained by dividing a person’s weight by the square of the person’s height, exceeds 30 kg/m², with the range 25-30 kg/m² defined as overweight.

Obesity increases the likelihood of various diseases, particularly heart disease, type 2 diabetes, obstructive sleep apnea, certain types of cancer, and osteoarthritis.

Obesity is most commonly caused by a combination of excessive food energy intake, lack of physical activity, and genetic susceptibility, although a few cases are caused primarily by genes, endocrine disorders, medications, or psychiatric illness.

HEALING OBESITY: HANDS PLACED ON THE STOMACH AND BRAIN (SINCE THE BRAIN CONTROLS OUR APPETITE AND METABOLISM)

“I ASK RAPHAEL’S HEALING ENERGY HELP MY DIGESTIVE TRACT TO ONLY TAKE WHAT IT NEEDS FOR OPTIMAL HEALTH AND NUTRITION. I ASK MY DIGESTIVE TRACT TO EXCRETE WHAT IS DEEMED UNFIT FOR MY BODY’S OPTIMAL HEALTH. I ASK THE ENDOCRINE SYSTEM TO FUNCTION OPTIMALLY TO ASSIST THE METABOLISM OF ENERGY FOR OPTIMAL HEALTH.

I ASK THE GENES AND ENZYMES IN THE STOMACH, DIGESTIVE TRACT AND BRAIN, WHICH CONTROL APPETITE, TO QUIET WHEN I HAVE CONSUMED ENOUGH ENERGY FOR OPTIMAL HEALTH.
I ASK THE GENES AND ENZYMES IN MY DIGESTIVE SYSTEM AND BRAIN, WHICH CONTROLS METABOLISM, TO WORK OPTIMALLY, TO BURN EXCESS ENERGY THAT IS BEING STORED IN MY BODY AND TO BURN EXCESS ENERGY THAT I TAKE IN.

FOCUS ON THE BRAIN (ESPECIALLY THE HYPOTHALAMUS) – I ASK THE HYPOTHALAMUS IN MY BRAIN FUNCTION OPTIMALLY TO COMPLETELY ELIMINATE CRAVINGS FOR FOODS OR SUBSTANCES THAT STOPS ME FROM MAINTAINING OPTIMAL HEALTH OR SERVE MY BODY IN A POSITIVE WAY.”

I ASK ADEQUATE SLEEP IS MAINTAINED FOR OPTIMAL HEALTH. I ASK THAT ADEQUATE ENERGY AND DRIVE IS MAINTAINED FOR THE BODY TO TOLERATE A REGULAR EXERCISE ROUTINE.”

AFFIRMATIONS: “I AM BEAUTIFUL AND I LOVE MYSELF. I AM IN PERFECT HEALTH NOW. I AM EATING WITH JOY. I HAVE OPTIMAL METABOLISM. I HAVE OPTIMAL ENERGY.”

I ALSO ASK ARCHANGEL RAPHAEL TO: “BLESS WHAT I EAT AND DRINK TODAY, SO IT CAN BE AT ITS HIGHEST VIBRATION FOR MY HIGHEST GOOD. ALLOW WHAT I EAT AND DRINK TODAY, THAT I JUST ABSORB WHAT I NEED FOR MY OPTIMAL HEALTH, WELLBEING AND WEIGHT AND EXCRETE THE REST WITH GENTLENESS AND EASE.”
OBSESSIVE COMPULSIVE DISORDER

Obsessive–compulsive disorder (OCD) is a mental disorder where people feel the need to check things repeatedly, perform certain routines repeatedly (called "rituals"), or have certain thoughts repeatedly. People are unable to control either the thoughts or the activities. Common activities include hand washing, counting of things, and checking to see if a door is locked. Some may have difficulty throwing things out. These activities occur to such a degree that the person's daily life is negatively affected. Often they take up more than an hour a day. Most adults realize that the behaviors do not make sense.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD.

I ASK INTRUSIVE/OBSESSIVE THOUGHTS, FORCING ME TO FEEL ANXIOUS OR HAVE A SENSE OF IMBALANCE, STOP COMPLETELY NOW. I AM ABLE TO LET GO OF THESE INTRUSIVE/OBSESSIVE THOUGHTS COMPLETELY, WITH CONFIDENCE AND EASE.

I ASK ANY COMPULSIONS (IF IT IS KNOWN – LIKE NAIL BITING, SKIN PICKING, HAIR PULLING, HAND WASHING, ETC., YOU CAN NAME IT HERE) STOP COMPLETELY NOW. I AM SAFE TO LET GO OF THIS COMPULSION NOW.

I ASK ANXIETY, FEAR OR PANIC, TO STOP COMPLETELY NOW. I AM CALM, STABLE, SAFE AND SECURE. I AM PROTECTED AT ALL TIMES. I ASK FOR STABLE MOOD AND OPTIMAL LEVELS, AND FUNCTION, OF NEUROTRANSMITTERS IN MY BRAIN NOW.

I ASK FOR RESTFULL SLEEP AT ALL TIMES.

I HAVE CLARITY AND UNDERSTAND THAT I HAVE FULL CONTROL OF MY THOUGHTS AND ACTIONS NOW.

NEXT PAGE:
I LOVE MYSELF, I ACCEPT MYSELF AND I AM PERFECT IN EVERY WAY.

I HAVE CONFIDENCE IN MY STRENGTH AND ABILITY.

MY THOUGHTS ARE POSITIVE. I CONTROL MY THOUGHTS AND ACTIONS TO ALLOW FOR A CALM, PRODUCTIVE AND HAPPY LIFE NOW.
OPPOSITIONAL DEFIANȚ DISORDER

Oppositional defiant disorder (ODD) is defined by the DSM-5 as "a pattern of angry/irritable mood, argumentative/defiant behavior, or vindictiveness lasting at least six months."

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I KNOW I AM LOVED AND SUPPORTED AT ALL TIMES.
I AM SAFE AND PROTECTED AT ALL TIMES.
IT IS EASY FOR ME TO REPLACE ANGRY THOUGHTS WITH LOVE AND COMPASSION.
I UNDERSTAND PEOPLE MIGHT DISAGREE WITH ME OR THINK DIFFERENT THAN I DO. I AM ONLY RESPONSIBLE FOR MY OWN ACTIONS AND THOUGHTS.
I CAN SPEAK MY TRUTH IN A LOVING WAY
I TAKE RESPONSIBILITY FOR MY ACTIONS AT ALL TIMES.
I AM HAPPY AND I CAN EASILY REPLACE ANGRY OR SAD THOUGHTS, WITH HAPPY THOUGHTS.
MY TEMPER IS CALM AND BALANCED AT ALL TIMES. I AM ABLE TO CONTROL MY EMOTIONS AND TEMPER EASILY.
I AM IN CONTROL OF MY LIFE AND I FOLLOW MY DREAMS WITH DETERMINATION. I AM CONFIDENT IN MY ABILITY TO BE ALL I WANT TO BE.
I PURSUE ACTIVITIES THAT MAKE ME HAPPY AND GIVE ME A SENSE OF PURPOSE.
MY LIFE LESSONS HAPPEN WITH EASE AND GENTLENESS.
I AM THANKFUL FOR THE BLESSINGS IN MY LIFE.
I HAVE RESPECT FOR MYSELF AND OTHERS.

I LOVE MYSELF AND HAVE HIGH SELF ESTEEM. I AM BEAUTIFUL THE WAY I AM.

I AM WORTHY OF HAPPINESS AND LOVE AT ALL TIMES.

I HAVE PEACE WITHIN MY HEART.

I ASK FOR OPTIMAL LEVEL AND FUNCTIONING OF CORTISOL AND NEUROTRANSMITTERS IN MY BRAIN NOW.

**ALSO DO SECTION FOR ANXIETY**
OPTIC NEURITIS

Optic neuritis is inflammation of the optic nerve.

HEALING: PLACE HANDS ON BOTH SIDES OF THE HEAD, OVER THE TEMPLES.
I ASK INFLAMMATION IN MY OPTIC NERVE TO RESOLVE COMPLETELY NOW.
I ASK ANY SWELLING IN MY OPTIC NERVE TO RESOLVE COMPLETELY NOW.
I ASK DAMAGE IN MY OPTIC NERVE CELLS TO REPAIR COMPLETELY NOW. I ASK MY OPTIC NERVE CELLS TO REGENERATE NOW TO OPTIMAL LEVELS.
I ASK THE MYELIN SHEATH OF MY OPTIC NERVE TO REPAIR COMPLETELY NOW. I ASK FOR THE MYELIN SHEATH TO REMAIN STRONG AND PROTECTED AT ALL TIMES.
I ASK ANY PRESSURE ON MY OPTIC NERVE TO RESOLVE COMPLETELY NOW.
I ASK MY IMMUNE SYSTEM TO FUNCTION OPTIMALY TO PROTECT MY OPTIC NERVE AT ALL TIMES FROM TOXINS, INFECTION, METABOLITES, PRESSURE OR PATHOGENS. I ASK FOR OPTIMAL BLOOD FLOW, NUTRITION AND OXYGEN TO MY OPTIC NERVE NOW.
I ASK FOR OPTIMAL FUNCTION OF MY RETINA, OPTIC NERVE CELLS, NEUROTRANSMITTERS, SYNAPSIS AND VISION CENTER IN MY BRAIN NOW.
I ASK MY VISION TO RESTORE TO OPTIMAL LEVELS NOW.

NEXT PAGE
I ASK ANY PAIN IN MY EYE TO RESOLVE COMPLETELY NOW.
I ASK MY COLOR VISION AND DEPTH PERCEPTION TO BE OPTIMAL AT ALL TIMES.
I ASK FOR OPTIMAL NUTRITION AND VITAMIN LEVELS, ESPECIALLY VITAMIN B12.
OTITIS MEDIA

Otitis media is a group of inflammatory diseases of the middle ear.

HEALING: CUP HANDS OVER THE EARS

I ASK MY IMMUNE SYSTEM REMOVE ANY BACTERIA OR VIRUSES COMPLETELY FROM MY EARS AND THROAT NOW. I ASK MY IMMUNE SYSTEM PROTECT MY EARS AND THROAT FROM INFECTION, IRRITANTS AND ALLERGENS AT ALL TIMES.

I ASK MY IMMUNE SYSTEM STOP EXCESS FLUID BUILD UP IN MY INNER EAR NOW AND REMOVE ANY EXCESS FLUID NOW, WITH EASE AND GENTLENESS. I ASK MY IMMUNE SYSTEM STOP ANY INFLAMMATION, INFECTION OR SWELLING OF MY EAR, EAR DRUM, EUSTACHIAN (U-STAY-CIAN) TUBES AND THROAT NOW.

I ASK EAR PAIN STOP COMPLETELY NOW.

I ASK MY EASTACHIAN TUBES REMAIN OPEN AND FUNCTION OPTIMALLY, TO ALLOW FOR OPTIMAL PRESSURE, AERATION AND FLUID DRAINAGE OF MY EARS AT ALL TIMES.

I ASK FOR OPTIMAL HEARING AT ALL TIMES.

IF APPLICABLE: I ASK MY IMMUNE SYSTEM REPAIR ANY PERFORATIONS IN MY EAR DRUMS WITH EASE AND GENTLENESS NOW.
OSTEOPOROSIS 2

**Osteoporosis** is a disease where decreased bone strength increases the risk of a broken bone. Until a broken bone occurs there are typically no symptoms. Bones may weaken to such a degree that a break may occur with minor stress or spontaneously.

Osteoporosis is an age-related disorder that causes the gradual loss of bone density and strength. When the thoracic vertebrae are affected, there can be a gradual collapse of the vertebrae. This results in kyphosis, an excessive curvature of the thoracic region.

Osteoporosis itself has no symptoms; its main consequence is the increased risk of bone fractures. Osteoporotic fractures occur in situations where healthy people would not normally break a bone; they are therefore regarded as fragility fractures. Typical fragility fractures occur in the vertebral column, rib, hip and wrist.

**HEALING: PLACE LEFT HAND UNDER LOWER SPINE AND THE RIGHT HAND OVER THE MIDDLE OF THE STOMACH**

“I ASK ANY EXCESSIVE BONE RESORPTION STOP IMMEDIATELY AND THAT MY BONE MINERAL DENSITY RESTORE TO OPTIMAL LEVELS NOW. “

“I ASK THAT MY BODY ABSORB ADEQUATE AMOUNTS OF VITAMIN D, CALCIUM, PHOSPHATE, MAGNESIUM, ZINC, PROTEIN AND VITAMINS (A, D, E, K AND B12) TO SUPPORT OPTIMAL BONE DENSITY NOW.”I ASK MY PARATHYROID LEVELS AND BLOOD ACIDITY BALANCE COMPLETELY, TO SUPPORT OPTIMAL BONE MASS NOW”

“I ASK FOR ADEQUATE STRENGTH AND MOTIVATION TO DO REGULAR EXERCISE TO SUPPORT OPTIMAL BONE MASS NOW.” **NEXT PAGE**
“I ASK THAT MY OSTEOBLASTS AND OSTEOCLASTS WORK IN BALANCE TO SUPPORT OPTIMAL BONE DENSITY NOW. “

IF APPLICABLE: “I ASK THAT ANY MEDICATION I TAKE FOR OTHER HEALTH CONDITIONS, SUPPORT MY OPTIMAL HEALTH AND OPTIMAL BONE DENSITY.”
OTOSCLEROSIS

Otosclerosis is an abnormal growth of bone near the middle ear. It can result in hearing loss. This is an inherited disease.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK MY IMMUNE SYSTEM RESOLVE ALL SCLEROSIS IN THE BONES OF MY MIDDLE EAR NOW, WITH EASE AND GENTLENESS.

I ASK FOR OPTIMAL MOVEMENT AND FUNCTION OF THE BONES IN MY MIDDLE EAR NOW.

I ASK FOR OPTIMAL FUNCTION OF MY COCHLEA (KOG-LEA) NOW.

I ASK FOR OPTIMAL HEARING AT ALL TIMES. I ASK FOR OPTIMAL TRANSFERRING OF SOUND THROUGH MY EAR DRUM, MIDDLE EAR AND INNER EAR. I ASK FOR OPTIMAL FUNCTION OF MY OTIC NERVES TO ALLOW OF OPTIMAL HEARING AT ALL TIMES. (There is also a section for hearing loss)

I ASK TINNITUS STOP COMPLETELY NOW. (If this is present, also do the language for tinnitus).

I ASK MY IMMUNE SYSTEM RESTORE AND PROTECT MY GENES, TO ALLOW FOR NORMAL FUNCTION OF MY HEARING AT ALL TIMES.

I ASK MY IMMUNE SYSTEM PROTECT MY EARS FROM INFECTION AT ALL TIMES.
OVARIAN CYST

An ovarian cyst is any fluid-filled sac within the ovary.

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN ON SIDE WHERE CYST IS

I ASK CYSTS IN MY OVARY TO RESOLVE COMPLETELY NOW, WITH GENTLENESS AND EASE. I ASK CYSTS THAT FORM WITH OVULATION STAY SMALL AND PAINLESS AND RESOLVE WITH EASE AT ALL TIMES. I ASK ANY BLEEDING IN THE CYST TO STOP NOW.

I ASK MY IMMUNE SYSTEM TO RESOLVE ANY INFLAMMATION IN MY OVARIAN AND TUBES COMPLETELY NOW, WITH GENTLENESS AND EASE.

I ASK PELVIC PAIN RELATED TO THE CYST TO STOP COMPLETELY NOW. I ASK MY PAIN CENTER IN MY BRAIN TO STOP ACCEPTING PAIN SIGNALS RELATED TO OVARIAN CYSTS NOW.

I ASK FOR MENSTRUAL BLEEDING TO BE MINIMAL AND FOR ANY BLEEDING BETWEEN PERIODS TO STOP COMPLETELY NOW. I ASK ANY BLOATING TO STOP COMPLETELY NOW.

I ASK MY BOWEL MOVEMENTS AND VOIDING TO BE EFFORTLESS AND HAPPEN WITH EASE NOW. I ASK FOR BALANCE OF MY FSH, LH, ESTROGEN AND PROGESTERONE HORMONE LEVELS NOW.
PAIN – ACUTE

Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage. No one part of the brain is responsible for all aspects of pain, but the “pain matrix” consists of an area in the brain stem that receives the signals from the body and sends it to other areas of the brain, the thalamus (especially the back and lower part) acts as a giant switch box of the signals received from the brain stem, then the frontal lobe of the brain (the forebrain) where the motor and emotional reactions to pain are generated.

HEALING ACUTE PAIN: PLACE HANDS ON BACK, SIDE AND FRONT OF HEAD AND THEN PLACE HANDS WHERE GUIDED

“I ASK THE NOCICEPTIVE FIBRES IN THE AREA OF PAIN – (LIKE THE TOE, JOINT, ETC) TO STOP SENDING SIGNALS (VIA THE SPINAL CORD) TO THE BRAIN. I ASK THE PAIN SIGNALS BEING SENT THROUGH THE NEURONS (NERVE CELLS), AXONS (NERVE FIBRES), SYNAPSIS AND NEUROTRANSMITTERS QUIET DOWN AND FOR THE AREA OF INJURY (or where the pain is) TO HEAL AND STOP PAIN.

I ASK THE PAIN MATRIX IN MY BRAIN TO STOP RESPONDING TO THE EXCESSIVE PAIN SIGNALS. I ACKNOWLEDGE PAIN IS A NORMAL REACTION TO INJURY AND I ACKNOWLEDGE THAT MY PAIN MATRIX IS DOING ITS JOB. I AM AWARE OF INJURY NOW AND I ASK THE PAIN MATRIX QUIET ITS FUNCTION WHILE MY BODY IS HEALING THE INJURED AREA NOW.

I ASK MY BRAIN TO STOP THE EMOTIONAL REACTION TO PAIN. I ASK THAT MY NUTRITION, ENERGY, SLEEP AND IMMUNE SYSTEM FUNCTION OPTIMALLY FOR MY BODY TO RESTORE ITSELF TO OPTIMAL HEALTH. I ASK MY BODY TO RELEASE THE PAIN COMPLETELY NOW.”
PAIN – CHRONIC

- Referred pain – pain felt remote from site of tissue damage
- Allodynia – pain abnormally elicited by light touch or cooling
- Hyperalgesia – excessive pain felt over wide areas
- Hyperpathia – abnormally strong emotional reactions to pain

Pain is thought of as an aspect of the sense of touch that can become sensitized in pathological states and can affect our emotional responses. The spinal cord receives messages from the other areas of the body, sent the pain signals to the brain stem area, then on to the thalamus and to the specialized areas of the forebrain that represent touch.

HEALING CHRONIC PAIN: PLACE HANDS WHERE NEEDED. Note: Ask Archangel Raphael what technique to use to change the pattern of pain experience.

“I ASK THE PAIN SIGNALS RECEIVED IN THE PAIN MATRIX STOP. I ASK ALL CHRONIC PAIN RELATED TO TEMPERATURE AND TOUCH STOP NOW.

I ASK THE PAIN SIGNALS RELATED TO MY PAST CHRONIC PAIN CONDITION STOP IMMEDIATELY. I LET GO OF THE PAIN FROM THE PAST AS IT IS NO LONGER NEEDED FOR MY OPTIMAL HEALTH.

I ASK THAT MY EMOTIONAL REACTIONS TO THE PAIN STOP NOW. I ASK FOR MY SLEEP PATTERN TO BE OPTIMAL. I ASK FOR MY ENERGY LEVELS TO BE OPTIMAL NOW. I ASK MY TOLERANCE FOR ACTIVITY TO BE INCREASED TO MY OPTIMAL HEALTH.

I ALLOW HEALING TO HAPPEN FREELY IN ANY AREA MY BODY THAT REQUIRES ASSISTANCE WITH ARCHANGEL RAPHAEL, AND I ACCEPT THIS HEALING CAN HAPPEN WITHOUT THE SENSATION OF PAIN. I ALLOW THIS PAIN TO LEAVE MY BODY COMPLETELY, WITH GENTLENESS AND EASE.”
PELVIC GIRDLE PAIN

Pregnancy-related pelvic girdle pain (abbreviated PGP) causes pain, instability and limitation of mobility and functioning in any of the three pelvic joints.

HEALING: PLACE HANDS OVER THE PELVIS/ LOWER ABDOMEN

I ASK ANY PAIN IN MY PUBIC SYMPHYSIS JOINT AND SACRO-ILIAC JOINTS TO RESOLVE COMPLETELY NOW.

I ASK MY IMMUNE SYSTEM TO COMPLETELY REMOVE ANY INFLAMMATION IN MY PELVIC BONES, PELVIC JOINTS, PELVIC MUSCLES AND NERVES NOW.

I ASK FOR STABILITY AND STRENGTH IN MY PUBIC SYMPHYSIS AND SACRO-ILIAC JOINTS NOW.

I ASK FOR ANY PELVIC PAIN WITH STANDING, SITTING OR WALKING TO RESOLVE COMPLETELY NOW.

I ASK FOR STABILITY AND STRENGTHENING OF PELVIC LIGAMENTS AND MUSCLES NOW. I ASK ANY LAXITY IN THE LIGAMENTS AND MUSCLES OF THE PELVIS TO RESOLVE COMPLETELY NOW.
PANIC ATTACKS

Panic disorder is an anxiety disorder characterized by recurring panic attacks, causing a series of intense episodes of extreme anxiety during panic attacks. Panic attacks cannot be predicted; therefore an individual may become stressed, anxious or worried wondering when the next panic attack will occur.

HEALING PANIC ATTACKS: PLACE HANDS ON EACH SIDE OF HEAD

ALSO DO ANXIETY SECTION.

“I ASK THE CHEMICALS IN MY BRAIN (ESPECIALLY GABA, DOPAMINE, SEROTONIN AND NOREPINEPHRINE) TO REMAIN AT OPTIMAL LEVELS NOW FOR MY MENTAL HEALTH.

I ASK THE PARTIAL PRESSURE OF CARBON DIOXIDE IN MY BLOOD BALANCE NOW FOR OPTIMAL MENTAL HEALTH.

I ASK MY LIMBIC SYSTEM, HIPPOCAMPUS AND AMYGDALA IN MY BRAIN TO SUPPORT ME TO HAVE A CALM, FOCUSED AND HAPPY LIFE NOW.

I ASK MY SYMPATHETIC NERVOUS SYSTEM TO FUNCTION OPTIMALLY TO KEEP MY BREATHING, PULSE AND BLOOD PRESSURE IN BALANCE NOW.

I ASK ANY GENES THAT AFFECT ANXIETY SENSITIVITY AND PANIC CONTROL TO BECOME DORMANT TO ALLOW ME TO LIVE LIFE IN PEACE NOW.

I ASK MY HEART AND CIRCULATION TO REMAIN IN BALANCE TO SUPPORT A REGULAR PULSE, PULSE RATE, BLOOD PRESSURE AND BLOOD FLOW TO MY BRAIN AND OTHER ORGANS. NEXT PAGE
I ASK MY LUNGS TO SUPPORT REGULAR AND EFFECTIVE BREATHING FOR MY OPTIMAL HEALTH AND OXYGEN FLOW TO MY BRAIN NOW.

I ASK MY THYROID AND SUGAR LEVELS TO REMAIN IN PERFECT BALANCE AND MY DIGESTIVE SYSTEM TO REMOVE ANY TOXINS WITH EASE AND GENTLENESS NOW.

ADDITIONAL INFORMATION FROM CINDY:

SUGGEST PAST LIFE WORK IF CLIENT IS WILLING BEFORE OR AFTER LANGUAGE FOR PHYSICAL.

IN ADDITION – MEDITATION IS KEY FOR SOMEONE WITH ANXIETY AND TEACHING THE PRINCIPLE OF NOW ENERGY WHICH INCLUDES AN AFFIRMATION WITH SAFETY IN THE NOW.

WORKING WITH THE SOLAR PLEXUS ALSO AND TEACHING CLIENT IN THE NOW MOMENT IS WHERE WE HAVE CONTROL IN OUR LIFE.
PARKINSON’S DISEASE

Parkinson's disease is a degenerative disorder of the central nervous system mainly affecting the motor system. Early in the course of the disease, the most obvious symptoms are movement-related; these include shaking, rigidity, slowness of movement and difficulty with walking and gait. Later, thinking and behavioral problems may arise, with dementia commonly occurring in the advanced stages of the disease, and depression being the most common psychiatric symptom. Other symptoms include sensory, sleep, and emotional problems.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK FOR INCREASED CELL GROWTH IN THE SUBSTANTIA NIGRA REGION OF MY MIDBRAIN NOW AND MY IMMUNE SYSTEM TO REPAIR ANY CELL DAMAGE IN THIS AREA NOW.

I ASK FOR OPTIMAL DOPAMINE LEVELS IN MY BRAIN NOW.

I ASK MY GENES RESTORE TO OPTIMAL FUNCTION, STRUCTURE AND STABILITY TO PROMOTE OPTIMAL FUNCTION AND PROTECTION OF MY NEUROLOGICAL SYSTEM, INCLUDING MY BRAIN.

I ASK MY NEURONS TO BE PROTECTED AT ALL TIMES FROM BUILD UP OF LEWY BODIES.

I ASK MY IMMUNE SYSTEM TO PROTECT MY BRAIN AT ALL TIMES FROM TOXINS. I ASK FOR OPTIMAL CIRCULATION, OXYGEN AND NUTRITION FOR MY BRAIN NOW.

NEXT PAGE
I ASK FOR OPTIMAL MUSCLE STRENGTH, MOVEMENT AND TONE NOW.

I ASK ANY MUSCLE TENSION, TREMOR AND STIFFNESS TO RESOLVE WITH EASE AND GENTLENESS.

I ASK FOR OPTIMAL BALANCE AT ALL TIMES. I ASK FOR OPTIMAL FUNCTION OF MY NERVOUS SYSTEM TO ALLOW FOR HEALTHY MOTOR AND SENSORY FUNCTION NOW.

I ASK TO SWALLOW WITH EASE AND MY SPEECH TO REMAIN AUDIBLE WITHOUT EFFORT.

I ASK FOR RESTFUL SLEEP, STABLE MOOD, OPTIMAL ENERGY, COGNITIVE FUNCTION, MEMORY AND CONCENTRATION NOW.
PES PLANUS (FLAT FEET)

Flat feet (also called pes planus or fallen arches) is a postural deformity in which the arches of the foot collapse, with the entire sole of the foot coming into complete or near-complete contact with the ground.

HEALING: PLACE HANDS ON THE FEET

I ASK FOR OPTIMAL FUNCTION AND SUPPORT OF THE MUSCLES AND LIGAMENTS IN MY FEET NOW.

TO ALLOW FOR OPTIMAL ELASTICITY AND SUPPORT IN THE ARCH OF MY FEET NOW.

I ASK FOR OPTIMAL STRENGTH OF THE LIGAMENTS OF BOTH FEET AND ANKLES NOW. I ASK FOR OPTIMAL MUSCLE, TENDON, LIGAMENT AND BONE GROWTH NOW.

I ASK MY IMMUNE SYSTEM REPAIR ANY DAMAGE, LAXITY, STRETCHING OR WEAKNESS OF THE LIGAMENTS, BONES AND MUSCLES IN MY FEET AND ANKLES NOW, WITH EASE AND GENTLENESS. I ASK MY IMMUNE SYSTEM PROTECT THE LIGAMENTS IN MY FEET FROM INJURY OR DAMAGE AT ALL TIMES.

I ASK ANY PAIN IN MY FEET OR ANKLES STOP NOW AND ALWAYS.

I ASK FOR OPTIMAL GAIT AND BALANCE AT ALL TIMES.
PHOTOPHOBIA

Photophobia is a symptom of abnormal intolerance to visual perception of light. As a medical symptom, photophobia is not a morbid fear or phobia, but an experience of discomfort or pain to the eyes due to light exposure or by presence of actual physical sensitivity of the eyes.

HEALING: PLACE HANDS ON EACH SIDE OF THE TEMPLES

I ASK FOR THE PERFECT AMOUNT OF LIGHT ENTER MY EYE TO ALLOW FOR OPTIMAL VISION NOW.

I ASK MY IMMUNE SYSTEM TO REPAIR ANY CORNEAL ABRASIONS, RETINAL SCARRING AND OPTIC NERVE INJURY NOW, WITH EASE AND GENTLENESS.

I ASK FOR NORMAL AND HEALTHY PUPIL FUNCTION NOW.

I ASK MY IRIS TO PROTECT MY EYE FOR EXCESS LIGHT NOW.

I ASK THE PHOTORECEPTORS ON MY RETINA FUNCTION OPTIMALLY TO LIGHT AND STOP ALL OVERSTIMULATION BY LIGHT NOW.

I ASK EXCESSIVE ELECTRIC IMPULSES TO MY OPTIC NERVE STOP NOW AND MY BRAIN STOP EXCESSIVE RESPONSE TO THESE ELECTRIC IMPULSES NOW.

NEXT PAGE:
I ASK FOR OPTIMAL FUNCTION AND TONE OF MY TRIGEMINAL NERVE NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY EYE AND OPTIC NERVE AT ALL TIMES.
PLANTAR FASCIITIS

Plantar fasciitis is a common painful disorder affecting the heel and underside of the foot. It is a disorder of the insertion site of ligament on the bone and is characterized by scarring, inflammation or structural breakdown of the foot's plantar fascia. It is often caused by overuse injury of the plantar fascia, increases in exercise, weight or age.

The plantar fascia is a thick fibrous band of connective tissue.

Plantar fasciitis is actually due to a non-inflammatory structural breakdown of the plantar fascia rather than an inflammatory process. The structural breakdown of the plantar fascia is believed to be the result of repetitive microtrauma (small tears).

HEALING PLANTAR FASCIITIS: PLACE HANDS ON BOTTOM AND TOP OF FOOT

“I ASK THE FASCIA IN MY FOOT/FEET TO RESTORE TO OPTIMAL HEALTH NOW. I ASK THE SMALL TEARS IN THE FIBRES TO RESTORE NOW. I ASK THE BREAKDOWN OF TISSUE TO RESTORE NOW. I ASK FOR ANY CALCIUM DEPOSITS TO RESOLVE NOW. I ASK ANY SWELLING IN THE TISSUES TO RESOLVE. I ASK THE STRENGTH IN MY FOOT TO RESTORE TO OPTIMAL LEVELS.

I ASK THE PAIN SIGNALS TO RESOLVE. I ASK THAT THE BLOOD FLOW IN THE FOOT OPTIMIZE TO ENHANCE HEALING. I ASK THAT THE FASCIA PROTECTS THE MUSCLES, TENDONS, NERVES AND BLOOD VESSELS IN THE BOTTOM OF MY FEET FROM INJURY AND RESTORE MY FEET TO OPTIMAL HEALTH.”
PNEUMONIA

Pneumonia is an inflammatory condition of the lung affecting primarily the microscopic air sacs known as alveoli. It is usually caused by infection with viruses or bacteria.

HEALING: PLACE HANDS ON THE CHEST (THE SIDE THAT IS AFFECTED).

(PLEASE ALSO DO THE INFECTION LANGUAGE – I ADDED IT BELOW).

I ASK FOR OPTIMAL AIR FLOW AND VENTILATION OF MY LUNGS NOW. I ASK ANY EXCESS PHLEGM PRODUCTION TO STOP COMPLETELY NOW.

I ASK ANY WHEEZING AND SHORTNESS OF BREATH TO STOP COMPLETELY NOW.

I ASK ANY FEVER TO RESOLVE COMPLETELY NOW.

I ASK ANY SWELLING IN MY LUNG TISSUE (ALVEOLI) TO RESOLVE COMPLETELY NOW.

I ASK MY COUGH TO STOP COMPLETELY NOW AND FOR MY AIRWAYS AND IMMUNE SYSTEM TO REMOVE TOXINS AND PHLEGM WITH GENTLENESS AND EASE.

I ASK ANY PAIN IN MY CHEST TO RESOLVE COMPLETELY NOW.

I ASK MY AIRWAYS TO STAY PROTECTED AT ALL TIMES FROM VIRUSES, BACTERIA, IRRITANTS OR POLLUTANTS.

ALSO DO INFECTION LANGUAGE:
PMS

Premenstrual syndrome (PMS) refers to a varied collection of physical and emotional symptoms during part of a woman's menstrual cycle. While most women of child-bearing age (up to 85%) report having experienced physical symptoms related to normal ovulatory function; medical treatment of PMS is limited to a consistent pattern of emotional and physical symptoms that are of "sufficient severity to interfere with some aspects of life". The specific emotional and physical symptoms attributable to PMS vary from woman to woman, but each individual woman's pattern of symptoms is predictable, occurs consistently during the ten days prior to the start of the menstrual period, and vanishes either shortly before or shortly after the start of menstrual flow.

HEALING PMS: PLACE HANDS ON PELVIC REGION AND THEN ON HEAD AREA WHEN WORKING WITH BRAIN

“I ASK MY BODY ADJUST WITH GENTLENESS AND EASE TO THE HORMONAL CHANGES BEFORE, DURING AND AFTER MY MENSTRUAL PERIOD. I ASK MY MOOD AND ENERGY TO REMAIN OPTIMAL NOW TO SUPPORT THE NORMAL FUNCTION OF MY MENSTRUAL PERIOD.

I ASK THAT I FALL ASLEEP EASILY AND THAT MY SLEEP IS RESTFUL AND ADEQUATE TO SUPPORT THE OPTIMAL FUNCTION OF MY MENSTRUAL PERIOD. I ASK THE PAIN SIGNALS FROM MY MENSTRUAL PERIOD STOP NOW AND THAT I WILL EXPERIENCE THE PHYSICAL SYMPTOMS ASSOCIATED WITH MY MENSTRUAL PERIOD WITH GENTLENESS AND EASE. (Note: Practitioners can also do the acute pain section here if needed).

NEXT PAGE
I ASK MY HORMONE LEVELS PRODUCED BY MY BRAIN TO REGULATE MY PERIOD REMAIN OPTIMAL AND BALANCED NOW TO SUPPORT MY NORMAL MENSTRUAL CYCLE.

I ASK MY NEUROTRANSMITTERS IN MY BRAIN, THAT AFFECT MOOD, REMAIN OPTIMAL FOR MY MENTAL WELL BEING. (Note: Practitioners can also do the depression and anxiety sections here if needed).

I ASK MY DIGESTIVE SYSTEM TAKE UP ADEQUATE NUTRITION, ESPECIALLY VITAMINS, CALCIUM AND FIBRE, TO SUPPORT MY NORMAL MENSTRUAL CYCLE.

I ASK THAT ANY TOXINS THAT AFFECT MY MENSTRUAL CYCLE IN A NEGATIVE WAY BE EXCRETED WITH GENTLENESS NOW.

I ASK THAT ANY CRAVINGS FOR CAFFEINE, SUGAR, SALT AND ALCOHOL SUBSIDE IMMEDIATELY.

I ASK THAT MY MOTIVATION TO DO EXERCISE, MY ENERGY LEVEL AND MY NUTRITION REMAIN AT THE HIGHEST LEVEL TO SUPPORT REGULAR EXERCISE TO SUPPORT A MENSTRUAL CYCLE THAT IS GENTLE FOR ME.”
POLYCYSTIC KIDNEY SYNDROME

Polycystic kidney disease (also known as polycystic kidney syndrome) is a genetic disorder in which abnormal cysts develop and grow in the kidneys.

HEALING: PLACE ONE HAND IN FRONT AND THE OTHER ON THE BACK – JUST BELOW THE RIB CAGE.

I ASK MY IMMUNE SYSTEM TO REMOVE WITH EASE AND GENTLENESS ANY CYSTS IN MY KIDNEYS NOW. I ASK MY IMMUNE SYSTEM PROTECT MY KIDNEYS FROM CYSTS FORMING NOW.

I ASK FOR OPTIMAL BLOOD PRESSURE AND BLOOD FLOW TO MY KIDNEYS NOW.

I ASK FOR OPTIMAL FUNCTION OF MY KIDNEYS NOW. I ASK ANY PRESSURE ON MY KIDNEY NEPHRONS STOP NOW.

I ASK MY GENES PROTECT MY KIDNEYS FROM CYSTS FORMING AND ALLOW FOR OPTIMAL FUNCTION OF MY KIDNEYS NOW.

I ASK FOR OPTIMAL CALCIUM LEVELS AND METABOLISM NOW.

NEXT PAGE
I ASK FOR OPTIMAL LEVELS AND FUNCTION OF MY POLYCYSTIN (POLY-CYS-TIN) PROTEINS OF MY KIDNEYS NOW. I ASK FOR OPTIMAL FUNCTION AND PROTECTION OF THE CILIA ON MY KIDNEY CELLS NOW. I ASK FOR OPTIMAL CELL FUNCTION OF MY KIDNEYS AT ALL TIMES NOW.

I ASK FOR OPTIMAL NUTRITION NOW

IF APPROPRIATE – DO SECTION FOR KIDNEY FAILURE TOO
POLYMYSYALGIA RHEUMATICA

Polymyalgia rheumatica (PMR) is a syndrome with pain or stiffness, usually in the neck, shoulders, upper arms, and hips, but which may occur all over the body.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK PAIN IN MY MUSCLES AND LIGAMENTS STOP NOW (Also do the section for chronic pain).

I ASK STIFFNESS IN MY MUSCLES AND LIGAMENTS STOP NOW AND I ASK FOR OPTIMAL MOVEMENT OF MY MUSCLES AND LIGAMENTS NOW.

I ASK MY GENES TO PROTECT ME FROM DEVELOPING POLYMYSYALGIA RHEUMATICA NOW.

I ASK MY IMMUNE SYSTEM STOP ANY INFLAMMATION IN MY BLOOD VESSELS, MUSCLES AND JOINTS NOW AND PROTECT ME AT ALL TIMES FROM SUCH INFLAMMATION.

I ASK MY IMMUNE SYSTEM PROTECT FROM INFECTION AT ALL TIMES.

I ASK FOR OPTIMAL FUNCTION OF MY IMMUNE SYSTEM NOW AND FOR INFLAMMATORY CELLS AND PROTEINS TO STOP CAUSING INFLAMMATION IN MY MUSCLES AND JOINTS NOW.

I ASK FOR RESTFUL SLEEP AND OPTIMAL ENERGY, STRENGTH AND APPETITE NOW.
POST-CONCUSSION SYNDROME

Post-concussion syndrome is a set of symptoms that may continue for weeks, months, or a year or more after a concussion – a minor form of traumatic brain injury.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD.

I ask headache to stop completely now. I ask the pain center in my brain to stop receiving pain signals associated to the concussion now.

I ask for optimal blood flow and glucose levels in my brain now.

I ask for optimal cognitive function, memory and concentration now.

I ask for stable emotions and optimal levels and function of neurotransmitters in my brain now.

I ask any muscle spasm in my neck and scalp to stop completely now.

I ask for optimal vision now. I ask any sensitivity to light or noise stop now.

I ask my sense of balance remain intact and any dizziness stop now.

I ask for optimal energy and restful sleep at all times.

IF DEPRESSION OR ANXIETY IS PRESENT, DO THOSE SECTIONS AS WELL.
POST MENOPAUSAL BLEED

Blood loss *per vaginam* (Latin: through the vagina) (PV) typically arises from the lining of the uterus (endometrium), but may arise from uterine or cervical lesions, the vagina, and rarely from the fallopian tube.

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN.

I ASK FOR BALANCE, AND OPTIMAL LEVELS OF FUNCTION OF MY HORMONES NOW.

I ASK MY IMMUNE SYSTEM TO RESOLVE ANY UTERINE FIBROIDS OR POLYPS WITH EASE AND GENTLENESS NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY UTERUS, ENDOMETRIUM AND OVARIES AND STOP ABNORMAL CELLS FROM BEING FORMED AT ALL TIMES. I ASK MY IMMUNE SYSTEM TO REMOVE ANY ABNORMAL CELLS FROM MY CERVIX, UTERUS, ENDOMETRIUM AND OVARIES, COMPLETELY NOW.

I ASK FOR OPTIMAL THICKNESS OF MY ENDOMETRIAL LINING NOW AND ANY BLEEDING STOP NOW.

I ASK FOR OPTIMAL ABSORPTION AND OPTIMAL LEVELS OF IRON NOW.

IF FIBROIDS IS PRESENT, DO THAT SECTION TOO.
POST POLIO SYNDROME (POLIO)

Poliomyelitis, often called polio or infantile paralysis, is an infectious disease caused by the poliovirus.

Post-polio syndrome (PPS, or post-poliomyelitis syndrome or post-polio sequelae) is a condition that affects approximately 25 to 40 percent of people who have previously survived an acute attack of poliomyelitis—a viral infection of the nervous system—after the initial infection. Typically the symptoms appear 15 to 30 years after recovery from the original paralytic attack, at an age of 35 to 60.

HEALING: PLACE HEAD IN YOUR HANDS OR HANDS ON EACH SIDE OF THE HEAD (FOCUS ON THE NERVOUS SYSTEM). IF AN ARM/LEG IS AFFECTED, YOU CAN ALSO DO THE LANGUAGE WHILE PLACING YOUR HANDS ON THE AFFECTED LIMB.

I ASK MY IMMUNE SYSTEM REPAIR INFLAMMATION AND DAMAGE OF MY BRAIN, SPINAL CORD AND MOTOR NEURONS NOW, WITH EASE AND GENTLENESS.

I ASK FOR OPTIMAL NERVE FUNCTION, NERVE FIBRE PATHWAYS AND NEUROTRANSMITTERS OF MY MUSCLES AT ALL TIMES.

I ASK MY IMMUNE SYSTEM REPAIR WEAK OR ATROPHIED MUSCLES NOW, WITH EASE AND GENTLENESS.

I ASK ANY SPASTICITY OR PARESTHESIA (“PINS AND NEEDLES SENSATION) IN MY LIMB(S) STOP NOW.

I ASK FOR OPTIMAL MUSCLE MOVEMENT, CONTROL AND STRENGTH AT ALL TIMES.

I ASK ANY PAIN IN MY MUSCLES STOP NOW.
I ASK FOR OPTIMAL BREATHING AND SWALLOWING AT ALL TIMES.

I ASK FOR OPTIMAL NUTRITION AND NOURISHMENT OF MY NERVOUS SYSTEM NEURONS NOW AND AT ALL TIMES.

I ASK FOR OPTIMAL ENERGY NOW AND AT ALL TIMES.
POSTERIOR VITREOUS DETACHMENT

Posterior vitreous detachment (PVD) is a condition of the eye in which the vitreous membrane separates from the retina.

HEALING: PLACE HANDS ON THE TEMPLES, EACH SIDE

I ASK THE VITREOUS HUMOR (GEL), IN MY EYES, REMAINS STABLE AND STOP SHRINKING AT ALL TIMES.

I ASK FOR OPTIMAL STRENGTH IN MY VITREOUS MEMBRANE NOW.

I ASK MY IMMUNE SYSTEM TO RECOGNIZE TEARS IN MY VITREOUS MEMBRANE IMMEDIATELY AND REPAIR THEM COMPLETELY, WITH EASE AND GENTLENESS.

I ASK MY VITREOUS GEL TO REMAIN INTACT AT ALL TIMES AND ANY LEAKING OF THE GEL STOP COMPLETELY NOW.

I ASK FOR OPTIMAL HEALTH AND STRENGTH OF MY RETINA AND FOR MY RETINA TO BE PROTECTED FROM TEARS AT ALL TIMES.

I ASK FOR OPTIMAL VISION AT ALL TIMES.

I ASK FOR OPTIMAL CIRCULATION AND PRESSURE IN MY EYES NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY EYES AND VISION AT ALL TIMES.
POST TRAUMATIC STRESS DISORDER (PTSD)

Posttraumatic stress disorder (PTSD) is an anxiety disorder that can develop after a person is exposed to one or more traumatic events, such as major stress, sexual assault, natural disasters, violent crime, bullying, warfare, or other threats on a person's life in which situation the individual felt intense fear, horror or powerlessness.

HEALING PTSD: PLACE HANDS ON EACH SIDE OF HEAD

“I ASK MY GENES SUPPORT THE OPTIMAL AND HEALTHY FUNCTION OF MY MENTAL STATUS NOW. I ASK MY GLUCOCORTICOID RECEPTORS BALANCE IN NUMBER AND THAT THEY BECOME LESS SENSITIVE TO THE EFFECTS OF CORTISOL.

I ASK MY HIPPOCAMPUS TO NORMALIZE IN SIZE NOW. I ASK MY HIPPOCAMPUS AND AMYGDALA TO SUPPORT MY OPTIMAL MENTAL WELL BEING AND ALLOW MEMORIES AND FEAR RELATED TO THE TRAUMATIC EVENT TO FADE WITH EASE AND GENTLENESS NOW.

I ASK THE LEVEL OF MY STRESS HORMONES, ESPECIALLY CORTISOL AND CATECHOLAMINES, TO BALANCE NOW.

I ASK MY HYPOTHALAMUS AND ADRENAL GLANDS TO FUNCTION OPTIMALLY TO SUPPORT MY MENTAL WELLBEING NOW. I ASK MY HYPOTHALAMUS, PITUITARY GLAND AND ADRENAL GLANDS BECOME LESS SENSITIVE, LESS RESPONSIVE AND LESS REACTIVE TO THE EFFECTS OF STRESSORS AND FLASHBACKS AND THAT THEIR FUNCTION BALANCES WITH EASE AND GENTLENESS NOW.

. NEXT PAGE
PTSD CONTINUED

I ask my levels of serotonin, dopamine, neuropeptide Y, DHEA and corticotropin-releasing hormone to balance and restore to optimal levels now.

I ask for all flashbacks, nightmares and intrusive thoughts related to the traumatic event, to resolve completely now and stop from recurring now and in future. I ask any fear related to the traumatic event to resolve completely now.

I ask for resilience and a positive, optimistic attitude now. I ask for complete confidence in my strength and abilities. I ask for optimal problem solving skills and the ability to manage strong impulses and feelings now. I ask for the ability and clarity to make realistic plans and to be perfectly capable of taking the steps necessary to follow through with them.

I ask for confidence, a continuous positive self-image and complete trust now. I ask for honest and open communication. I ask for an abundance of love, joy and laughter now. I ask to accept circumstances out of my control with ease and gentleness now. I stop focusing on past and focus on now. I expect good things to happen to me now and in my future. I will continue to look for opportunity for self-discovery and I ask that my lessons in life happen with ease and gentleness now.

. NEXT PAGE
PTSD CONTINUED

I ASK THAT I WILL FALL ASLEEP WITH EASE, THAT MY SLEEP REMAINS OPTIMAL AND RESTFUL. I ASK THAT MY MOOD REMAINS BALANCED AND CALM. I ASK THAT MY CONCENTRATION, MY ENERGY LEVEL AND MOTIVATION REMAIN OPTIMAL NOW.

I ASK THAT MY MOTIVATION FOR EXERCISE WILL STAY STRONG AND THAT MY DIET WILL SUPPORT MY OPTIMAL MENTAL AND PHYSICAL WELLBEING.
POSTURAL ORTHOSTATIC TACHYCARDIA SYNDROME

Postural orthostatic tachycardia syndrome (POTS, also known as postural tachycardia syndrome) is a condition in which a change from the supine position to an upright position causes an abnormally large increase in heart rate, called tachycardia.

HEALING: PLACE HANDS OVER THE HEART.

I ASK FOR NORMAL, PHYSIOLOGICAL HEART RATE DURING CHANGE IN POSITION.

I ASK FOR OPTIMAL BLOOD PRESSURE AT ALL TIMES, ESPECIALLY WHILE STANDING UP.

I ASK FOR OPTIMAL LEVELS OF NOREPINEPHRINE (NOREPI-NEFY-RYN) NOW, ESPECIALLY WHILE STANDING UP.

I ASK FOR OPTIMAL FUNCTIONING OF MY AUTONOMOUS NERVOUS SYSTEM NOW.

I ASK FOR OPTIMAL CIRCULATION NOW AND ANY BLOOD POOLING IN MY LEGS STOP NOW.

I ASK MY GENES SUPPORT OPTIMAL HEART RATE AND BLOOD PRESSURE NOW.

I ASK FOR BALANCE AND OPTIMAL FUNCTIONING OF MY ELECTROLYTES NOW.

I ASK ANY CHEST DISCOMFORT STOP NOW.

I ASK BREATHING OCCUR WITH EASE AT ALL TIMES.

I ASK FOR OPTIMAL ENERGY AND RESTFUL SLEEP AT ALL TIMES.
PREGNANCY

HEALING: PLACE HANDS OVER LOWER ABDOMEN

I ASK MY DIGESTIVE SYSTEM TO SUPPORT OPTIMAL UPTAKE OF NUTRIENTS, IRON AND FOLIC ACID TO SUPPORT OPTIMAL NUTRITION FOR MY PREGNANCY.

I ASK FOR OPTIMAL GROWTH AND FUNCTION OF THE PLACENTA, UMBILICAL CORD, AMNIOTIC SAC, AMNIOTIC FLUID AND OF THE FETUS. I ASK FOR HEALTHY, OPTIMAL DEVELOPMENT OF THE FETAL BRAIN, BODY SYSTEMS AND ORGANS.

I ASK MY CIRCULATION SUPPORT OPTIMAL NUTRITION, BLOOD FLOW AND OXYGEN FLOW ACROSS THE PLACENTA AND ANY TOXINS BE REMOVED COMPLETELY BEFORE THEY CROSS THE PLACENTAL BARRIER. I ASK THE BLOOD VESSELS REMAIN STRONG IN THE PLACENTA AND THAT I AM PROTECTED AT ALL TIMES FROM BLEEDING IN THE PLACENTA.

I ASK FOR BALANCE IN MY BLOOD PRESSURE AND GLUCOSE LEVELS AT ALL TIMES NOW. I ASK THE PRESSURE IN MY LEG VEINS REMAIN OPTIMAL AT ALL TIMES.

I ASK MY LUNGS TO SUPPORT OPTIMAL UPTAKE OF OXYGEN AND EXCRETION OF CARBON DIOXIDE, TO SUPPORT A HEALTHY PREGNANCY. I ASK MY BREATHING REMAINS BALANCED, WITH GENTLENESS AND EASE.

I ASK FOR BALANCE IN MY HORMONAL LEVELS TO SUPPORT A HEALTHY PREGNANCY. I ASK MY THYROID FUNCTION REMAINS OPTIMAL DURING MY PREGNANCY.

NEXT PAGE
PREGNANCY CONTINUED

I ASK MY HORMONES SUPPORT OPTIMAL DEVELOPMENT OF BREAST TISSUE, DUCTS AND MILK GLANDS, TO ALLOW FOR EVENTUAL OPTIMAL BREAST MILK PRODUCTION.

I ASK ANY SYMPTOMS OF NAUSEA OR VOMITING TO RESOLVE COMPLETELY NOW. I ASK FOR PROMPT EMPTYING OF MY STOMACH AND FOR ANY ACID REFLUX TO STOP COMPLETELY.

I ASK FOR COMPLETE BALANCE OF MY ELECTROLYTES AND FLUID LEVELS AT ALL TIMES. I ASK MY CIRCULATION AND LYMPHATIC SYSTEM TO REMOVE ANY FLUID BUILD UP IN MY LEGS PROMPTLY, WITH GENTLENESS AND EASE.

I ASK FOR REGULAR, SOFT BOWEL MOVEMENTS AND VOIDING WITH EASE.

I ASK MY ENERGY LEVEL TO REMAIN OPTIMAL. I ASK FOR RESTFUL SLEEP.

I ASK MY PELVIC MUSCLES AND BONES TO SUPPORT HEALTHY GROWTH OF THE UTERUS AND FOR ANY MUSCLE CRAMPS TO RESOLVE COMPLETELY NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT ME COMPLETELY FROM ANY INFECTION AT ALL TIMES.

I ASK FOR OPTIMAL LEVELS OF NEUROTRANSMITTERS IN MY BRAIN AND THAT MY MOOD REMAINS STABLE AT ALL TIMES.

NEXT PAGE
PREGNANCY CONTINUED

I ask for my bone marrow and kidneys to support optimal blood cell formation, that my clotting factors function optimally and I am protected at all times from blood clots forming.

I ask my weight gain remains balanced, to support a healthy pregnancy at all times.

I ask that my appetite and cravings remain balanced to support a healthy pregnancy.

I ask that the fetus positions head down and in perfect position, to allow for an easy, effortless delivery when it is time.

I ask that the placenta and umbilical cord remain in perfect position, to allow for an easy and effortless eventual delivery.
PROCTITIS

Proctitis is an inflammation of the anus and the lining of the rectum, affecting only the last 6 inches of the rectum.

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN

I ASK MY IMMUNE SYSTEM STOP ANY INFLAMMATION IN MY RECTUM AND ANAL AREA NOW, AND REPAIR ANY ULCERS WITH EASE AND GENTLENESS.

I ASK MY IMMUNE SYSTEM PROTECT MY DIGESTIVE SYSTEM AT ALL TIMES FROM INFECTION, INFLAMMATION, IRRITATION, ALLERGENS AND TOXINS NOW.

I ASK ANY DIARHEA STOP COMPLETELY NOW.

I ASK ANY RECTAL BLEEDING, CRAMPING, SPASMS AND PAIN STOP NOW.

I ASK BOWEL MOVEMENTS REMAIN SOFT AND HAPPEN WITH EASE NOW.

I ASK FOR OPTIMAL NUTRITION AND ENERGY LEVEL NOW.
PROLAPSED UTERUS

Uterine prolapse is a form of female genital prolapse. It is also called pelvic organ prolapse or prolapse of the uterus (womb).

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN

I ASK FOR OPTIMAL STRENGTH IN THE LIGAMENTS THAT SUPPORT MY UTERUS NOW. I ASK MY IMMUNE SYSTEM REPAIR ANY WEAKNESS AND INFLAMMATION IN MY UTERINE LIGAMENTS NOW, WITH EASE AND GENTLENESS.

I ASK FOR OPTIMAL STRENGTH IN MY ABDOMINAL MUSCLES NOW.

I ASK FOR OPTIMAL INTRA-ABDOMINAL PRESSURE NOW.

I ASK FOR OPTIMAL BLOOD FLOW AND NUTRITION TO MY UTERUS, UTERINE LIGAMENTS AND ABDOMINAL MUSCLES AT ALL TIMES.

IF APPROPRIATE: I ASK MY FERTILITY REMAIN OPTIMAL AT ALL TIMES.
PROTEIN C DEFICIENCY

Protein C deficiency is a rare genetic trait that predisposes to thrombotic disease. The disease belongs to a group of genetic disorders known as thrombophilias.

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN AND (FOCUS ON THE ROOT CHAKRA).

I ASK FOR OPTIMAL PRODUCTION AND LEVELS OF PROTEIN C IN MY BODY NOW. I ASK MY IMMUNE SYSTEM TO SUPPORT OPTIMAL LEVELS AND STOP PREMATURE DESTRUCTION OF PROTEIN C IN MY BODY NOW.

I ASK FOR OPTIMAL FUNCTION OF PROTEIN C IN MY BODY NOW, ESPECIALLY TO ALLOW FOR OPTIMAL INTERACTION WITH FACTORS 5 AND 8, AND OTHER MOLECULES RELATED TO COAGULATION.

I ASK MY GENES RESTORE TO OPTIMAL FUNCTION, STRUCTURE AND STABILITY TO PROMOTE HEALTHY FUNCTION OF MY BLOOD CLOTTING ABILITY NOW.

I ASK MY GENES TO SUPPORT OPTIMAL FUNCTION OF MY COAGULATION, ESPECIALLY TO PROMOTE BALANCE OF MY PROTEIN C LEVELS NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT ME AT ALL TIMES AND ONLY ALLOW FOR HEALTHY FUNCTION FOR MY CLOTTING FACTORS NOW.

I ASK MY LIVER TO SUPPORT OPTIMAL PRODUCTION OF CLOTTING FACTORS NOW.

I ASK FOR OPTIMAL VITAMIN K LEVELS NOW.

I ASK FOR OPTIMAL FUNCTION FOR MY BLOOD CELLS AND CIRCULATION NOW.
PROTHROMBIN DEFICIENCY

Prothrombin (also the factor II mutation, or the prothrombin mutation) is a genetic variant that approximately doubles or triples the risk of forming blood clots in the veins.

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN AND (FOCUS ON THE ROOT CHAKRA).

I ASK FOR OPTIMAL LEVELS OF PROTEIN C AND PROTEIN S NOW.

I ASK MY GENES RESTORE TO OPTIMAL FUNCTION, STRUCTURE AND STABILITY TO PROMOTE HEALTHY FUNCTION OF MY BLOOD CLOTTING ABILITY NOW.

I ASK MY GENES TO SUPPORT OPTIMAL FUNCTION OF MY COAGULATION, ESPECIALLY TO PROMOTE BALANCE OF MY PROTHROMBIN LEVELS NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT ME AT ALL TIMES AND ONLY ALLOW FOR HEALTHY FUNCTION FOR MY CLOTTING FACTORS NOW.

I ASK MY LIVER TO SUPPORT OPTIMAL PRODUCTION OF CLOTTING FACTORS NOW.

I ASK FOR OPTIMAL VITAMIN K LEVELS NOW.

I ASK FOR OPTIMAL FUNCTION FOR MY BLOOD CELLS AND CIRCULATION NOW.
Psoriasis is a long-lasting autoimmune disease characterized by patches of abnormal skin. These skin patches are typically red, itchy, and scaly. They may vary in severity from small and localized to complete body coverage.

**HEALING: PLACE HANDS OVER THE SOLAR PLEXUS**

I ask my genes to repair completely and to support healthy skin at all times.

I ask my immune system to stop forming antibodies that affect normal skin cells now.

I ask for healthy immune cells in my skin and for these immune cells to stop producing inflammatory chemicals in normal skin.

I ask my immune system to resolve my psoriasis skin lesions completely now.

I ask my immune system to remove any infection in my skin completely now.

I ask my joints, heart, blood pressure, bowel and lymphatic system to function optimally and to remain protected at all times from the effects of psoriasis.

I ask any pain, redness, swelling or itching in my skin lesions to resolve completely now.
I ASK MY SKIN TO CONTINUE TO ACT AS A BARRIER AND PROTECT ME FROM INFECTION AT ALL TIMES AND FUNCTION OPTIMALLY TO REGULATE MY BODY TEMPERATURE.

I ASK THAT MY SKIN REMAIN PROTECTED AT ALL TIMES FROM ENVIRONMENTAL FACTORS, MEDICATIONS I MAY TAKE AND TOXINS.

**IF APPLICABLE:** I ASK ANY INFLAMMATION IN MY JOINTS AND CONNECTIVE TISSUES SURROUNDING MY JOINTS TO RESOLVE COMPLETELY NOW. I ASK FOR HEALTHY NAIL GROWTH AND ANY PSORIASIS IN MY NAILS TO RESOLVE COMPLETELY NOW.
RAYNAUD'S PHENOMENON/DISEASE

Raynaud's disease or Raynaud's phenomenon (pronunciation: ray-NOHZ) is excessively reduced blood flow in response to cold or emotional stress, causing discoloration of the fingers, toes, and occasionally other areas. This condition may also cause nails to become brittle with longitudinal ridges. The phenomenon is believed to be the result of vasospasms that decrease blood supply to the respective regions.

When the disorder's cause is idiopathic, it is referred to as Raynaud's disease (also called primary Raynaud's); if the syndrome is secondary to another disease such as systemic sclerosis, Scleroderma, or other connective tissue disorders, it is correctly referred to as Raynaud's phenomenon (secondary Raynaud's).


I ASK SPASM IN THE BLOOD VESSELS OF MY HAND (OR FOOT) STOP NOW.

I ASK FOR OPTIMAL BLOOD FLOW TO MY HAND AND FINGERS (OR FOOT AND TOES) NOW. I ASK FOR OPTIMAL OXYGENATION OF MY HAND AND FINGERS (OR FOOT AND TOES) NOW.

I ASK FOR HEALTHY SKIN GROWTH, OPTIMAL THICKNESS AND OPTIMAL PROTECTION OF MY SKIN NOW.

NEXT PAGE:
I ASK FOR OPTIMAL THICKNESS, STRENGTH AND FUNCTION OF THE MUSCLES AND LIGAMENTS OF MY HAND AND FINGERS (OR FOOT AND TOES) NOW.

I ASK FOR OPTIMAL FUNCTION OF MY NERVOUS SYSTEM NOW AND FOR MY NERVOUS SYSTEM TO SUPPORT HEALTHY BLOOD FLOW TO MY HAND AND FINGERS (OR FOOT AND TOES) NOW. I ASK FOR OPTIMAL SENSATION IN MY HAND AND FINGERS (OR FOOT AND TOES) NOW.

I ASK MY GENES SUPPORT HEALTHY FUNCTION OF MY NERVOUS SYSTEM AND HEALTHY BLOOD FLOW NOW.
RESTLESS LEG SYNDROME

Restless legs syndrome (RLS) is a disorder that causes a strong urge to move one's legs. There is often an unpleasant feeling in the legs that improves somewhat with moving them. Occasionally the arms may also be affected. The feelings generally happen when at rest and therefore can make it hard to sleep.

HEALING: PLACE HANDS ON LOWER ABDOMEN AND FOCUS ON THE ROOT CHAKRA

I ASK PAIN, BURNING OR ACHING IN MY LEGS STOP NOW.

I ASK MY LEGS REMAIN COMPLETELY RELAXED DURING PERIODS OF REST AND THE IRRERISTIBLE URGE TO MOVE MY LEGS STOP COMPLETELY.

I ASK FOR OPTIMAL ELECTROLYTE BALANCE, IRON, CALCIUM, MAGNESIUM AND VITAMIN LEVELS AND OPTIMAL FUNCTION OF MY KIDNEYS NOW.

I ASK FOR OPTIMAL BLOOD FLOW AND CIRCULATION IN MY LEGS NOW. I ASK FOR OPTIMAL OXYGEN FLOW AND NUTRITION TO MY LEGS NOW. I ASK FOR OPTIMAL FUNCTION OF MY NERVOUS SYSTEM IN MY LEGS NOW. I ASK FOR OPTIMAL LEVELS AND FUNCTION OF MY NEUROTRANSMITTERS, ESPECIALLY DOPAMINE, NOW.

I ASK MY GENES SUPPORT HEALTHY FUNCTIONING OF MY LEGS AND MY IMMUNE SYSTEM STOP ANY GENETIC INFLUENCE ON MY RESTLESS LEG SYNDROME NOW.

I ASK FOR RESTFUL SLEEP AND OPTIMAL ENERGY AT ALL TIMES.

NEXT PAGE
AFFIRMATION BEFORE SLEEP: I ASK FOR RESTFUL SLEEP AND MY LEGS REMAIN COMPLETELY RELAXED AS I SLEEP.
Retinal detachment is a disorder of the eye in which the retina detaches from the retinal pigment epithelium. Retinal detachments can be caused by fluid leaking behind the retina through tears, by traction on the retina, or by fluid exuding from the retina.

**HEALING: PLACE HANDS ON EACH SIDE OF THE FACE, JUST LATERAL TO THE EYES.**

I ask my immune system to repair any tears in my retina completely now.
I ask for strength in my retina and my immune system to protect my retina at all times from any tears.
I ask for the vitreous fluid in the back of my eye to remain in place and for any vitreous fluid leakage to stop completely now.
I ask any scarring in my retina to resolve completely now.
I ask my immune system to remove any floaters from my eye completely now.
I ask for optimal pressure in my eyes at all times, to preserve optimal vision at all times.

I ask my immune system to protect my retina at all times from the effects of excess glucose or increased blood pressure.
I ask my immune system to protect my retina at all times from toxins or inflammation.

I ask for optimal function of my retina to receive light impulses and for the retina to translate the light impulses into neural impulses freely and effortlessly.
I ask for optimal function of my optic nerve at all times.
I ask for clear and optimal vision at all times.
RETROPERITONEAL FIBROSIS

Retroperitoneal fibrosis or Ormond's disease is a disease featuring the proliferation of fibrous tissue in the retroperitoneum, the compartment of the body containing the kidneys, aorta, renal tract, and various other structures.

HEALING: PLACE HANDS OVER THE SOLAR PLEXUS

I ASK ANY FIBROTIC TISSUE IN MY RETROPERITONEUM TO RESOLVE WITH GENTLENESS AND EASE NOW.

I ASK MY BODY TO STOP PRODUCING FIBROTIC TISSUE NOW AND FOR MY IMMUNE SYSTEM TO PROTECT ME AT ALL TIMES FROM FORMING FIBROTIC TISSUE NOW.

I ASK FOR HEALTHY FUNCTION OF MY IMMUNE SYSTEM AND FOR MY IMMUNE SYSTEM TO PROTECT ME AT ALL TIMES FROM THE INFLUENCE OF AUTO-ANTIBODIES, TOXINS AND MEDICATIONS IN FORMING FIBROTIC TISSUE IN MY BODY NOW.

I ASK MY KIDNEYS, URETERS AND BLOOD VESSELS TO REMAIN PROTECTED FROM THE EFFECTS OF THE FIBROTIC TISSUE NOW.

I ASK FOR HEALTHY BLOOD PRESSURE AND BLOOD FLOW NOW.

I ASK ANY BACK PAIN RESOLVE WITH GENTLENESS AND EASE NOW.
ROSACEA

Rosacea is a long term skin condition characterized by facial redness, small and superficial dilated blood vessels on facial skin, papules, pustules, and swelling. Rosacea typically begins as redness on the central face across the cheeks, nose, or forehead, but can also less commonly affect the neck, chest, ears, and scalp.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK MY IMMUNE SYSTEM STOP INFLAMMATION, REDNESS, SWELLING, NODULES AND SCARRING WITHIN MY SKIN NOW.

I ASK MY IMMUNE SYSTEM STOP MY SKIN AND BLOOD VESSELS WITHIN MY SKIN FROM OVER- REACTING TO STRESS, ANXIETY, HEAT, HOT FOOD OR DRINK, ALCOHOL, COLD OR HOT WEATHER, SPICY FOODS, EXERCISE, HOT OR COLD WATER, CAFFEINE, OR TOPICAL IRRITANTS NOW.

I ASK FOR OPTIMAL LEVELS AND FUNCTIONING OF ANTI-MICROBIAL (ANTI –MY- CRO- BE-AL) CATHELICIDIN (CATH-A-LE-SE-DIN) AND SCTE (STRATUM CORNEUM TRYPHTIC ENZYMES) NOW.

I ASK MY IMMUNE SYTEM REMOVE ANY BACTERIA OR FUNGI IN MY SKIN NOW. I ASK MY IMMUNE SYSTEM PROTECT MY SKIN FROM EFFECTS OF SKIN OR INTESTINAL BACTERIA OR FUNGI NOW.

I ASK MY IMMUNE SYSTEM STOP ANY THICKENING OF THE SKIN NOW. I ASK ANY BURNING, STINGING OR ITCHING OF MY SKIN STOP NOW.

I ASK FOR OPTIMAL HYDRATION AND NUTRITION OF MY SKIN NOW.
ROTATOR CUFF

In anatomy, the rotator cuff is a group of muscles and their tendons that act to stabilize the shoulder.

HEALING: PLACE HANDS ON THE SHOULDER

I ASK ANY TEARS IN MY ROTATOR CUFF MUSCLES IN TENDONS TO REPAIR COMPLETELY NOW.

I ASK ANY CALCIFICATION IN MY ROTATOR CUFF TO RESOLVE COMPLETELY NOW.

I ASK MY IMMUNE SYSTEM TO SUPPORT REPAIR OF MY ROTATOR CUFF MUSCLES AND TENDONS NOW. I ASK MY IMMUNE SYSTEM TO RESOLVE ANY INFLAMMATION IN MY ROTATOR CUFF NOW.

I ASK MY CIRCULATORY SYSTEM TO SUPPORT OPTIMAL BLOOD FLOW TO MY ROTATOR CUFF NOW.

I ASK FOR OPTIMAL STRENGTH IN MY ROTATOR CUFF MUSCLES AND TENDONS NOW.

I ASK THE MUSCLES IN MY ROTATOR CUFF AND AROUND MY SHOULDER TO SUPPORT OPTIMAL MOVEMENT OF MY SHOULDER IN ALL DIRECTIONS NOW.

I ASK ANY NERVE PINCHING IN MY ROTATOR CUFF TO RESOLVE COMPLETELY NOW.

I ASK ANY BONE SPURS AROUND MY ROTATOR CUFF TO RESOLVE COMPLETELY NOW.

I ASK ANY PAIN IN MY ROTATOR CUFF TO RESOLVE COMPLETELY NOW.
SACROILIITIS

Sacroiliac joint dysfunction generally refers to pain in the sacroiliac joint region that is caused by abnormal motion in the sacroiliac joint, either too much motion or too little motion. It typically results in inflammation of the sacroiliac joint (sacroiliitis).

HEALING: PLACE ONE HAND ON LOWER BACK AND ONE HAND ON THE SIDE OF THE HIP. REPEAT ON OTHER SIDE.

I ASK FOR OPTIMAL STRENGTH IN MY SI (SACRO-ILIAC) JOINTS, MY LIGAMENTS AND MUSCLES IN MY PELVIS TO OPTIMALLY SUPPORT MY SI JOINTS NOW.

I ASK FOR OPTIMAL STABILITY AND ALIGNMENT OF MY SI JOINTS NOW.

I ASK MY IMMUNE SYSTEM STOP ANY INFLAMMATION IN MY SI JOINTS, AND ALSO IN THE MUSCLES AND LIGAMENTS SURROUNDING THE SI JOINTS NOW.

I ASK MY IMMUNE SYSTEM REPAIR ANY TEARS IN MY PELVIC LIGAMENTS AND MUSCLES NOW.

I ASK FOR OPTIMAL CIRCULATION AND NUTRITION TO MY SI JOINTS, PELVIC LIGAMENTS AND MUSCLES NOW.

I ASK PAIN IN MY SI JOINTS, PELVIS AND BUTTOCKS STOP COMPLETELY NOW. I ASK ANY MUSCLE SPASM OR LAXITY IN MY PELVIC MUSCLES AND LIGAMENTS STOP COMPLETELY NOW.

NEXT PAGE:
I ASK FOR OPTIMAL GAIT AND RANGE OF MOTION OF MY LOWER BACK AND HIPS NOW. I ASK FOR OPTIMAL ENERGY AND ABILITY TO EXERCISE REGULARLY, WITH EASE NOW AND AT ALL TIMES.

ALSO DO SECTION FOR CHRONIC PAIN IF NEEDED
SARCOIDOSIS

Sarcoidosis, also called sarcoid, is a disease involving abnormal collections of inflammatory cells that form lumps known as granulomas. The disease usually begins in the lungs, skin, or lymph nodes. Less commonly affected are the eyes, liver, heart, and brain. Any organ, however, can be affected.

HEALING: PLACE HANDS ONE EACH SIDE OF THE CHEST.

I ASK INFLAMMATION IN MY JOINTS STOP NOW. I ASK MY IMMUNE SYSTEM TO PROTECT MY JOINTS AT ALL TIMES FROM INFLAMMATION.

I ASK FOR EASY AND EFFORTLESS BREATHING AT ALL TIMES. I ASK ANY INFLAMMATION IN MY LUNGS STOP NOW. I ASK MY IMMUNE SYSTEM PROTECT MY LUNGS AT ALL TIMES FROM FORMING SCAR TISSUE.

I ASK FOR BALANCE OF MY BLOOD PRESSURE, INCLUDING ARTERIAL PRESSURE IN MY LUNGS.

I ASK ANY INFLAMMATION IN MY HEART STOP NOW AND FOR MY HEART TO REMAIN PROTECTED AT ALL TIMES FROM INFLAMMATION OR SCARRING. I ASK FOR OPTIMAL ELECTRICAL FUNCTION OF MY HEART NOW.

I ASK ANY INFLAMMATORY LESIONS, SWELLING OR NODULES IN MY SKIN RESOLVE COMPLETELY NOW.

I ASK FOR OPTIMAL VISION AND MOISTURE IN MY EYES NOW. I ASK ANY INFLAMMATION IN MY EYES STOP NOW.

I ASK ANY INFLAMMATION IN MY FACIAL NERVES, EYE NERVES, BRAIN AND NERVES OF MY LIMBS STOP NOW, AND FOR THOSE AREAS TO REMAIN PROTECTED FROM INFLAMMATION AT ALL TIMES.

NEXT PAGE
I ASK MY ORGANS, LIKE MY KIDNEYS, STOMACH, PANCREAS, LIVER, BOWEL AND SEXUAL ORGANS REMAIN PROTECTED AT ALL TIMES FROM INFLAMMATION.

I ASK ANY SWELLING IN MY LYMPH NODES TO RESOLVE COMPLETELY NOW.

I ASK FOR OPTIMAL LEVELS AND FUNCTION OF LYMPHOCYTES NOW, AND FOR MY IMMUNE SYSTEM TO PROTECT ME FROM INFECTION AT ALL TIMES. I ASK FOR OPTIMAL FUNCTION OF MY IMMUNE SYSTEM NOW AND FOR IT TO RESPOND IN A HEALTHY AND PHYSIOLOGICAL WAY TO ANY INFECTION OR INFLAMMATION.

I ASK FOR BALANCE OF MY CALCIUM AND PROLACTIN LEVELS NOW.

I ASK FOR OPTIMAL ENERGY LEVEL AND RESTFUL SLEEP AT ALL TIMES.
SCHIZOPHRENIA

Schizophrenia is a mental disorder characterized by impaired social behavior and failure to understand what is real. Common symptoms include false beliefs, unclear or confused thinking, hearing voices, reduced social engagement and emotional expression, and a lack of motivation.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD.

I ASK MY GENES TO PROTECT MY COGNITIVE FUNCTION AND TO ALLOW FOR OPTIMAL COGNITIVE FUNCTIONING AT ALL TIMES.

I ASK HALLUCINATIONS STOP COMPLETELY NOW. I ASK ANY INFORMATION I RECEIVE BE WITHIN MY CONTROL AT ALL TIMES.

I ASK FOR ORGANIZED THINKING AND SPEECH AT ALL TIMES.

I ASK FOR OPTIMAL CONCENTRATION, ATTENTION SPAN, THE ABILITY TO LEARN, MEMORY, MOTIVATION, AND JUDGMENT NOW. I ASK FOR OPTIMAL INSIGHT AND UNDERSTANDING NOW.

I ASK TO UNDERSTAND MY EXPERIENCES AND INTERACTION WITH OTHERS AND TO RESPOND IN A CARING AND LOVING WAY. I ASK FOR STRENGTH, COMFORT AND CONFIDENCE IN SOCIAL INTERACTIONS NOW.

NEXT PAGE:
I ASK MY SPEECH TO HAPPEN WITH EASE. I ASK FOR THE ABILITY TO EXPRESS MYSELF WITH CONFIDENCE AND TO BE EASILY UNDERSTOOD WHEN I SPEAK.

I ASK MY EMOTIONS REMAIN STABLE AND WITHIN MY CONTROL AT ALL TIMES.

I ASK FOR OPTIMAL LEVELS AND FUNCTION OF NEUROTRANSMITTERS IN MY BRAIN NOW.

I ASK FOR RESTFULL SLEEP AT ALL TIMES.

USE AFFIRMATIONS LIKE: “I AM SAFE” “I AM LOVED” “I AM PROTECTED NOW” “I AM SAFE NOW” “I AM HAPPY AND I ENJOY MY LIFE NOW” “I AM COPING VERY WELL” “I AM STRONG” ETC.
Sciatica is when pain is felt going down the leg from the back. This pain may go down the back, outside or front of the leg. Typically, symptoms are only on one side of the body. Weakness or numbness may occur in various parts of the leg and foot.

**HEALING SCIATICA: PLACE ONE HAND ON LOWER BACK AND ONE HAND OVER THE HIP ON THE SIDE THAT IS AFFECTED**

“I ASK FOR ANY DISC HERNIATION RESOLVE COMPLETELY WITH EASE AND GENTLENESS NOW. I ASK THE CARTILAGE AROUND MY DISCS TO STRENGTHEN TO SUPPORT MY DISCS COMPLETELY NOW.

I ASK MY VERTEBRAE IN MY LOWER BACK TO ALLIGN ON ALL LEVELS WITH EASE AND GENTLENESS NOW.

I ASK MY SPINAL CANAL AND LATERAL FORAMINAE TO REMAIN OPEN AND ANY NARROWING IN THE SPINAL CANAL OR FORAMINA TO RESOLVE COMPLETELY WITH EASE AND GENTLENESS NOW.

I ASK ANY SWELLING IN MY FACET JOINTS TO RESOLVE COMPLETELY NOW.

I ASK MY IMMUNE SYSTEM TO RESOLVE ANY INFLAMMATION IN THE SPINAL DISCS AND AT THE NERVE ROOTS COMPLETELY NOW. I ASK MY IMMUNE SYSTEM TO REMOVE ANY EXCESS FLUID AT THE NERVE ROOT NOW.

I ASK ANY PAIN SIGNALS FROM MY SCIATIC NERVE TO STOP COMPLETELY NOW. I ASK MY PAIN CENTER TO STOP RESPONDING TO EXCESSIVE PAIN SIGNALS FROM MY SCIATIC NERVE NOW.
SCHEUERMANN’S DISEASE

Scheuermann's disease is a self-limiting skeletal disorder of childhood. It is also known as Scheuermann's kyphosis (since it results in kyphosis), Calvé disease, and idiopathic juvenile kyphosis of the spine. Scheuermann's disease describes a condition where the vertebrae grow unevenly with respect to the sagittal plane; that is, the posterior angle is often greater than the anterior. This uneven growth results in the signature "wedging" shape of the vertebrae, causing kyphosis.

HEALING: PLACE ONE HAND ON THE ANTERIOR CHEST AND ONE HAND ON THE LOWER ABDOMEN.

I ASK MY GENES AND IMMUNE SYSTEM TO SUPPORT OPTIMAL GROWTH AND FUNCTION OF MY VERTEBRAE, SPINAL MUSCLES AND LIGAMENTS.

I ASK FOR STRENGTH AND OPTIMAL FUNCTION OF MY SPINAL MUSCLES AND LIGAMENTS NOW. I ASK SPINE MOVEMENTS TO HAPPEN EASY AND EFFORTLESSLY.

I ASK FOR OPTIMAL HEIGHT OF MY VERTEBRAE NOW.

I ASK ANY PAIN IN MY SPINE STOP COMPLETELY NOW. I ASK PHYSICAL ACTIVITY AND WALKING TO BE EASY AND EFFORTLESS.

I ASK ANY PRESSURE ON INTERNAL ORGANS FROM MY SPINE STOP NOW.
Scleroderma, also known as systemic sclerosis, is a chronic systemic autoimmune disease characterized by hardening (sclero) of the skin (derma). In the more severe form, it also affects internal organs.

**HEALING: PLACE HANDS OVER THE SOLAR PLEXUS**

I ASK MY IMMUNE SYSTEM STOP ATTACKING HEALTHY TISSUE AND SKIN NOW.

I ASK FOR OPTIMAL COLLAGEN PRODUCTION AT ALL TIMES. I ASK MY BLOOD VESSELS REMAIN STRONG AND PROTECTED AT ALL TIMES.

I ASK MY GENES SUPPORT HEALTHY FUNCTION OF MY IMMUNE SYSTEM NOW.

I ASK MY IMMUNE SYSTEM REMOVE ALL CALCIUM NODULES AND FIBROSIS IN MY SKIN NOW. I ASK ANY THICKENING OF MY SKIN RESOLVE COMPLETELY NOW. I ASK MY IMMUNE SYSTEM TO HEAL ANY SORES ON MY SKIN NOW. I ASK MY IMMUNE SYSTEM TO HEAL ANY SCARRING OF BLOOD VESSELS AND INTERNAL ORGANS NOW.

I ASK FOR OPTIMAL BLOOD FLOW IN MY SKIN NOW. I ASK ANY EXCESSIVE SPASMS IN THE SMALL BLOOD VESSELS IN MY HANDS AND FINGERS STOP NOW.

I ASK ANY EXCESSIVE DILATION OF THE CAPILLARIES OF MY FACE, HANDS AND MUCOUS MEMBRANES STOP NOW.

NEXT PAGE:
I ASK FOR EASE IN SWALLOWING AT ALL TIMES AND ANY ACID REFLUX STOP NOW.

I ASK MY INTERNAL ORGANS LIKE MY KIDNEYS, HEART, ESOPHAGUS AND LUNGS REMAIN PROTECTED AT ALL TIMES FROM THE EFFECTS OF SCLERODERMA.

I ASK FOR OPTIMAL HEART FUNCTION, BLOOD PRESSURE AND BLOOD CIRCULATION NOW.

I ASK FOR OPTIMAL MUSCLE STRENGTH AND FOR SMOOTH MUSCLE AND JOINT MOVEMENTS NOW.

I ASK TO BREATHE WITH EASE AND FOR OPTIMAL ARTERIAL PRESSURE IN MY LUNGS NOW.

I ASK FOR OPTIMAL KIDNEY FUNCTION AND OPTIMAL BLOOD FLOW TO MY KIDNEYS NOW.

I ASK FOR RESTFUL SLEEP AND OPTIMAL ENERGY AT ALL TIMES.
SCOLIOSIS

Scoliosis is a common medical condition in which a person's spinal axis has a three-dimensional deviation. Although it is a complex three-dimensional condition, on an X-ray, viewed from the rear, the spine of an individual with scoliosis can resemble an "S" or a "C", rather than a straight line.

HEALING: PLACE HANDS OVER THE SOLAR PLEXUS

I ASK FOR STRENGTH IN MY SPINAL MUSCLES TO FULLY SUPPORT MY SPINAL COLUMN AT ALL TIMES. I ASK ANY MUSCLE SPASMS IN MY BACK RESOLVE COMPLETELY NOW. I ASK PAIN SIGNALS BEING SENT FROM MY BACK QUIET DOWN AND THE PAIN MATRIX IN MY BRAIN STOP ITS HYPERSENSITIVITY TO PAIN SIGNALS FROM MY BACK NOW.

I ASK ANY PRESSURE ON MY LUNGS AND HEART TO STOP COMPLETELY NOW. I ASK FOR OPTIMAL AIR FLOW IN MY LUNGS AND FOR OPTIMAL BLOOD CIRCULATION IN MY HEART AND LUNGS NOW.

I ASK FOR ANY PRESSURE ON MY ABDOMINAL ORGANS TO RESOLVE COMPLETELY NOW. I ASK FOR OPTIMAL STRENGTH AND FUNCTION OF MY DIAPHRAGM NOW.

I ASK FOR OPTIMAL FUNCTION OF THE NERVES OF MY SPINAL COLUMN NOW. I ASK ANY NERVE PINCHING TO RESOLVE COMPLETELY NOW. I ASK ANY PAIN IN MY BACK, SHOULDERS OR LEGS TO RESOLVE COMPLETELY NOW.

NEXT PAGE
I ASK FOR OPTIMAL VITAMIN D, CALCIUM, PHOSPHATE AND MAGNESIUM METABOLISM NOW, TO SUPPORT OPTIMAL HEALTH OF MY BONES AT ALL TIMES. I ASK ANY EXCESS CALCIUM DEPOSITS IN MY SPINE RESOLVE COMPLETELY NOW.

I ASK FOR OPTIMAL STRENGTH IN MY ABDOMINAL MUSCLES AND ALSO MY LEGS, TO SUPPORT MY SPINE AND ALLOW ME REGULAR ACTIVITY.

I ASK FOR OPTIMAL BLADDER AND BOWEL FUNCTION AT ALL TIMES.
SHINGLES

Shingles, also known as herpes zoster, is a viral disease characterized by a painful skin rash with blisters involving a limited area.

HEALING: PLACE HANDS OVER THE SOLAR PLEXUS

I ASK MY IMMUNE SYSTEM REMOVE ALL VARICELLA ZOSTER VIRUS IN MY DORSAL ROOT AND TRIGEMINAL GANGLIA NOW, WITH EASE AND GENTLENESS. I ASK MY IMMUNE SYSTEM TO STOP ACTIVATION OF THE LATENT ZOSTER VIRUS IN MY BODY NOW.

I ASK ANY PAIN OR SENSITIVITY IN MY SKIN STOP NOW.

I ASK MY IMMUNE SYSTEM RESOLVE SKIN RASH, INFLAMMATION AND BLISTERS WITH EASE AND GENTLENESS NOW.

I ASK MY IMMUNE SYSTEM PROTECT MY NERVES AT ALL TIMES FROM THE ZOSTER VIRUS. I ASK MY IMMUNE SYSTEM RESOLVE ANY INFLAMMATION IN MY NERVES NOW, WITH EASE AND GENTLENESS.

(IF THE OUTBREAK IS IN THE FACE): I ASK MY IMMUNE SYSTEM PROTECT MY EYES, FACIAL NERVES AND BRAIN FROM THE ZOSTER VIRUS NOW.

I ASK FOR HEALTHY, OPTIMAL FUNCTIONING OF MY IMMUNE SYSTEM NOW.

IF NEURALGIA IS PRESENT, DO THAT SECTION AS WELL

YOU CAN ALSO DO THE INFECTION LANGUAGE
SINUSITIS

Sinusitis, also known as a sinus infection is inflammation of the sinuses resulting in symptoms, including thick nasal mucous, a plugged nose and pain in the face. Other signs and symptoms may include fever, headaches, poor smell, sore throat and cough. The cough is often worse at night. Serious complications are rare. It is defined as acute if it lasts less than 4 weeks and chronic if it lasts for more than 12 weeks.

HEALING SINUSITIS: PLACE HANDS ON EACH CHEEK

*DO IMMUNE SYSTEM FIRST AND COLD/VIRAL INFECTION SECTION IF ACUTE INFECTION.

“I ASK MY IMMUNE SYSTEM TO FUNCTION OPTIMALLY TO SUPPORT MY AIRWAYS AND SINUSES AND PROTECT THEM FROM BACTERIA AND VIRUSES NOW. I ASK THE BACTERIA AND VIRUSES TO RESPOND TO MY IMMUNE SYSTEM AND ANY INFECTION TO RESOLVE COMPLETELY NOW. I ASK MY IMMUNE SYSTEM TO FUNCTION OPTIMALLY TO PROTECT MY AIRWAYS AND SINUSES FROM ENVIRONMENTAL ALLERGENS AND POLLUTANTS NOW. I ASK ALL INFLAMMATION IN MY SINUSES TO RESOLVE COMPLETELY NOW AND MY SINUSES TO DRAIN COMPLETELY WITH EASE GENTLENESS NOW.

I ASK MY SINUSES TO PRODUCE MUCOUS ONLY FOR OPTIMAL FUNCTION AND THAT ANY EXCESS MUCOUS DRAIN SPONTANEOUSLY WITH EASE AND GENTLENESS. I ASK MY EUSTACHIAN TUBES REMAIN OPEN TO SUPPORT OPTIMAL FUNCTION OF MY EARS AND SINUSES AND REMOVE ANY FLUID CONGESTION NOW.

NEXT PAGE
I ASK PAIN SIGNALS FROM MY SINUSES TO QUIET NOW. I ASK ANY SYMPTOMS OF DIZZINESS TO RESOLVE COMPLETELY NOW. I ASK MY SENSE OF SMELL TO RESTORE TO NORMAL LEVELS NOW. I ASK ANY POLYPS IN MY SINUSES RESOLVE COMPLETELY NOW.”
SJOGREN’S SYNDROME

Sjögren's syndrome is a long-term autoimmune disease in which the moisture-producing glands of the body are affected.

HEALING: PLACE HANDS ON HEAD (EITHER UNDERNEATH THE HEAD OR ON EACH SIDE OF THE HEAD).

I ASK MY GENES ALLOW MY MOISTURE-PRODUCING GLANDS FUNCTION OPTIMALLY AT ALL TIMES NOW.

I ASK FOR OPTIMAL MOISTURE WITHIN MY MOUTH, EYES, AIRWAYS, SKIN AND MUCOUS MEMBRANES NOW.

I ASK MY IMMUNE SYSTEM STOP ANY INFLAMMATION OF MY JOINTS, MUSCLES AND GLANDS NOW. I ASK FOR OPTIMAL PROTECTION FROM MY IMMUNE SYSTEM NOW.

I ASK FOR OPTIMAL FUNCTION OF MY IMMUNE SYSTEM NOW AND ANY AUTO-ANTIBODY FUNCTION AGAINST MY GLANDS STOP NOW.

I ASK FOR OPTIMAL FUNCTION OF MY GLANDS NOW.

I ASK FOR OPTIMAL FUNCTION OF MY KIDNEYS AT ALL TIMES NOW.

I ASK FOR OPTIMAL FUNCTION AND OPTIMAL LEVELS OF MY NEUROTRANSMITTERS NOW.

I ASK FOR OPTIMAL ENERGY NOW.
SLEEP APNEA 2

Sleep apnea is a sleep disorder characterized by pauses in breathing or instances of shallow or infrequent breathing during sleep. Each pause in breathing, called an apnea, can last for several seconds to several minutes, and may occur, by definition, at least 5 times in an hour. Similarly, each abnormally shallow breathing event is called a hypopnea. When breathing is paused, carbon dioxide builds up in the bloodstream. Chemoreceptors in the bloodstream note the high carbon dioxide levels. The brain is signaled to wake the person sleeping and breathe in air. Breathing normally will restore oxygen levels and the person will fall asleep again. Sleep apnea is often diagnosed with an overnight sleep test called a polysomnogram, or "sleep study".

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD.

I ASK THE MUSCLE TONE AROUND MY AIRWAYS AND THROAT REMAIN AT OPTIMAL LEVELS TO ALLOW FOR AIRFLOW TO HAPPEN WITH EASE AT ALL TIMES.

I ASK ANY SWELLING OF MUCOUS MEMBRANES AND TURBINATES IN MY NOSE RESOLVE COMPLETELY WITH EASE AND GENTLENESS.

I ASK MY ORGANS AND NUTRITIONAL STATUS SUPPORT OPTIMAL FUNCTION AND METABOLISM IN THE RESPIRATORY CENTER OF MY BRAIN NOW. I ASK MY BRAIN TO REGULATE MY BREATHING RATE AND DEPTH OPTIMALLY DURING SLEEP. I ASK MY BRAIN TO REMAIN SENSITIVE TO CHANGES IN CONCENTRATION OF OXYGEN AND CARBON DIOXIDE AND THAT MY BRAIN WILL REGULATE MY RESPIRATORY DRIVE APPROPRIATELY WITH CHANGES IN AIR CONCENTRATION.

NEXT PAGE
I ASK MY RESPIRATORY SYSTEM ALLOW FOR ADEQUATE UPTAKE OF OXYGEN AT ALL TIMES AND MY CIRCULATION TO ALLOW FOR BALANCED OXYGEN FLOW TO MY BRAIN AND ORGANS NOW AND EACH MOMENT IN THE FUTURE.

I ASK MY LUNGS REMOVE ANY CARBON DIOXIDE WITH EASE AND GENTLENESS.

I ASK MY RESPIRATORY MUSCLES REMAIN STRONG TO ALLOW FOR BALANCED AIRFLOW EXCHANGE NOW AND EACH MOMENT IN FUTURE.

I ASK THE SOFT TISSUES IN MY THROAT TO ALLOW EASY AIRFLOW AND THAT ANY VIBRATION OF THE SOFT TISSUES RESOLVE WITH EASE AND GENTLENESS NOW.

I ASK THAT I WILL REMAIN ALERT AND THAT MY ENERGY LEVEL WILL REMAIN OPTIMAL TO ALLOW ME TO REMAIN FOCUSED AND ATTENTIVE WHEN NEEDED.
SNORING

Snoring is the vibration of respiratory structures and the resulting sound due to obstructed air movement during breathing while sleeping.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK FOR OPTIMAL FUNCTION AND STRENGTH OF MY THROAT MUSCLES AND UVULA NOW. I ASK EXCESSIVE RELAXATION AND VIBRATION OF MUSCLES IN MY THROAT AND SOFT PALATE STOP NOW.

I ASK ANY MUSCLE TENSION IN MY JAW STOP NOW.

I ASK ANY SWELLING OF MY NOSE TURBINATES AND MUCOUS MEMBRANES RESOLVE NOW. I ASK FOR EASY AIRFLOW THROUGH MY NASAL PASSAGES NOW.

I ASK MY IMMUNE SYSTEM TO REMOVE EXCESSIVE FATTY TISSUE AROUND MY NECK NOW.

I ASK MY TONGUE REMAIN IN POSITION AT ALL TIMES AND STOP BLOCKING AIR FLOW DURING SLEEP.

I ASK FOR OPTIMAL BRAIN FUNCTION AND OPTIMAL CONTROL OF MY BREATHING AT ALL TIMES. I ASK FOR OPTIMAL BLOOD FLOW TO MY BRAIN AT ALL TIMES. I ASK MY IMMUNE SYSTEM PROTECT MY CAROTID BLOOD VESSELS AND REMOVE ANY PLAGQUES IN THESE VESSELS WITH EASE AND GENTLENESS NOW.

I ASK FOR RESTFUL SLEEP AND OPTIMAL ENERGY AT ALL TIMES.

IF SLEEP APNEA IS PRESENT, DO THAT SECTION AS WELL.
SPINAL DISC HERNIATION

Spinal disc herniation, also known as a slipped disc, is a medical condition affecting the spine in which a tear in the outer, fibrous ring (anulus fibrosus) of an intervertebral disc allows the soft, central portion to bulge out beyond the damaged outer rings.

HEALING SPINAL DISC HERNIATION: PLACE HANDS ON THE BACK IN THE AREA WHERE THE PAIN IS

DO CHRONIC PAIN SECTION ALSO.

“I ASK THE FIBROUS RING AND LIGAMENTS IN MY SPINE TO REMAIN STRONG TO KEEP MY DISC PROTECTED AND IN PROPER POSITION.

I ASK MY DISCS TO REMAIN STRONG TO SUPPORT MY BODY WEIGHT FULLY. I ASK MY VASCULAR SYSTEM AND IMMUNE SYSTEM TO SUPPORT OPTIMAL FUNCTION FOR MY DISCS AND PROTECT THEM FULLY AND STOP ALL DEGENERATION NOW.

I ASK MY IMMUNE SYSTEM TO SUPPORT MY SPINE, LIGAMENTS AND FIBROUS TISSUE FOR OPTIMAL HEALTH AND TO REPAIR ANY TEARS AND WEAK AREAS WITH EASE AND GENTLENESS NOW. I ASK MY IMMUNE SYSTEM TO REMOVE ANY INFLAMMATORY MOLECULES, (tumor necrosis factor-alpha), COMPLETELY WITH EASE AND GENTLENESS NOW.

I ASK ANY SWELLING SURROUNDING MY DISCS AND NERVE ROOTS TO RESOLVE COMPLETELY NOW.

I ASK MY ENERGY LEVEL AND MOTIVATION TO REMAIN OPTIMAL FOR ME TO PARTAKE IN REGULAR EXERCISE

I ASK MY SPINAL MUSCLES TO STAY STRONG TO SUPPORT MY SPINE AND DISCS COMPLETELY NOW.
SPINAL STENOSIS

Spinal stenosis is an abnormal narrowing (stenosis) of the spinal canal that may occur in any of the regions of the spine. This narrowing causes a restriction to the spinal canal, resulting in a neurological deficit.

HEALING: PLACE ONE HAND OVER THE SPINE (ON THE BACK) AND THE OTHER ONE OVER THE STOMACH. IF THE CLIENT HAS DIFFICULTY LIFTING THE BACK, PLACE BOTH HANDS OVER THE STOMACH.

I ASK ANY NARROWING IN MY VERTENBRAL CANAL RESOLVE WITH EASE AND GENTleness, NOW.

I ASK ANY COMPRESSION OF MY SPINAL CORD AND NERVE ROOTS RESOLVE WITH EASE AND GENTLENESS NOW.

I ASK PAIN IN MY BACK (OR LIMBS) WITH MOVEMENT OF THE SPINE, STOP NOW.

I ASK MY IMMUNE SYSTEM RESOLVE ANY SWELLING OR INFLAMMATION IN MY SPINAL LIGAMENTS NOW.

I ASK MY IMMUNE SYSTEM RESOLVE ANY BONE SPURS IN MY SPINE WITH EASE AND GENTLENESS NOW.

I ASK FOR OPTIMAL SUPPORT AND FUNCTION OF MY VERTEBRAE, FACET JOINTS AND SPINAL DISCS NOW.

I ASK FOR OPTIMAL MUSCLE STRENGTH IN MY ARMS, LEGS AND BACK NOW.

I ASK FOR OPTIMAL BLADDER AND BOWEL CONTROL NOW.
I ASK FOR OPTIMAL GAIT AND BALANCE NOW.

I ASK ANY PAIN OR NUMBNESS IN MY LEGS DURING STANDING OR WALKING STOP NOW.

I ASK FOR PROTECTION OF MY SPINAL CORD AND NERVE ROOTS NOW.

ALSO DO SECTION FOR DEGENERATIVE DISEASE OF THE SPINE IF NEEDED (UNDER DEGENERATIVE ARTHRITIS).
STIFF MUSCLES OR LIGAMENTS

HEALING: PLACE HANDS IN THE AREA WHERE THE PROBLEM IS, OR IF DIFFUSE, PLACE HANDS OVER THE SOLAR PLEXUS (AND FOCUS ON THE LOWER CHAKRAS).

I ASK FOR OPTIMAL STRENGTH IN MY MUSCLES AND LIGAMENTS NOW.

I ASK FOR OPTIMAL FUNCTION OF MY MUSCLES AND LIGAMENTS NOW.

I ASK MY MUSCLES AND LIGAMENTS TO SUPPORT MY JOINTS OPTIMALLY AT ALL TIMES.

I ASK FOR OPTIMAL TENSION AND ELASTICITY IN MY MUSCLES AND LIGAMENTS NOW.

I ASK ANY TEARS IN MY MUSCLES OR LIGAMENTS REPAIR COMPLETELY NOW.

I ASK MY IMMUNE SYSTEM RESOLVE AND REMOVE ANY TOXINS, DAMAGED CELLS, SCARRING, TEARS OR CALCIFICATION IN MY MUSCLES AND LIGAMENTS NOW.

I ASK ANY MUSCLE SPASM RESOLVE COMPLETELY NOW.

I ASK FOR OPTIMAL CIRCULATION TO MY MUSCLES AND LIGAMENTS TO ALLOW FOR OPTIMAL NUTRITION AND FUNCTION OF MY MUSCLES AND LIGAMENTS NOW.
STRESS & LANGUAGE HEALING: FOR STRESS PAGE 372

STRESS – GOOD OR BAD?

HUMANS EXPERIENCE STRESS OR PERCEIVE THINGS AS THREATENING, WHEN THEY DO NOT BELIEVE THAT THEIR RESOURCES FOR COPING WITH OBSTACLES (STIMULI, PEOPLE, SITUATIONS, ETC.) ARE ENOUGH FOR WHAT CIRCUMSTANCES DEMAND.

WHEN WE THINK THE DEMANDS BEING PLACED ON US EXCEED OUR ABILITY TO COPE, WE THEN PERCEIVE STRESS.

A CERTAIN SITUATION COULD BE STRESS FOR ONE PERSON, BUT NOT FOR ANOTHER – LIKE FLYING

EUStress – EU (GREEK) - GOOD, EUPHORIA (MOTIVATOR)

DISTress – DIS (LATIN) – DISAGREEMENT, DISSONANCE
FEELING OF STRAIN AND PRESSURE

STRESS CAN BE DESIRED, HEALTHY, BENIFICAL

INCREASED ATHLETIC PERFORMANCE
MOTIVATOR
ADAPTATION
CHALLENGE
OPPORTUNITY TO GROW NEXT PAGE
EXCESSIVE STRESS – BODILY HARM

- STROKE
- MI
- ULCERS
- DEPRESSION

TYPES OF STRESSORS:

1. CRISIS/ CATASTROPHES – UNFORSEEN/ UNPREDICTABLE, OUT OF CONTROL OF INDIVIDUAL, NATURAL DISASTERS
2. MAJOR LIFE EVENTS – MARRIAGE, DEATH OF A LOVED ONE, GOING TO COLLEGE
3. DAILY HASSLES – MAKING DECISIONS, MEETING DEADLINES, TRAFFIC JAMS, IRRITATION PERSONALITIES, TRAVEL (LOST TIME, SURPRISES – LOST LUGGAGE, ROUTINE BREAKERS)
4. AMBIENT STRESSORS – (GLOBAL VS INDIVIDUAL) – NOISE, CROWDING, POLLUTION

EXTERNAL – RELATED TO THE ENVIRONMENT

INTERNAL – PERCEPTIONS – CAUSE INDIVIDUAL TO EXPERIENCE ANXIETY OR NEGATIVE EMOTIONS SURROUNDING A SITUATION – PRESSURE/ DISCOMFORT WHICH THEY THEN DEEM STRESSFUL

PHYSIOLOGICAL STRESS (BIOLOGICAL) - BODY’S METHOD OF REACTING TO A CHALLENGE

NEXT PAGE
STRESS TRIGGERS:

SYMPATHETIC NERVOUS SYSTEM ACTIVATION – RESULTS IN “FIGHT OR FLIGHT” RESPONSE. DURING THIS RESPONSE EPINEPHRINE AND CORTISOL ARE RELEASED.

- INCREASES HEART RATE
- INCREASE BLOOD FLOW TO VITAL ORGANS, LIKE BRAIN AND HEART AND DECREASED BLOOD FLOW TO OTHER AREAS
- SLOWS DIGESTION
- GIVES BODY A BURST OF ENERGY AND STRENGTH
- THIS RESPONSE IS TO ENABLE US TO PHYSICALLY FIGHT OR RUN AWAY WHEN FACED WITH DANGER
- NOW IT IS ACTIVATED IN SITUATIONS WHERE NEITHER RESPONSE IS APPROPRIATE

PARASYMPATHETIC SYSTEM RETURN BODY’S PHYSIOLOGICAL CONDITIONS TO NORMAL (HOMEOSTASIS = EQUILIBRIUM = BALANCE) – STEADY STATE – “REST AND DIGEST”

- WHEN THE PERCEIVED THREAT IS GONE, RELAXATION RESPONSE HAPPENS
- IN CHRONIC STRESS THIS OFTEN DOESN’T HAPPEN

ENVIRONMENT, INTERNAL AND EXTERNAL STIMULI CONSTANTLY DISRUPTS HOMEOSTASIS.

INTERNAL STRESSORS: TOXINS, PATHOGENS, ALLERGENS, NUTRITIONAL DEFICIENCY

MOVING TOO FAR AWAY FROM HOMEOSTASIS CAN BE EXPERIENCED AS STRESS. NEXT PAGE
ON THE OTHER HAND AN ORGANISM’S ATTEMPT TO RESTORE HOMEOSTASIS (CONSUMING ENERGY) CAN ALSO BE STRESS!

CENTRAL NERVOUS SYSTEM AND ENDOCRINE SYSTEM PLAYS A MAJOR ROLE IN REGULATING HOMEOSTASIS.

**STRESS CAUSES-**

1. COGNITIVE SYMPTOMS  
2. EMOTIONAL SYMPTOMS  
3. PHYSICAL SYMPTOMS  
4. BEHAVIOURAL

**COGNITIVE SYMPTOMS:**

- Memory problems  
- Inability to concentrate  
- Poor judgment  
- Pessimistic approach or thoughts  
- Anxious or racing thoughts  
- Constant worrying

NEXT PAGE:
EMOTIONAL SYMPTOMS:

• Moodiness
• Irritability or short temper
• Agitation, inability to relax
• Feeling overwhelmed
• Sense of loneliness and isolation
• Depression or general unhappiness

PHYSICAL SYMPTOMS:

• Aches and pains
• Diarrhea or constipation
• Increased frequency of urination
• Indigestion
• Changes in blood glucose
• Nausea, dizziness
• Chest pain, rapid heartbeat
• Loss of sex drive
• Frequent colds
• Abdominal pain
BEHAVIOURAL SYMPTOMS:

- Eating more or less
- Sleeping too much or too little
- Isolating oneself from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)

NEURO-ANATOMY AND NEURO-CHEMISTRY AND HOW THEY RELATE TO STRESS:

- CORTICOTROPHIN RELEASING HORMONE
  Corticotropin-releasing hormone is the neurohormone secreted by the hypothalamus during a stress response that stimulates the anterior lobe of the pituitary gland by binding to its corticotropin-releasing hormone-receptors, causing the anterior pituitary to release adrenocorticotropic hormone.

- ADRENOCOTROPIC HORMONE
  Adrenocorticotropic hormone is the hormone secreted by the anterior lobe of the pituitary gland into the body’s blood stream that stimulates the cortex of the adrenal gland by binding to its adrenocorticotropic hormone-receptors, thus causing the adrenal gland to release cortisol.

NEXT PAGE
o **CORTISOL**

Cortisol is a steroid hormone, belonging to a broader class of steroids called glucocorticoids, produced by the adrenal gland and secreted during a stress response. Its primary function is to redistribute energy (glucose) to regions of the body that need it most (i.e., the brain and major muscles during a fight-or-flight situation). As a part of the body’s fight-or-flight response, cortisol also acts to suppress the body’s immune system.

o **NOREPINEPHRINE**

Norepinephrine is a neurotransmitter released from locus coeruleus when stimulated by the hypothalamus during a stress response. Norepinephrine serves as the primary chemical messenger of the central nervous system’s sympathetic branch that prepares the body for fight-or-flight response.

o **SEROTONIN**

Serotonin is a neurotransmitter synthesized in the raphe nucleus of the pons of the brainstem and projects to most brain areas. Serotonin is thought to play an important role in mood regulation. Stress-induced serotonin dysfunctions have been associated with anxiety, fear and depression-like symptoms.

o **NEUROPEPTIDE Y**

Neuropeptide Y is a protein that is synthesized in the hypothalamus and acts as a chemical messenger in the brain. Traditionally, it has been thought to play an important role in appetite, feeding behavior, and satiety, but more recent findings have implicated Neuropeptide Y in anxiety and stress, specifically, stress resiliency.

NEXT PAGE
1. Cerebral Hemisphere
2. Corpus Callosum
3. Ventricle
4. Fornix
5. Thalamus
6. Pituitary Gland
7. Pons
8. Medulla Oblongata
9. Spinal Cord
10. Cerebellum
11. Midbrain
The most important aspect of the immune system are **T-cells** found in the form of **T-helper** (help activity of immune cells by releasing T-cell cytokines) and **T-suppressor** (regulatory T-cells modulate immune system, maintain tolerance to self-antigens, suppress T-helper cells, cancel AI disease) cells. Cortisol, once released into the bloodstream, immediately begins to cause division of T-Suppressor cells. This rapid cell division increases the number of T-Suppressor cells while at the same time suppressing T-helper cells. This reduces immune protection and leaves the body vulnerable to disease and infection.  

**NEXT PAGE**
STUDIES SHOWED THAT CAREGIVERS FOR DEMENTIA SPOUSES HAS A DECREASED IMMUNE RESPONSE TO THE FLU VACCINE. HIV PATIENTS HAS INCREASED AIDS WITH INCREASED STRESS).

LEUCOCYTES ALSO PRODUCE CYTOKINES – they fight infection, but is also the immune system’s communicator, telling the brain that the body is ill.

WHITE BLOOD CELLS (LEUKOCYTES):

- B-CELLS: SECRETE ANTIBODIES
- T-CELLS: ATTACK INTRUDERS
- NATURAL KILLER CELLS: ATTACK CELLS INVADED BY VIRUSES

STRESS (EXAMS, TRAUMA, DEATH OF FAMILY MEMBER, DIVORCE) – INCREASES NATURAL KILLER CELLS AND CYTOKINES. THE CYTOKINES COMMUNICATE WITH THE BRAIN – PATIENTS DEVELOP FEVER, SLEEPINESS, DECREASED ENERGY, DECREASED APPETITE AND FLU-LIKE SYMPTOMS, BUT THERE IS NO INFECTION.

CHRONIC STRESS – ASTHMA, CHRONIC PAIN, IRRITABLE BOWEL SYNDROME, ETC

- DECREASED IMMUNITY
- INCREASED ILLNESS
- SLOWER WOUND HEALING
- INCREASED BLOOD PRESSURE
- (STROKE, MI)
- ANXIETY, DEPRESSION
STRESS – NON SPECIFIC RESPONSE, NEUTRAL
WHAT VARIES: DEGREE OF RESPONSE
   INDIVIDUAL
   HOW THE SITUATION IS PERCEIVED

COGNITIVE APPRAISAL
LAZARUS AND FOLKMAN ARGUED THAT, IN ORDER FOR A PSYCHOLOGICAL SITUATION TO BE STRESSFUL, IT MUST BE APPRAISED AS SUCH.
   HARM vs CHALLENGE vs BENIGN

STRESS IS NOT THE EXTERNAL EVENT, BUT RATHER AN INTERPRETATION AND RESPONSE TO THE EVENT

“WHATEVER YOU FOCUS ON, IS WHAT YOU SEE
WHATEVER YOU SEE, BECOMES YOUR REALITY”

EXPECT TO BE HEALTHY AND YOU ARE NOW

PROBLEM FOCUSED COPING: DIRECTED AT MANAGING THE PROBLEM

EMOTION FOCUSED COPING: DIRECTED AT MANAGING THE NEGATIVE EMOTIONS

RESOURCES AVAILABLE TO COPE WITH THE PROBLEM, MAY ALTER THE PRIMARY APPRAISAL

NEXT PAGE
FOR US TO BE HAPPY/HEALTHY, OUR SPIRIT NEEDS TO
BE HAPPY/HEALTHY.

- **COPING**: GOOD/PRODUCTIVE vs
  NEGATIVE/COUNTER-PRODUCTIVE

THE FOLLOWING MECHANISMS RELATE TO COPING VS
MANAGING THE ACTIVE SITUATION THAT IS CAUSING
STRESS:

- **AFFILIATION**: SOCIAL NETWORK OF SUPPORT
- **HUMOUR**: LAUGHTER
  FEEL ABSENT FROM WORRIES, ALLOWS ONE TO
  THINK DIFFERENTLY, MORE IN CONTROL,
  LIGHTER, GREATER PERSPECTIVE, DISTANCE
  FROM STRESSOR, DECREASED PAIN
- **SUBLIMATION**: CHANNELING OF TROUBLING
  EMOTIONS OR IMPULSES INTO AN OUTLET THAT
  IS SOCIALLY ACCEPTABLE – ARTISTIC, CULTURAL
  OR INTELLECTUAL PURSUITS
- **POSITIVE REAPPRaisal**: REDIRECTS THOUGHTS
  TO GOOD THINGS THAT ARE EITHER OCCURRING
  OR HAVE NOT OCCURRED – PERSONAL GROWTH,
  SELF-REFLECTION, AWARENESS OF THE POWER
  AND BENEFITS OF ONE’S EFFORTS
- **MENTAL INHIBITION**

  **DISPLACEMENT**: REDIRECTS THEIR EMOTIONAL
  FEELINGS ABOUT ONE SITUATION TO ANOTHER,
  LESS THREATENING ONE

  **REPRESSION**: REMOVE THOUGHTS, FEELINGS
  RELATED TO STRESSFUL EVENT IN ORDER TO BE
  DISCONNECTED FROM SITUATION (vs denial)

NEXT PAGE
REACTION FORMATION: SUBSTITUTE FEELINGS AND THOUGHTS WITH THE EXACT OPPOSITE

THESE TEMPORARILY RELEASE STRESS – THE PROBLEM STILL NEEDS TO BE SOLVED.

HEALTH PROMOTION:

- **DIET** – DECREASE SUGAR, TOXINS, LISTEN TO YOUR BODY
- **EXERCISE** – 3-4 TIMES PER WEEK, FIND SOMETHING YOU LIKE
- **REST** – CORD CUTTING!
- **YOGA** – IMPROVES SLEEP, RELIEVES MUSCLE TENSION, IMPROVES NERVOUS SYSTEM, IMPROVES CIRCULATION
- **HUMOUR**
- **MUSIC** – ENDORPHINE RELEASE, HIGH VIBRATION MUSIC
- **AROMATHERAPY** – ESSENTIAL OILS
- **SPENDING TIME IN NATURE** – BARE FEET! WALKING IN NATURE, LISTEN TO BIRDS, LIE ON GRASS
- **MANAGE PAIN SYMPTOMS**
- **SUPPORT SYSTEMS** – LISTEN, OFFER ADVICE, SUPPORT EACH OTHER
- **TIME MANAGEMENT** - ORGANIZATIONAL SYSTEM
- **MEDITATION** - RELAXING STATE OF MIND, BREATHING
- **PROGRESSIVE MUSCLE RELAXATION** - LOOSEN TENSE MUSCLES, MASSAGE IMPROVES CIRCULATION, RELEASES TOXINS, RELIEVES MUSCLE TENSION
- **ASSERTIVENESS TRAINING** – EFFECTIVE COMMUNICATION

NEXT PAGE
• **JOURNAL WRITING** – SELF-REFLECTION, EXPRESS TRUE EMOTION, GRATITUDE JOURNAL (CHANGES FOCUS TO WHAT WE HAVE INSTEAD OF WHAT WE LACK)

• **STRESS MANAGEMENT IN WORKPLACE** – GOALS, TIME MANAGEMENT, DELEGATE

• **PRO-ACTIVE ACTION** – PLANNING, GOALS, STEPS

• **FRIENDS** – CONFIDENCE, LONELINESS

• **SENSE OF PURPOSE** – THINK POSITIVE

• **BIOFEEDBACK** – ALLEVIATES PAIN, HEADACHE, STRESS, DEPRESSION, ANXIETY, INSOMNIA, HYPERTENSION, TMJ PAIN, ADHD

Biofeedback is a process that enables an individual to learn how to change physiological activity for the purposes of improving health and performance. Precise instruments measure physiological activity such as brainwaves, heart function, breathing, muscle activity, and skin temperature. These instruments rapidly and accurately 'feed back' information to the user. The presentation of this information — often in conjunction with changes in thinking, emotions, and behavior — supports desired physiological changes. Over time, these changes can endure without continued use of an instrument.

NEXT PAGE
RESILIENCE BUILDING:
ALLOWING INDIVIDUAL TO PROPERLY ADAPT TO STRESS AND ADVERSITY
THROUGH TECHNIQUES THAT ALLOW THEM TO EFFECTIVELY AND EASILY NAVIGATE THROUGH STRESS

RESILIENT PEOPLE HAVE

- OPTIMISTIC ATTITUDE
- CONFIDENCE IN THEIR ABILITY AND STRENGTH
- POSITIVE EMOTIONS AND THOUGHTS
- COMMUNICATION SKILLS
- BALANCE
- PROBLEM SOLVING SKILLS
- ABILITY TO MANAGE STRONG IMPULSES AND FEELINGS
- SENSE OF PURPOSE

BE KIND TO YOURSELF!!

NEXT PAGE:
LANGUAGE HEALING: FOR STRESS

I ASK MY LESSONS IN LIFE HAPPEN WITH GENTLENESS AND EASE.

I ASK THAT I APPRECIATE SITUATIONS PRESENTED TO ME, AS BENIGN. I ASK THAT I FOCUS ON THE SITUATION WITH OPTIMISM AND A POSITIVE ATTITUDE. I ASK NEGATIVE EMOTIONS ASSOCIATED WITH IT, EVAPORATE.

I ASK THAT I HAVE OPTIMAL HEALTH, IMMUNE FUNCTION, ENDOCRINE FUNCTION AND ENERGY, TO RESPOND TO SITUATIONS WITH A SENSE OF POWER AND CONTROL.

I ASK CORTISOL LEVELS, NOREPINEPHRINE, SEROTONIN AND NEUROPEPTIDE Y IN MY BODY REMAIN AT OPTIMAL LEVELS TO PROTECT MY IMMUNE SYSTEM AND ALLOW IT TO FUNCTION NORMALLY.

I ASK PHYSICAL SYMPTOMS (LIKE ACHES, PAINS, DIARRHEA, FREQUENT URINATION, INDIGESTION, DIZZINESS, NAUSEA, CHEST PAIN, PALPITATIONS, AND ABDOMINAL PAIN – YOU DO NOT NEED TO MENTION THESE SYMPTOMS) CEASE AND MY BODY WILL SEE STRESSORS AS A LOVING CHALLENGE AND AN OPPORTUNITY TO GROW. I ASK THAT MY BODY REMAINS IN PERFECT BALANCE.

I ASK MY CONCENTRATION, MEMORY AND FOCUS TO BE OPTIMAL. I ASK MY TEMPER REMAINS GENTLE AND LOVING.

ALSO DO HEALING ON THE IMMUNE SYSTEM
STROKE

Stroke, also known as cerebrovascular accident (CVA) is when poor blood flow to the brain results in cell death.

There are 2 main types of stroke: ischemic, due to lack of blood flow, and hemorrhagic, due to bleeding. They result in in part of the brain not functioning properly.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK FOR BALANCE IN MY BLOOD PRESSURE NOW. I ASK FOR OPTIMAL BLOOD FLOW TO MY BRAIN AT ALL TIMES NOW, TO ALLOW FOR OPTIMAL NUTRITION AND OXYGEN FOR MY BRAIN. I ASK FOR A REGULAR, HEALTHY PULSE RATE NOW.

I ASK MY IMMUNE SYSTEM TO REMOVE AND REPAIR ANY INJURED BRAIN CELLS/TISSUE AND EXCESS FLUID WITH GENTLENESS AND EASE NOW. I ASK FOR OPTIMAL FUNCTION OF GLUTAMATE AND THE CELL MEMBRANES IN MY BRAIN NOW.

I ASK MY IMMUNE SYSTEM TO REMOVE ANY PLAQUE BUILD UP OR INFLAMMATION IN MY BLOOD VESSELS WITH GENTLENESS AND EASE NOW.

I ASK MY IMMUNE SYSTEM TO COMPLETELY PROTECT MY BLOOD VESSELS FROM BLOOD CLOTS FORMING AT ANY TIME. I ASK CLOTTING TO HAPPEN ONLY AS A RESULT OF HEALTHY PHYSIOLOGICAL FUNCTIONING NOW. I ASK FOR OPTIMAL LEVELS AND FUNCTIONING OF MY CLOTTING FACTORS AND PLATELETS NOW.

NEXT PAGE
I ASK MY BLOOD VESSELS AND BRAIN TO REMAIN PROTECTED AT ALL TIMES FROM THE EFFECTS OF HIGH BLOOD PRESSURE, BLOOD SUGAR, LACTIC ACID, TOXINS, FREE RADICALS, INFECTION OR CHOLESTEROL NOW.

I ASK FOR STRENGTH IN MY BLOOD VESSELS AND FOR THEM TO REMAIN PROTECTED FROM RUPTURE OR INJURY NOW.

I ASK FOR OPTIMAL NERVE FUNCTION AND BLOOD FLOW TO MY BODY AND LIMBS NOW.

I ASK FOR OPTIMAL STRENGTH, SENSATION AND MUSCLE TONE IN MY FACE, ARMS AND LEGS NOW. I ASK ANY MUSCLE SPASM OR RIGIDITY TO STOP NOW.

I ASK FOR SPEECH TO HAPPEN WITH EASE NOW. I ASK MY SWALLOWING REFLEX TO REMAIN INTACT NOW.

I ASK FOR MY VISION, HEARING, SENSE OF TASTE AND SMELL REMAIN INTACT AND TO RESTORE TO OPTIMAL LEVELS NOW.

I ASK FOR OPTIMAL BLADDER CONTROL AND FUNCTION AT ALL TIMES.

I ASK ANY HEADACHE TO STOP COMPLETELY NOW.

I ASK FOR MY SENSE OF BALANCE AND MY GAIT REMAIN INTACT AT ALL TIMES.

I ASK FOR OPTIMAL COGNITIVE FUNCTION, MEMORY AND BALANCE OF MY EMOTIONS AND MOOD NOW.

I ASK FOR RESTFULL SLEEP, OPTIMAL ENERGY AND MOTIVATION TO KEEP ME ACTIVE AND EATING HEALTHY FOR MY BODY NOW.
STUTTERING

Stuttering or stammering is a speech disorder in which the flow of speech is disrupted by involuntary repetitions and prolongations of sounds, syllables, words or phrases as well as involuntary silent pauses or blocks in which the person who stutters is unable to produce sounds. The term *stuttering* is most commonly associated with involuntary sound repetition, but it also encompasses the abnormal hesitation or pausing before speech, referred to by people who stutter as *blocks*, and the prolongation of certain sounds, usually vowels or semivowels.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD.

I ASK MY GENES TO FUNCTION OPTIMALLY TO ALLOW FOR FLUENT SPEECH AT ALL TIMES.

I ASK MY NERVOUS SYSTEM, AXONS, SYNAPSES AND NEUROTRANSMITTERS TO FUNCTION OPTIMALLY AT ALL TIMES TO ALLOW FOR FLUENT SPEECH NOW. I ASK FOR OPTIMAL LEVELS OF NEUROTRANSMITTERS, ESPECIALLY DOPAMINE, IN MY BRAIN NOW.

I ESPECIALLY ASK THE PART OF MY BRAIN RESPONSIBLE FOR HEARING, LANGUAGE PROCESSING AND SPEECH, FUNCTION OPTIMALLY AT ALL TIMES. I ASK THAT THESE AREAS OF MY BRAIN FUNCTION IN A SYNCHRONIZED MANNER AT ALL TIMES, TO ALLOW FOR EASY AND FLUENT SPEECH.

I ASK FOR EASY AND EFFORTLESS SELECTION, INITIATION AND EXECUTION OF MOTOR FUNCTION NECESSARY FOR FLUENT SPEECH PRODUCTION NOW.
I ASK MY SPEECH TO BE FLUENT, FOR SPEECH TO HAPPEN WITH EASE, FOR ME TO STOP REPEATING SOUNDS OR WORDS AND FOR SILENT BLOCKS TO STOP COMPLETELY NOW.

I ASK TO SPEAK WITH COMPLETE CONFIDENCE AT ALL TIMES.

I ASK AIR FLOW OVER MY VOCAL CORDS TO BE EFFORTLESS AND EASY.

I ASK THAT ANY STRESS, FEAR, GUILT OR EMBARRASSMENT RELATED TO SPEECH TO RESOLVE COMPLETELY NOW.
HEALING: PLACE HANDS OVER THE SOLAR PLEXUS

I ASK TO BREATHE WITH EASE. I ASK MY LUNGS TO EXPAND FULLY AND WITH EASE. I ASK FOR MINIMAL SECRETIONS (SPUTUM) AND FOR ME TO RELEASE THESE SECRETIONS WITH EASE AND GENTLENESS. I ASK FOR OPTIMAL OXYGEN LEVELS AT ALL TIMES AND FOR MY LUNGS TO EXCRETE CARBON DIOXIDE WITH EASE.

I ASK MY IMMUNE SYSTEM WORK OPTIMALLY TO REMOVE ANESTHESIA OR OTHER TOXINS COMPLETELY FROM MY BODY WITH EASE AND GENTLENESS.

I ASK FOR OPTIMAL LEVELS AND FUNCTION OF NEUROTRANSMITTERS IN MY BRAIN NOW. I ASK PAIN SIGNALS BE GENTLE AND PAIN PERCEPTION BE MINIMAL.

I ASK FOR OPTIMAL BLOOD CELLS TO CARRY OXYGEN AND NUTRIENTS. I ASK FOR OPTIMAL FUNCTION OF MY PLATELETS AND CLOTting FACTORS TO STOP ANY BLEEDING. I ASK MY IMMUNE SYSTEM TO PROTECT ME AT ALL TIMES FROM BLEEDING AND BLOOD CLOTS FORMING. I ASK FOR OPTIMAL BLOOD PRESSURE AND OPTIMAL FUNCTION OF MY HEART AND BLOOD VESSELS NOW.

I ASK FOR OPTIMAL HORMONE AND ENZYME FUNCTION WITH ADEQUATE LEVELS NOW.

I ASK FOR OPTIMAL FUNCTION OF MY LIVER TO ALLOW FOR OPTIMAL METABOLISM, OPTIMAL REMOVAL OF TOXINS AND METABOLITES AND OPTIMAL GLUCOSE AND FAT METABOLISM NOW.
I ask for optimal function of my kidneys now, to allow for optimal hydration, electrolyte balance and pH balance of my body now. I ask my kidneys remove toxins and metabolites with ease and gentleness now. I ask my bladder empty completely and urination occur with ease at all times.

I ask for optimal appetite and nutrition now. I ask my digestion occur with ease. I ask any nausea or vomiting stop now. I ask my stomach contents empty with ease into my bowel now. I ask for optimal absorption of nutrition, carbohydrates, protein, fats, vitamins, amino-acids and minerals now. I ask bowel movements stay soft and regular.

I ask wound healing occur with ease. I ask my immune system support complete wound healing now and protect me from wound infection at all times. I ask my immune system repair any damaged or injured cells with ease and gentleness now. I ask for strength in my wound and surrounding tissues now.

I ask for restful sleep and optimal energy and strength at all times. I ask for optimal concentration, memory, attention and cognition now. I ask for stable mood and emotions now.

I ask for optimal balance and muscle strength and coordination now.

I ask for optimal motivation to allow me to be active, eat healthy and focus on my healing now.
TARDIVE DYSKINESIA

Tardive dyskinesia is a disorder resulting in involuntary, repetitive body movements. In this form of dyskinesia, the involuntary movements are tardive, meaning they have a slow or belated onset.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK FOR ALL INVOLUNTARY MOVEMENT OF MY FACIAL MUSCLES, TONGUE, EYELIDS, LIPS, TORSO, LIMBS OR FINGERS STOP NOW.

I ASK FOR OPTIMAL FUNCTION OF DOPAMINE AND DOPAMINE RECEPTORS IN MY BRAIN NOW. I ASK THESE RECEPTORS TO BE PROTECTED AT ALL TIMES FROM THE EFFECTS OF TOXINS.

I ASK MY MUSCLE MOVEMENT TO BE EASY, PURPOSEFUL AND VOLUNTARY ONLY.

I ASK FOR NORMAL GAIT AT ALL TIMES.

I ASK FOR OPTIMAL BLOOD FLOW AND NUTRITION TO MY MUSCLES NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY MUSCLES AT ALL TIMES FROM THE EFFECTS OF TOXINS.

I ASK FOR OPTIMAL MUSCLE STRENGTH AND TONE NOW.

I ASK ANY TENSION OR ANXIETY TO LEAVE MY BODY NOW. I ASK FOR THE ABILITY TO RELAX AT ANY TIME I CHOOSE TO.
TEMPEROMANDIBULAR JOINT DYSFUNCTION

Temporomandibular joint dysfunction is an umbrella term covering pain and dysfunction of the muscles of mastication (the muscles that move the jaw) and the temporomandibular joints (the joints which connect the mandible to the skull). The most important feature is pain, followed by restricted mandibular movement, and noises from the temporomandibular joints (TMJ) during jaw movement.

HEALING: PLACE HANDS ON THE CHEEKS (EACH SIDE OF THE FACE).

I ASK ANY SPASM AND CLICKING IN MY TM JOINT TO RESOLVE COMPLETELY NOW.

I ASK THE JOINT SURFACE TO BE SMOOTH AT ALL TIMES AND TO FIT PERFECTLY IN PLACE AT ALL TIMES. I ASK FOR OPTIMAL SINOVIAL FLUID IN MY TM JOINT NOW.

I ASK MY IMMUNE SYSTEM TO REMOVE ANY INFLAMMATION OR CALCIFICATION IN MY TM JOINT COMPLETELY NOW.
I ASK MY IMMUNE SYSTEM TO PROTECT MY TM JOINT AT ALL TIMES FROM INFECTION, INFLAMMATION OR CALCIFICATION.
I ASK PAIN IN MY TM JOINT TO RESOLVE COMPLETELY NOW. I ASK CHEWING, CLENCHING, YAWNING AND SWALLOWING TO BE PAINLESS AT ALL TIMES.
I ASK THE MUSCLE AND LIGAMENTS IN MY TM JOINT TO REPAIR COMPLETELY NOW.
I ASK FOR OPTIMAL MOVEMENT OF MY TM JOINT NOW AND ANY LOCKING, LAXITY OR STIFFNESS TO RESOLVE COMPLETELY NOW.

I ASK MY PAIN CENTER IN MY BRAIN TO BECOME DESENSITIZED TO ANY TMJ PAIN NOW.
I ASK GRINDING OF MY TEETH DURING SLEEP TO STOP COMPLETELY NOW.
TENDONITIS

Tenosynovitis is the inflammation of the fluid-filled sheath (called the synovium) that surrounds a tendon. Tendinitis (also tendonitis), means inflammation of a tendon. The term tendinitis should be reserved for tendon injuries that involve larger-scale acute injuries accompanied by inflammation. Generally tendinitis is referred to by the body part involved, such as Achilles tendinitis (affecting the Achilles tendon), or patellar tendinitis (jumper's knee, affecting the patellar tendon).

HEALING: PLACE HANDS OVER THE AREA THAT IS AFFECTED.
I ASK MY IMMUNE SYSTEM TO SUPPORT HEALING IN MY TENDON NOW AND TO REMOVE ANY INFLAMMATION WITH GENTLENESS AND EASE.

I ASK MY IMMUNE SYSTEM TO SUPPORT HEALING OF ANY TEARS IN MY TENDONS WITH GENTLENESS AND EASE NOW.

I ASK SWELLING IN AND AROUND THE TENDON TO RESOLVE COMPLETELY NOW.

I ASK FOR OPTIMAL STRENGTH AND MOBILITY IN MY TENDONS AND MUSCLES NOW.

I ASK FOR OPTIMAL CIRCULATION TO MY TENDONS AND MUSCLES NOW.

I ASK ANY PAIN IN MY TENDONS, MUSCLES AND JOINTS TO RESOLVE COMPLETELY NOW.

I ASK ANY CALCIFICATION IN MY TENDONS TO RESOLVE COMPLETELY NOW.
THALASSEMAIA

Thalassemia is a form of inherited autosomal recessive blood disorder characterized by abnormal formation of hemoglobin. The abnormal hemoglobin formed results in improper oxygen transport and destruction of red blood cells. Thalassemia is caused by variant or missing genes that affect how the body makes hemoglobin, the protein in red blood cells that carries oxygen. People with thalassemia make less hemoglobin and have fewer circulating red blood cells than normal, which results in mild to severe microcytic anemia.

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN AND (FOCUS ON THE ROOT CHAKRA).

I ASK MY GENES RESTORE TO OPTIMAL FUNCTION, STRUCTURE AND STABILITY TO PROMOTE HEALTHY PRODUCTION OF HEMOGLOBIN AND FUNCTION OF MY BLOOD CELLS NOW. I ASK MY HEMOGLOBIN TO REMAIN AT OPTIMAL LEVELS AT ALL TIMES.

I ASK MY RED BLOOD CELLS TO ALLOW FOR OPTIMAL FUNCTION IN CARRYING OXYGEN AT ALL TIMES.

I ASK FOR BALANCE AND STABILITY IN MY IRON LEVELS NOW AND FOR MY HEART, LIVER AND ENDOCRINE ORGANS TO REMAIN PROTECTED AT ALL TIMES FROM THE EFFECTS OF EXCESS IRON.

I ASK MY IMMUNE SYSTEM TO PROTECT ME AT ALL TIMES FROM INFECTION.

I ASK FOR OPTIMAL FUNCTION OF MY BONE MARROW AND ANY EXPANSION OF THE MARROW TO STOP NOW. I ASK MY BONES TO REMAIN STRONG AND STABLE NOW.

NEXT PAGE
I ask my immune system and spleen to remove any damaged blood cells with ease and gentleness and for my spleen to remain normal and healthy.

I ask any swelling in my spleen resolve with ease and gentleness now.

**If children add:** I ask for optimal growth rate and normal development for my age, now.
THROMBOCYTOPENIA

Thrombocytopenia refers to a disorder in which there is a relative decrease of thrombocytes, commonly known as platelets, present in the blood.

HEALING: PLACE HANDS OVER LOWER ABDOMEN AND FOCUS ON THE ROOT CHAKRA.

I ASK FOR OPTIMAL PRODUCTION OF PLATELETS BY MY BONE MARROW NOW.

I ASK FOR OPTIMAL LEVELS AND FUNCTION OF MEGAKARYOCYTES (MEGA-KAREO-SITES) IN MY BONE MARROW NOW.

I ASK FOR OPTIMAL LEVELS AND FUNCTION OF MY PLATELETS NOW.

I ASK FOR OPTIMAL LEVELS OF VITAMIN B12, FOLIC ACID AND THROMBOPOIETIN (THROM-BO-POE-EETIN) NOW.

I ASK MY IMMUNE SYSTEM PROTECT ME FROM INFECTION, VIRUSES AND BACTERIA AT ALL TIMES.

I ASK MY IMMUNE SYSTEM PROTECT MY PLATELETS FROM PREMATURE DESTRUCTION AND ALLOW THEM TO FUNCTION NORMALLY AT ALL TIMES.

I ASK FOR OPTIMAL FUNCTION OF MY LIVER AND KIDNEYS NOW.

I ASK FOR OPTIMAL LEVELS AND FUNCTION OF MY CLOTTING FACTORS NOW.

I ASK FOR OPTIMAL FLOW AND OPTIMAL STRENGTH IN MY BLOOD VESSELS NOW AND AT ALL TIMES.
TICS (MOTOR MOVEMENT)

A tic is a sudden, repetitive, non-rhythmic motor movement or vocalization involving discrete muscle groups. Tics can be invisible to the observer, such as abdominal tensing or toe crunching. Common motor and phonic tics are, respectively, eye blinking and throat clearing.

HEALING: PLACE HANDS ON EACH SIDE OF THE HERAD

I ASK THE URGE FOR MEANINGLESS MUSCLE MOVEMENTS STOP COMPLETELY NOW.

I ASK MUSCLE MOVEMENT ONLY TO HAPPEN WHEN IT IS NEEDED OR WANTED.

I ASK TENSION IN MY BODY RESOLVE COMPLETELY NOW.

I ASK FOR OPTIMAL ENERGY LEVELS AT ALL TIMES NOW.

I ASK FOR OPTIMAL FUNCTION OF MY NERVOUS SYSTEM, MUSCLES AND CIRCULATION AT ALL TIMES.

I AM COMPLETELY LETTING GO OF THIS TIC NOW, WITH GENTLENESS AND EASE.

I AM SAFE TO LET GO OF THIS TIC NOW.
**Tinnitus 2 A (Ringing in the ears)**

Tinnitus is the hearing of sound when no external sound is present. It can be in one or both ears.

**HEALING: PLACE HANDS OVER BOTH EARS.**

I ask my central hearing pathway in my brain balances to optimal function, to allow for the creation of sound only in response to external stimuli.

I ask the hair cells in my inner ear vibrate at optimal levels now and to remain sensitive and selective in the creation of sound. I ask the amount of hair cells in my inner ear balances now.

I ask the receptor cells in my inner ear and brain stop responding to the sound being created by tinnitus now.

I ask the nerves in my inner ear balance and optimize in function now. I ask the sound being created by tinnitus resolve completely now. I ask for balance in the creation of sound in my inner ear now. I ask that I hear sound only when created by an external stimulus.

I ask my inner ear stop creating sounds with movements of my muscles or blood flow in my blood vessels now.

**NEXT PAGE**
I ASK THE AMOUNT OF ENDOLUMPH IN MY INNER EARS BALANCE NOW AND THE ENDOLUMPH REMAIN IN THE ENDOLUMPHATIC CHANNELS AT ALL TIMES. I ASK FOR ANY SWELLING OR BLOCKAGE IN THE ENDOLUMPHATIC DUCT TO RESOLVE COMPLETELY NOW.

I ASK FOR THE PRESSURE IN MY EARS TO BALANCE NOW.

I ASK THAT ANY DIZZINESS RESOLVE COMPLETELY NOW AND FOR MY SENSE OF BALANCE REMAIN TO INTACT.

I ASK FOR MY HEARING TO BALANCE AT OPTIMAL LEVELS NOW. I ASK THE LEVELS OF SEROTONIN IN MY BRAIN BALANCE AT OPTIMAL LEVELS NOW.

(IF STRESS OR ANXIETY IS PRESENT, DO THOSE SECTIONS AS WELL)

PLEASE DO AN ENERGY BALL RELEASEMENT OF THE ACTION/EVENT WHEN TINNITUS FIRST STARTED FOR CLIENT
TONSILS/ ADENOID ENLARGED

Adenoid hypertrophy (or enlarged adenoids) is the unusual growth ("hypertrophy") of the adenoid tonsil. Tonsillar hypertrophy is the enlargement of the tonsils.

HEALING: PLACE HANDS ON EACH SIDE OF THE NECK.

I ASK MY IMMUNE SYSTEM STOP AND RESOLVE ANY SWELLING OF MY ADENOID AND TONSILS NOW, WITH EASE AND GENTLENESS.

I ASK BREATHING THROUGH MY NOSE AND MOUTH OCCUR WITH EASE NOW.

I ASK MY IMMUNE SYSTEM PROTECT MY TONSILS AND ADENOID FROM INFECTION NOW. I ASK MY IMMUNE SYSTEM REMOVE ANY BACTERIA OR VIRUSES COMPLETELY FROM MY ADENOID AND TONSILS NOW.

I ASK MY EUSTACHIAN (EU-STAY-CIAN) TUBES REMAIN OPEN AND ALLOW FOR OPTIMAL HEALTH, FUNCTION AND PRESSURE WITHIN MY EARS NOW.

I ASK FOR OPTIMAL FUNCTION OF MY VOCAL CORDS AND ALLOW MY IMMUNE SYSTEM TO PROTECT MY VOCAL CORDS FROM INFECTION AT ALL TIMES. I ASK SPEECH OCCUR WITH EASE AT ALL TIMES.

I ASK FOR OPTIMAL IMMUNE FUNCTION AND PROTECTION FROM PATHOGENS OF MY TONSILS AND ADENOID NOW.

I ASK FOR OPTIMAL FUNCTION AND LEVELS OF CYTOKINES (CY-TOE-KEENS) NOW.

I ASK FOR RESTFUL SLEEP AND OPTIMAL ENERGY NOW.
TOURETTE SYNDROME

Tourette syndrome is an inherited neuropsychiatric disorder with onset in childhood, characterized by multiple physical (motor) tics and at least one vocal (phonic) tic.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD

I ASK EYE BLINKING/ COUGHING/ THROAT CLEARING/ SNIFFING/ FACIAL MOVEMENTS (NAME WHATEVER IS APPLICABLE FOR THE CLIENT) ONLY HAPPEN DURING NORMAL PHYSIOLOGICAL FUNCTION NOW.

I ASK THE UNWANTED URGE FOR MUSCLE MOVEMENT (NAME THE MOVEMENT SPECIFIC FOR THE CLIENT – LIKE THROAT CLEARING, SHOULDER SHRUGGING) AND SOUND STOP COMPLETELY NOW. I ASK TO HAVE THE ABILITY TO SUPPRESS MOVEMENT OR SOUND WITH EASE AT ALL TIMES.

I ASK SOUND OR SPEECH ONLY HAPPEN WITH MY INTENTION NOW.

I ASK TO HAVE CONTROL OVER MY MUSCLE MOVEMENT NOW AND TO BE ABLE TO STOP UNINTENTIONAL MOVEMENT WITH EASE, AT ANY TIME I WISH TO DO SO.

I ASK FOR OPTIMAL FUNCTION OR THE THALAMUS, BASAL GANGLIA AND FRONTAL CORTEX OF MY BRAIN NOW. I ASK FOR OPTIMAL CIRCUITS AND FUNCTION BETWEEN THESE AREAS OF MY BRAIN NOW. I ASK FOR OPTIMAL LEVELS AND FUNCTION OF NEUROTRANSMITTERS IN MY BRAIN NOW.

I ASK ANY TENSION IN MY BODY STOP COMPLETELY NOW.
TRANSVERSE MYELITIS

Transverse myelitis is a neurological condition in which the spinal cord is inflamed. The inflammation damages nerve fibers, and causes them to lose their myelin coating, leading to decreased electrical conductivity in the central nervous system. Transverse implies that the inflammation extends across the entire width of the spinal cord.

HEALING: PLACE ONE HAND ON THE SOLAR PLEXUS AND ONE HAND ON THE AREA OF THE SPINE THAT IS INVOLVED.

I ASK MY IMMUNE SYSTEM TO RESOLVE ALL INFLAMMATION IN MY SPINAL CORD NOW.

I ASK THE MYELIN COATING OF MY NERVE FIBERS RESTORE TO OPTIMAL THICKNESS NOW.

I ASK MY IMMUNE SYSTEM TO COMPLETELY PROTECT MY SPINAL CORD FROM ANY INFECTION, INFLAMMATION, SCARRING OR PLAQUE BUILD UP, AT ALL TIMES.

I ASK SPASTICITY IN MY MUSCLES RESOLVE COMPLETELY NOW.

I ASK FOR OPTIMAL STRENGTH IN MY MUSCLES NOW.

I ASK FOR OPTIMAL CIRCULATION, OXYGEN SUPPLY AND NUTRITION TO MY SPINAL CORD, NERVE FIBRES AND MUSCLES NOW.

NEXT PAGE
I ASK FOR OPTIMAL FUNCTION OF SENSORY NERVES IN MY LIMBS, TO ALLOW FOR NORMAL SENSATION AT ALL TIMES.

I ASK ANY PAIN, BURNING OR “PINS AND NEEDLES” SENSATION IN MY LIMBS RESOLVE COMPLETELY NOW.

I ASK MY BLADDER AND BOWEL FUNCTION AT OPTIMAL LEVELS, AND ONLY VOLUNTARY EMPTYING OCCURS WITH EASE.

I ASK FOR OPTIMAL FUNCTION OF MY BLADDER AND BOWEL SPHINCTERS AT ALL TIMES.

**IF APPLICABLE:** I ASK ANY PAIN, BURNING OR “PINS AND NEEDLES” SENSATION IN MY SEXUAL ORGANS RESOLVE COMPLETELY NOW.

I ASK FOR OPTIMAL FUNCTION OF SENSORY NERVES IN MY SEXUAL ORGANS, TO ALLOW FOR NORMAL SENSATION AT ALL TIMES.
**TRICHIASIS**

Trichiasis is a medical term for abnormally positioned eyelashes that grow back toward the eye, touching the cornea or conjunctiva.

**HEALING: PLACE HANDS ON EACH SIDE OF THE FACE.**

I ask my eyelashes remain in normal position and for normal growth of my eye lashes at all times.

I ask my genes support normal growth and position of my eye lashes at all times.

I ask my immune system repair any inflammation in my eyes, corneas and conjunctiva with ease and gentleness.

I ask my immune system resolve any excess skin folds of my eye lids now.

I ask my immune system protect my eyes and conjunctiva from inflammation at all times. I ask for optimal tear production and moisture in my eyes at all times.

I ask any pain, spasm, redness or light sensitivity in my eyes stop now. I ask for optimal elasticity and function of the muscles and ligaments of my eyes now.

I ask for optimal vision at all times.
TRIGEMINAL NEURALGIA

Trigeminal neuralgia is a neuropathic disorder characterized by episodes of intense pain in the face. It has been described as among the most painful conditions known. The pain originates from a variety of different locations on the face and may be felt in front of the ear, eye, lips, nose, scalp, forehead, cheeks, mouth, or jaw and side of the face. The pain of TN is from the trigeminal nerve. The trigeminal nerve is a paired cranial nerve that has three major branches: the ophthalmic nerve ($V_1$), the maxillary nerve ($V_2$), and the mandibular nerve ($V_3$). One, two, or all three branches of the nerve may be affected. Trigeminal neuralgia most commonly involves the middle branch (the maxillary nerve or $V_2$) and lower branch (mandibular nerve or $V_3$) of the trigeminal nerve.

HEALING: PLACE HANDS ON EACH SIDE OF THE FACE.

I ASK PAIN SIGNALS FROM MY TRIGEMINAL NERVE TO RESOLVE COMPLETELY NOW.

I ASK ANY BLOOD VESSEL SWELLING AROUND MY TRIGEMINAL NERVE TO RESOLVE COMPLETELY NOW.

I ASK THE MYELIN SHEETH AROUND MY TRIGEMINAL NERVE TO REMAIN STRONG AND PROTECTED FROM PRESSURE.

I ASK ANY DAMAGE IN THE MYELIN SHEETH TO RESOLVE AND REPAIR COMPLETELY NOW.

I ASK MY TRIGEMINAL NERVE TO STOP BEING HYPERACTIVE NOW.

NEXT PAGE
I ASK ACTIVITIES LIKE EATING, TALKING, BRUSHING TEETH, FACE WASHING, ETC TO BE PAINLESS AT ALL TIMES.

I ASK FOR BALANCE AND OPTIMAL TEMPERATURE, PRESSURE AND PAIN PERCEPTION OF MY TRIGEMINAL NERVE NOW.
TRIGGER FINGER

Trigger finger, or trigger digit (also a sub-set of stenosing tenosynovitis) is a common disorder characterized by catching, snapping or locking of the involved finger - flexor tendon, associated with dysfunction and pain.

HEALING: PLACE THE CLIENT’S AFFECTED HAND IN YOURS.

I ASK MY IMMUNE SYSTEM HEAL ANY INFLAMMATION, CALCIFICATION OR SCARRING IN MY TENDONS OR TENDON SHEATH NOW, WITH EASE AND GENTLENESS.

I ASK MY IMMUNE SYSTEM STOP ANY SWELLING WITHIN AND AROUND MY TENDONS NOW. I ASK MY IMMUNE SYSTEM PROTECT MY LIGAMENTS AND MUSCLES FROM INJURY AND INFLAMMATION NOW.

I ASK FOR OPTIMAL STRENGTH AND MOBILITY OF MY TENDONS AND FINGERS NOW.

I ASK FOR OPTIMAL BLOOD FLOW AND NUTRITION TO MY TENDONS NOW.

I ASK ANY EXPERIENCE OF PAIN IN MY FINGER STOP NOW.
ULCERATIVE COLITIS

Ulcerative colitis is a form of inflammatory bowel disease (IBD) that causes inflammation and ulcers in the colon.

Ulcerative colitis shares much in common with Crohn's disease, another form of IBD, but what sets it apart from Crohn's disease is that ulcerative colitis, as its name suggests, only affects the colon and rectum, leaving the rest of the gastrointestinal tract unscathed, while Crohn's disease can affect the whole GI tract from mouth to anus. Also, surgical removal of the colon and rectum cures ulcerative colitis, which actually means the disease does not recur after surgery, unlike Crohn's disease, which has a tendency to recur after surgery to remove the abnormal part of the bowel and connect the healthy ends.

HEALING: PLACE HANDS ON HE ABDOMEN

I ASK MY GENES FUNCTION TO SUPPORT MY OPTIMAL HEALTH AND BOWEL FUNCTION.

I ASK MY BODY STOP RESPONDING TO ANY ENVIRONMENTAL TRIGGERS FOR MY COLITIS NOW.

I ASK THAT ANY FOOD TRIGGERS FOR MY COLITIS, PASS HARMLESSLY THROUGH MY DIGESTIVE SYSTEM NOW.

I ASK LEVELS OF SULFATE REDUCING BACTERIA IN MY COLON REDUCE TO NORMAL LEVELS NOW.

I ASK THAT THE EPITHELIAL BARRIE OF MY COLON REMAIN STRONG AND PROTECTED FROM THE EFFECTS OF EXCESS HYDROGEN SULFITE.

NEXT PAGE
I ASK THAT MY IMMUNE SYSTEM FUNCTIONS AT AN OPTIMAL LEVEL AND ALLOW MY DIGESTIVE SYSTEM TO HEAL ANY AREAS OF INFLAMMATION COMPLETELY NOW.

I ASK THAT MY FIGHTER CELLS (MACROPHAGES) WORK OPTIMALLY TO SUPPORT A HEALTHY GASTROINTESTINAL TRACT NOW. I ASK THAT THE T-CELLS OF MY IMMUNE SYSTEM ONLY FUNCTION TO SUPPORT A HEALTHY DIGESTIVE TRACT.

I ASK THAT ANY PAIN SIGNALS RELATED TO MY COLITIS STOP COMPLETELY NOW. I ASK THAT ANY BLEEDING FROM MY BOWEL STOP COMPLETELY NOW.

I ASK THAT MY BOWEL MOVEMENTS BECOME REGULAR AND PAINLESS NOW.

I ASK THAT MY DIGESTIVE SYSTEM TAKE UP ADEQUATE NUTRITION TO SUPPORT MY OPTIMAL HEALTH, WEIGHT AND ENERGY.

I ASK THAT MY CIRCULATORY SYSTEM FUNCTIONS OPTIMALLY TO SUPPORT MY IMMUNE SYSTEM AND NORMAL BOWEL FUNCTION NOW.

(IF JOINT PAIN IS PRESENT – REFER TO ARTHRITIS OR ACUTE PAIN SECTIONS)
URTICARIA/HIVES

Hives also known as urticaria, is a kind of skin rash with red, raised, itchy bumps.

HEALING: PLACE HANDS OVER THE SOLAR PLEXUS

I ASK MAST CELLS IN MY SKIN REMAIN STABLE AT ALL TIMES AND FOR HISTAMINE, LEUKOTRIENE (LEUCOTREEN) AND CYTOKINE (SITE- TOE- KEEN) RELEASE OCCUR ONLY DURING HEALTHY PHYSIOLOGICAL FUNCTION.

I ASK EXCESS FLUID LEAKAGE FROM CELLS IN MY SKIN STOP NOW. I ASK MY LYMPHATIC SYSTEM REMOVE INTERSTITIAL FLUID EASILY AND EFFORTLESSLY.

I ASK MY IMMUNE SYSTEM REMOVE ANY INFLAMMATION IN MY SKIN AND TISSUE UNDER THE SKIN WITH EASE AND GENTleness, NOW.

I ASK ANY AUTO-IMMUNE TRIGGERS STOP NOW AND MY SKIN REMAIN PROTECTED AT ALL TIMES FROM AUTO-IMMUNE ACTIVITY.

I ASK FOR HEALTHY LEVELS AND FUNCTIONING OF NEUROPEPTIDES NOW.

I ASK MY IMMUNE SYSTEM FUNCTION OPTIMALLY AND PROTECT MY SKIN AT ALL TIMES.

IF ALLERGY BASED, DO SECTION FOR ALLERGIES AS WELL
UVEITIS

Uveitis is the inflammation of the uvea, the pigmented layer that lies between the inner retina and the outer fibrous layer composed of the sclera and cornea. The uvea consists of the middle layer of pigmented vascular structures of the eye and includes the iris, ciliary body, and choroid.

HEALING: PLACE HANDS ON EACH SIDE OF THE HEAD – TEMPORAL AREA.

I ASK MY IMMUNE SYSTEM STOP ANY INFLAMMATION IN MY UVEA, VITREOUS (VIT-REOUS) CAVITY AND RETINA NOW, WITH EASE AND GENTLENESS.

I ASK MY IMMUNE SYSTEM REPAIR ANY INJURED OR DAMAGED CELLS IN MY UVEA NOW.

I ASK ANY PAIN OR BURNING OF MY EYE STOP NOW.

I ASK ANY SENSITIVITY TO LIGHT STOP NOW.

I ASK FOR OPTIMAL VISION NOW.

I ASK MY IMMUNE SYSTEM RESOLVE ANY FLOATERS IN MY EYE NOW.

I ASK MY IMMUNE SYSTEM PROTECT MY EYES FROM INFECTION, INFLAMMATION AND TOXINS NOW.

I ASK FOR OPTIMAL BLOOD FLOW AND PRESSURE OF MY EYES NOW.

NEXT PAGE
I ASK MY IMMUNE SYSTEM PROTECT MY EYES AND UVEA FROM AUTO-ANTIBODIES NOW. I ASK FOR OPTIMAL FUNCTION AND PROTECTION OF MY T-CELLS NOW.

I ASK MY GENES SUPPORT OPTIMAL FUNCTION AND PROTECTION OF MY EYES AND UVEA NOW.
Bacterial vaginosis (BV) is a disease of the vagina caused by excessive growth of bacteria.

**HEALING: PLACE HANDS OVER THE LOWER ABDOMEN**

I ASK FOR BALANCE IN MY VAGINAL FLORA NOW.

I ASK MY IMMUNE SYSTEM TO RESTORE MY VAGINAL BACTERIA, ESPECIALLY LACTOBACILLUS, TO NORMAL LEVELS NOW.

I ASK MY IMMUNE SYSTEM PROTECT MY VAGINA FROM BACTERIAL OVERGROWTH AT ALL TIMES.

I ASK MY IMMUNE SYSTEM PROTECT ME FROM SECONDARY INFECTIONS AT ALL TIMES.

**ALSO DO THE GENERAL INFECTION LANGUAGE**
VARICOSE VEINS

Varicose veins are veins that have become enlarged and twisted. The term commonly refers to the veins on the leg, although varicose veins can occur elsewhere. Veins have pairs of leaflet valves to prevent blood from flowing backwards (retrograde flow or venous reflux). Leg muscles pump the veins to return blood to the heart (the skeletal-muscle pump), against the effects of gravity. When veins become varicose, the leaflets of the valves no longer meet properly, and the valves do not work (valvular incompetence). This allows blood to flow backwards and they enlarge even more. Varicose veins are most common in the superficial veins of the legs, which are subject to high pressure when standing.

HEALING: PLACE HANDS OVER LEGS, ONE ON UPPER LEG AND ONE ON THE LOWER LEG.

I ASK FOR OPTIMAL FUNCTION AND STRUCTURE OF THE VALVES IN MY VEINS NOW.

I ASK FOR OPTIMAL LEVELS OF COLLAGEN, ELASTIN AND OTHER STRUCTURAL COMPONENTS IN MY VEINS NOW. I ASK FOR OPTIMAL LEVELS OF HOMOCYSTEIN (homo-sys-teen) AND FOR THE PROTEINS IN MY VEINS TO REMAIN PROTECTED FROM THE EFFECTS OF EXCESS HOMOCYSTEIN.

I ASK FOR OPTIMAL FUNCTION AND STRENGTH OF MY LEG MUSCLES TO PUMP BLOOD EFFECTIVELY FROM MY VEINS TO MY HEART.

I ASKANY SWELLING IN MY LEG STOP COMPLETELY NOW.

NEXT PAGE
I ASK FOR OPTIMAL CIRCULATION AND NUTRITION FOR MY SKIN AND ANY INFLAMMATION, DISCOLORATION, THICKENING (OR ULCERATION) STOP COMPLETELY NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY SKIN AT ALL TIMES FROM INFLAMMATION, THICKENING OR INFECTION.

I ASK ANY PAIN IN MY LEGS STOP COMPLETELY NOW.
### VISUAL ACUITY

Visual acuity commonly refers to the clarity of vision.

**HEALING: PLACE HANDS ON THE TEMPLE AREAS**

I ASK FOR SHARPNESS OF THE RETINAL FOCUS WITHIN MY EYE NOW.

I ASK FOR OPTIMAL HEALTH AND FUNCTIONING OF MY RETINA NOW.

I ASK FOR OPTIMAL SENSITIVITY AND FUNCTION OF THE VISUAL INTERPRETIVE CENTER OF MY BRAIN NOW.

I ASK FOR OPTIMAL SHAPE AND FLEXIBILITY OF MY CORNEAS AND LENSES NOW. I ASK ANY IRREGULARITIES ON MY CORNEAS RESOLVE COMPLETELY NOW.

I ASK FOR OPTIMAL STRENGTH AND FUNCTIONING OF MY EYE MUSCLES AND PUPILS NOW.

I ASK FOR OPTIMAL NERVE PATHWAY FUNCTIONING, FROM MY RETINA TO MY BRAIN, NOW.

I ASK MY IMMUNE SYSTEM REPAIR ANY SCARRING IN MY LENSES WITH EASE AND GENTLENESS, NOW.

I ASK FOR OPTIMAL NUMBER AND FUNCTIONING OF CONE RECEPTOR CELLS AND ROD RECEPTOR CELLS IN MY RETINA NOW.

I ASK FOR OPTIMAL VISUAL ACUITY, NIGHT VISION, DEPTH PERCEPTION, PERIPHERAL VISION AND COLOUR VISION NOW.
VULVODYNIA

Vulvodynia is a chronic pain syndrome that affects the vulvar area and occurs without an identifiable cause. Symptoms typically include a feeling of burning or irritation.

HEALING: PLACE HANDS OVER THE LOWER ABDOMEN. ALSO DO LANGUAGE FOR CHRONIC PAIN.

I ASK ANY PELVIC AND VAGINAL PAIN TO RESOLVE COMPLETELY NOW. I ASK THE PAIN SIGNALS FROM MY VULVA TO STOP NOW AND FOR THE PAIN CENTER IN THE BRAIN TO STOP THESE SIGNALS FROM BEING EXPERIENCED AS PAIN NOW.

I ASK MY IMMUNE SYSTEM TO RESOLVE ANY INFLAMMATION IN MY PELVIC, VAGINA AND VAGINAL NERVES NOW.

I ASK MY IMMUNE SYSTEM TO PROTECT MY VAGINA, VULVA AND PELVIC NERVES AT ALL TIMES FROM INFLAMMATION.

I ASK MY CIRCULATORY SYSTEM TO SUPPORT OPTIMAL BLOOD FLOW TO MY VAGINA AND PELVIS NOW.

I ASK FOR OPTIMAL LEVELS OF ESTROGEN AND PROGESTERONE NOW.

I ASK FOR OPTIMAL LEVELS OF DOPAMINE, SEROTONIN AND NOREPINEPHRINE AT ALL TIMES.

I ASK FOR RESTFUL SLEEP AT ALL TIMES.
WARTS

A wart is a small, rough growth resembling a cauliflower or a solid blister. It typically occurs on humans’ hands or feet but often in other locations. Warts are caused by a viral infection, specifically by one of the many types of human papillomavirus (HPV).

HEALING: PLACE HANDS CLOSE TO THE WART, BUT NOT ON THE WART – FOR INSTANCE ON TOP OF THE FOOT, IF THE WART IS ON THE BOTTOM OF THE FOOT, OR PLACE HANDS ON THE SOLAR PLEXUS.

I ASK MY IMMUNE SYSTEM TO RECOGNIZE THE WART(S) AS FOREIGN AND TO ALLOW MY FIGHTER CELLS TO BIND TO THE VIRUS’ RECEPTORS AND DESTROY THEM COMPLETELY.

I ASK BLOOD FLOW TO THE WART STOP NOW, TO ALLOW THE WART TO ATROPHY AND RESOLVE WITH EASE NOW.

I ASK MY IMMUNE SYSTEM TO STOP THE WART FROM SPREADING NOW.

I ASK MY IMMUNE SYSTEM TO RECOGNIZE VIRUSES, ESPECIALLY THE HUMAN PAPILLOMA VIRUS, IMMEDIATELY, AND STOP THE VIRUS COMPLETELY FROM ENTERING MY SKIN OR MUCOUS MEMBRANES.

I ASK MY SKIN TO REMAIN INTACT, FOR STRONG SKIN CELL MEMBRANES AND FOR MY SKIN TO REMAIN PROTECTED AT ALL TIMES FROM VIRUSES.
WEGENER’S GRANULOMATOSIS

Granulomatosis with polyangiitis (GPA), previously known as Wegener's granulomatosis is a systemic disorder that involves both granulomatosis and polyangiitis. It is a form of vasculitis (inflammation of blood vessels) that affects small- and medium-size vessels in many organs.

HEALING: PLACE HANDS OVER THE SOLAR PLEXUS – MID ABDOMEN.

I ASK MY BLOOD VESSELS TO BE PROTECTED FROM THE EFFECTS OF AUTO-ANTIBODIES AT ALL TIMES. I ASK MY NEUTROPHILS REMAIN PROTECTED FROM ANCA (anti-neutrophil cytoplasmic antibodies) NOW.

I ASK MY IMMUNE SYSTEM TO STOP PRODUCING AUTO-ANTIBODIES, WHICH ATTACK MY BLOOD VESSELS, NOW.

I ASK MY KIDNEYS TO BE PROTECTED AT ALL TIMES FROM AUTO-ANTIBODIES NOW. I ASK FOR OPTIMAL FUNCTION OF MY KIDNEYS NOW.

I ASK FOR OPTIMAL STRENGTH OF MY BLOOD VESSELS NOW AND THE LINING OF MY BLOOD VESSELS REMAIN PROTECTED FROM ABNORMAL NEUTROPHILS ATTACHING TO IT NOW. I ASK MY BLOOD VESSELS TO REMAIN OPEN AND BLOOD FLOW TO HAPPEN EASILY AND EFFORTLESSLY.

I ASK MY IMMUNE SYSTEM TO REPAIR DAMAGE IN MY BLOOD VESSELS NOW, WITH EASE AND GENTLENESS.

I ASK MY IMMUNE SYSTEM TO STOP INFLAMMATION AND DAMAGE TO BLOOD VESSELS IN MY NOSE SEPTUM, MOUTH MUCOSA, EYES AND INNER EAR NOW.

NEXT PAGE:
I ASK FOR HEALING OF BLOOD VESSELS IN MY AIRWAYS AND LUNGS NOW. I ASK FOR OPTIMAL BLOOD PRESSURE IN MY LUNGS AND FOR AIR EXCHANGE TO HAPPEN WITH EASE NOW.

I ASK FOR OPTIMAL JOINT MOVEMENT NOW. I ASK MY IMMUNE SYSTEM REPAIR ANY INFLAMMATION OF BLOOD VESSELS AT MY JOINTS NOW. I ASK MY JOINTS REMAIN PROTECTED FROM INFLAMMATION NOW.

I ASK MY IMMUNE SYSTEM REPAIR ANY DAMAGE OF BLOOD VESSELS UNDER MY SKIN NOW AND ALSO REPAIR ANY INFLAMMATION OF MY SKIN NOW. I ASK FOR OPTIMAL BLOOD FLOW TO MY SKIN NOW.

I ASK FOR OPTIMAL BLOOD FLOW AND FUNCTION OF MY NERVOUS SYSTEM NOW.

I ASK MY GENES TO SUPPORT OPTIMAL FUNCTION OF MY IMMUNE SYSTEM NOW.

IF THE CLIENT IS ON IMMUNOSUPPRESSION, DO THE LANGUAGE FOR THAT AS WELL.
WHIPLASH

Whiplash is a non-medical term describing a range of injuries to the neck caused by or related to a sudden distortion of the neck associated with extension although the exact injury mechanism(s) remain unknown. "Cervical acceleration-deceleration" (CAD) describes the mechanism of the injury, while the term "whiplash associated disorders" (WAD) describes the injury sequelae and symptoms.

HEALING: PLACE ONE HAND UNDER THE NECK AND ONE ON THE ANTERIOR CHEST.

I ASK PAIN IN MY NECK, SHOULDERS AND HEAD STOP COMPLETELY NOW.

I ASK ANY “PINS AND NEEDLES” SENSATION IN MY ARMS, HANDS AND LEGS STOP COMPLETELY NOW.

I ASK ANY TEARS IN MY NECK LIGAMENTS REPAIR COMPLETELY NOW.

I ASK ANY INJURY AND TEARS TO MY TRAPEZIUS MUSCLES AND SUPRASPINATUS MUSCLES RESOLVE COMPLETELY NOW.

I ASK MY IMMUNE SYSTEM TO SUPPORT HEALING OF ALL DAMAGED CELLS IN MY NECK/SHOULDER MUSCLES AND LIGAMENTS NOW. I ASK MY IMMUNE SYSTEM TO PROTECT MY NECK/SHOULDER MUSCLES AND LIGAMENTS AT ALL TIMES FROM INJURY OR TOXINS.

I ASK FOR OPTIMAL ELASTICITY IN MY NECK AND SHOULDER LIGAMENTS AND MUSCLES NOW.

NEXT PAGE
I ASK FOR OPTIMAL STRENGTH IN MY NECK AND SHOULDER MUSCLES NOW, TO ALLOW FOR OPTIMAL SUPPORT OF MY NECK AT ALL TIMES.

I ASK ANY SWELLING AROUND MY SPINAL NERVES STOP COMPLETELY NOW. I ASK ANY PINCHING OF SPINAL AND SHOULDER NERVES STOP COMPLETELY NOW.

I ASK ANY INFLAMMATION IN THE SYNOVIAL JOINTS OF MY NECK, STOP COMPLETELY NOW. I ASK ANY PINCHING, TRAPPING OR MOVEMENT OF TISSUE INSIDE THESE JOINTS STOP NOW.

I ASK THE FACET JOINTS IN MY SPINE TO SUPPORT MY VERTEBRAE AND ALLOW FOR OPTIMAL MOVEMENT NOW.

I ASK MY CIRCULATORY SYSTEM TO SUPPORT OPTIMAL BLOOD FLOW, OXYGEN AND NUTRITION TO MY NECK AND SHOULDERS AT ALL TIMES.

I ASK FOR OPTIMAL CALCIUM, PHOSPHATE, MAGNESIUM AND VITAMIN D UPTAKE AND METABOLISM, TO ENSURE OPTIMAL HEALTH OF MY SPINAL COLUMN NOW.

I ASK PAIN SIGNALS BEING SENT FROM MY BACK QUIET DOWN AND THE PAIN MATRIX IN MY BRAIN STOP ITS HEIGHTENED SENSITIVITY TO PAIN SIGNALS FROM MY NECK NOW.

I ASK FOR RESTFUL SLEEP AND OPTIMAL ENERGY NOW.
I ASK FOR OPTIMAL CONCENTRATION AND FOCUS NOW.
I ASK FOR BALANCE IN MY EMOTIONS AND FOR OPTIMAL COGNITIVE FUNCTION NOW.
WOUND HEALING

Wound healing is an intricate process where the skin or other body tissue repairs itself after injury. In normal skin, the epidermis (surface layer) and dermis (deeper layer) form a protective barrier against the external environment. When the barrier is broken, an orchestrated cascade of biochemical events is quickly set into motion to repair the damage.

HEALING WOUNDS: PLACE HANDS HOVERING OVER THE WOUND (NOT ON WOUND)

“I ASK MY PLATELETS TO FUNCTION OPTIMALLY TO RELEASE CHEMICAL SIGNALS TO PROMOTE CLOTTING AND FORM NEW CELLS

I ASK MY CELLS TO PRODUCE ADEQUATE LEVELS OF FIBRIN TO PROMOTE HEALING AND STOP ANY BLEEDING.

I ASK MY IMMUNE SYSTEM AND WHITE BLOOD CELLS TO FUNCTION OPTIMALLY TO REMOVE ANY DAMAGED OR DEAD CELLS, BACTERIA OR OTHER PATHOGENS NOW.

I ASK MY PLATELETS, FIBROBLASTS AND FIGHTER CELLS TO PRODUCE ADEQUATE GROWTH FACTORS TO SUPPORT THE GROWTH OF NEW AND HEALTHY CELLS NOW.

NEXT PAGE
I ASK MY BODY TO FORM NEW BLOOD VESSELS AS REQUIRED FOR OPTIMAL REPAIR OF MY WOUND NOW. I ASK FOR ADEQUATE LEVELS OF COLLAGEN, GRANULATION TISSUE, FIBROBLASTS, MYOFIBROBLASTS AND EPITHELIAL CELLS TO ALLOW MY WOUND TO FORM NEW CELLS AND TO HEAL COMPLETELY NOW.

I ASK THAT WHEN THESE CELLS’ ROLES ARE COMPLETED THAT MY IMMUNE SYSTEM ALLOW THEIR REMOVAL COMPLETELY.

I ASK BLOOD FLOW TO MY WOUND TO REMAIN OPTIMAL FOR ADEQUATE SUPPLY OF NUTRIENTS AND OXYGEN, TO PROMOTE HEALING.

I ASK MY HAIR FOLLICLES, SWEAT GLANDS AND OIL GLANDS TO FUNCTION OPTIMALLY TO SUPPORT HEALING AND NEW CELL GROWTH AT MY WOUND NOW.

I ASK MY DIGESTIVE SYSTEM TO TAKE UP ADEQUATE NUTRITION TO SUPPORT THE COMPLETE HEALING OF MY WOUND NOW. “
WOUNDS – CHRONIC

A chronic wound is a wound that does not heal in an orderly set of stages and in a predictable amount of time the way most wounds do; wounds that do not heal within three months are often considered chronic.

HEALING: PLACE HANDS AROUND THE WOUND (NOT ON THE WOUND)

I ASK MY BLOOD FLOW TO THE WOUND TO INCREASE TO OPTIMAL LEVELS. I ASK MY BLOOD TO OPTIMIZE NUTRITION, OXYGEN AND FIGHTER CELLS TO ALLOW FOR COMPLETE HEALING OF MY WOUND NOW.

I ASK FOR OPTIMAL FUNCTION OF MY IMMUNE SYSTEM AND FIGHTER CELLS. I ASK MY IMMUNE SYSTEM TO REPAIR ANY INFLAMMATION IN AND AROUND THE WOUND, AND ALSO IN THE BLOOD VESSELS AROUND THE WOUND, WITH GENTLENESS AND EASE NOW.

I ASK MY IMMUNE SYSTEM AND FIGHTER CELLS TO REMOVE ANY PATHOGENS OR INFECTION IN AND AROUND THE WOUND COMPLETELY NOW.

I ASK FOR OPTIMAL GROWTH FACTORS IN MY WOUND NOW. I ASK NEW CELL GROWTH TO HAPPEN WITH EASE IN AND AROUND MY WOUND NOW. I ASK MY DNA, LIPIDS AND PROTEINS IN THE CELLS OF MY WOUND TO REMAIN PROTECTED AT ALL TIMES FROM HARMFUL ENZYMES OF PATHOGENS.

I ASK TO ONLY PRODUCE ENOUGH FRIBROBLASTS TO ALLOW FOR COMPLETE WOUND HEALING AND STOP SCARRING FROM HAPPENING.

NEXT PAGE
I ASK MY IMMUNE SYSTEM, LYMPHATIC SYSTEM AND CIRCULATORY SYSTEM TO REMOVE ALL SCARRING, ESPECIALLY EXCESS COLLAGEN, IN AND AROUND THE WOUND COMPLETELY NOW, WITH GENTLENESS AND EASE.

I ASK MY LYMPHATIC SYSTEM AND CIRCULATORY SYSTEM TO REMOVE ANY EXCESS FLUID IN AND AROUND THE WOUND NOW.

I ASK PAIN RELATED TO MY WOUND RESOLVE COMPLETELY NOW. I ASK MY NERVOUS SYSTEM TO SUPPORT HEALING OF THE WOUND AND FOR PAIN SIGNALS FROM THE WOUND TO STOP COMPLETELY NOW.

I ASK FOR OPTIMAL LEVELS OF CORTISOL NOW, TO ALLOW FOR OPTIMAL FUNCTION OF MY IMMUNE SYSTEM.

I ASK FOR BALANCE IN MY GLUCOSE, CORTICOSTEROID AND HORMONAL LEVELS TO ALLOW FOR OPTIMAL HEALING OF MY WOUND NOW.

I ASK FOR RESTFUL SLEEP TO ALLOW FOR OPTIMAL ENERGY LEVELS.

I ASK MY DIGESTIVE SYSTEM TO SUPPORT OPTIMAL NUTRITION TO ALLOW MY WOUND TO HEAL COMPLETELY NOW.
YEAST INFECTION (CANDIDIASIS)

Candidiasis is a fungal infection due to any type of *Candida* (a type of yeast). When it affects the mouth, it is commonly called thrush. When it affects the vagina, it is commonly called a *yeast infection*.

**HEALING YEAST INFECTION: PLACE HANDS OVER MIDDLE OF STOMACH.**

*DO IMMUNE SYSTEM FIRST, THEN HEALING STATEMENTS BELOW:*

“I ASK MY IMMUNE SYSTEM TO SUPPORT THE OPTIMAL BALANCE OF “GOOD” BACTERIA AND YEAST IN MY BODY NOW.

I ASK MY FIGHTER CELLS TO REMOVE ANY EXCESS YEAST IN MY BODY COMPLETELY NOW.

I ASK MY SKIN AND MUCOUS MEMBRANES TO STRENGTHEN AND MAINTAIN ADEQUATE ACIDITY AND PROTECTION AGAINST OVERGROWTH OF YEAST NOW.

I ASK MY ENDOCRINE SYSTEM TO FUNCTION OPTIMALLY TO PRODUCE HORMONES AND ENZYMES OPTIMALLY TO SUPPORT MY IMMUNE SYSTEM AND ALLOW A HEALTHY BALANCE OF YEAST IN MY BODY NOW.

I ASK MY DIGESTIVE SYSTEM AND PANCREAS TO SUPPORT ADEQUATE NUTRITION, CARBOHYDRATE AND SUGAR BALANCE TO SUPPORT A HEALTHY BALANCE OF YEAST IN MY BODY NOW.

I ASK THAT LACTOBACILLI IN MY MUCOUS MEMBRANES FORM AT OPTIMAL LEVELS NOW TO ONLY ALLOW A HEALTHY BALANCE OF YEAST IN MY BODY.