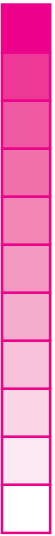
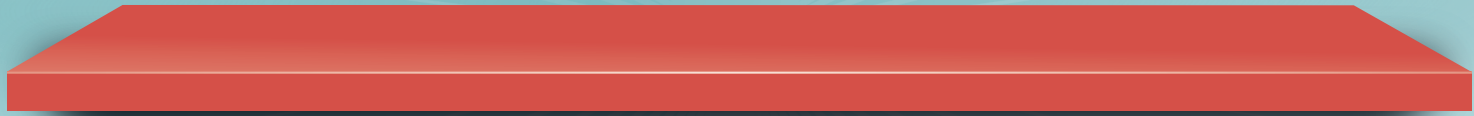
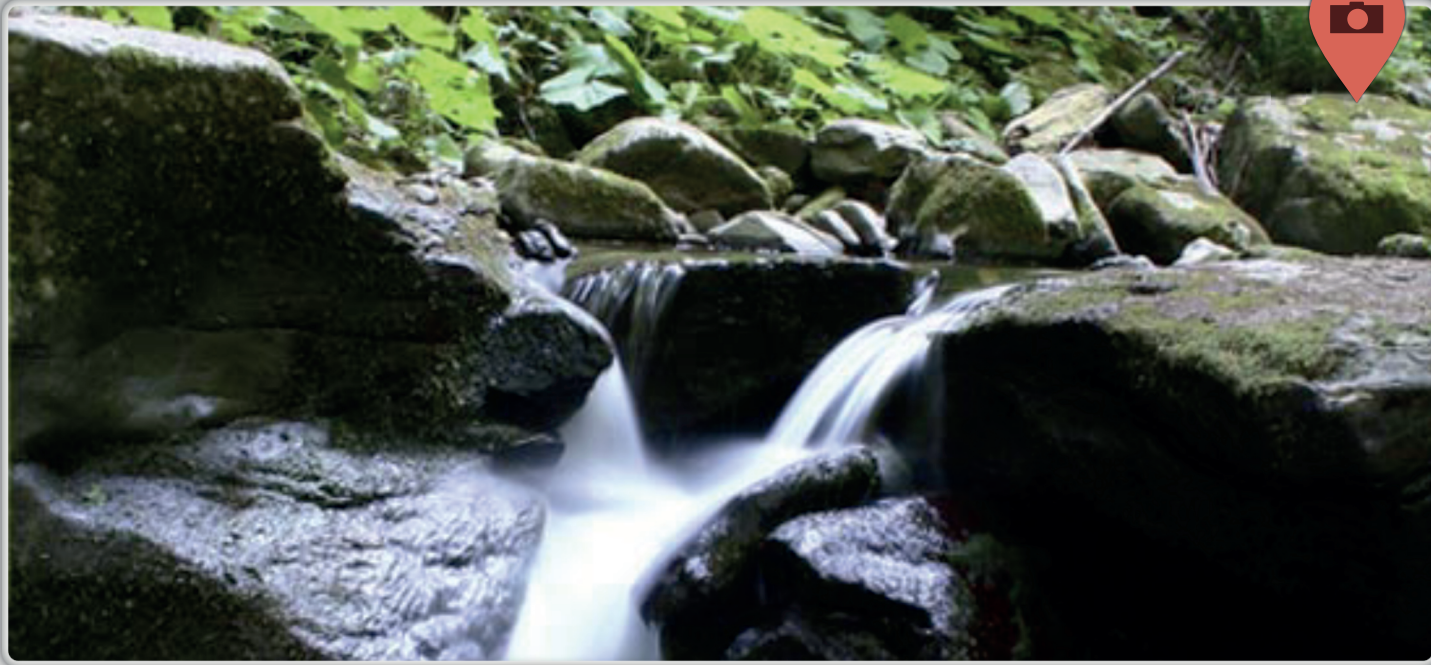




Wellness Guide





Balance - The Key to Wellness

A BALANCING ACT

The key to wellness is balance
Balancing your body is the first step. To balance your body you must include the three elements that make up your existence. Mind, Body & Soul. If any of these three elements are not in balance your body will struggle and eventually begin to break down.



Mind over Matter

✓ Meditate Daily
for 15- 60 Minutes
“Get out of your Head”

Meditation Video
Click Here for Video
(FREE Video on Amazon Prime)

Balance begins with the basic elements of life. Of those elements, the mind can be the most difficult to address. To cleanse the mind, we must eliminate or modify the stresses that occur daily in our lives. We need to chip away one by one. The best way to accomplish this is by creating a “Stress List” by writing down what stresses you are experiencing in your life. Once you have completed the list, place it in a location you can view easily over the next 30 days. As you review the list add or remove items as you ponder over what truly is stressful and what is not. Adjust this list over a 30 day period, this will leave you with your ‘Honest’ stress list. A true list of items that absolutely make you crazy, these need to be removed from your life. For many of us there are items that cannot be removed, these are your debilitating stresses that must be addressed and modified to get your mind to a healthy balance. To do this you must incorporate **Meditation** into your life.



Meditation, when done correctly and incorporated into your daily routine permits the mind to focus and center on what is most important to your mind body & soul.





Your body is your temple. Balance in the body can be achieved by eliminating harmful food products from your diet.

Nutrition - You are what you eat

Green eating is clean, eating, its a necessary step in the quest to balance your body.



KEEPING IT CLEAN

Processed foods and eliminating them from your diet is one of the first steps necessary in your goal to achieving total balance in your body. A good way to stay clear of processed foods is to stay far away from the middle aisles in your local supermarket. These items contain many different preservatives which do just that, they preserve the food. Your body was not designed to consume preserved food, it was designed to use clean natural unprocessed (untouched by Man and Industry) food provided to us naturally from the earth and use as fuel for the body at a cellular level.

Organic is your best option though it can cost you more than the items in the normal grocery stores, by choosing organic foods you eliminate the risk ingesting pesticides which are certain endocrine disruptors meaning they have the ability to alter your hormone

balance and cause cells to not function properly. Your body needs to be in balance at a cellular level if you expect it function efficiently.

Non GMO is also another very important factor as GMO's (Genetically Modified Organisms) are made in a laboratory, they contain alterations in the original natural products or seeds. Meaning

"Consuming clean green un processed food is one thing you have total control over when trying to balance your body"

the DNA gets altered. Any food that you ingest should be clean and unaltered. Our body is designed to survive from the natural resources provided to us on this earth, the earth is "The Mother", if you are not familiar with term, Bragg an Organic Company defines their clean products using "The Mother" meaning Earth.





Don't Live to Eat, Eat to Live!

Food is Medicine, prescription drugs are developed from the manipulation of natural plants and herbs which means in a simple way if you eat the correct foods and feed your cells exactly what they need to efficiently perform their function in your body.

Think about it, if you feed your body garbage its going to have to work that much harder to function never mind fight off free radicals (cell disrupters and destroyers caused by oxidative stress due to unhealthy food choices and environmental factors).

Did you know you can eat healthy and still enjoy treats, the key is to eat only whole unprocessed preferably organic foods without preservatives, nitrates or artificial colors/flavors/ingredients. Non dairy, non wheat or white flour is also necessary to avoid ingesting GMO's as all Corn, Soy & Wheat are Genetically Modified.





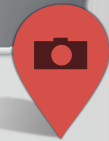
Required: A Conscious Relationship with Food

To be conscious of the food you consume is critical to achieve good health. Those who are overweight have a much tougher time restoring balance to their body. Let's take fat cells for example, those fat cells inflate and deflate as your body fluctuates, the lymphatic system is critical for proper body function, so don't go running out to get liposuction or a tummy tuck just yet, by doing so you may cause unfavorable events to take place in your body at the cellular level, as your body will try to fix itself.

A better option is to pay attention to the food you are consuming, be mindful and present. As mentioned in previous articles, you are what you eat but you must know what to eat and what not to eat to insure your body is running at its peak, a healthy metabolism (the rate at which your body burns calories) will burn off excess fat as a part of the normal process.



FMD is a diet that fixes your metabolism by permitting only those foods which are beneficial to all bodily functions. Thousands of people have benefited from this program.



Become Healthier with FMD!
Warning: Side Effect may be Significant Weight Loss, some reports have shows up to 55 lb reduction in

Thousands of people have lost weight using this program, however the program offers so much more than weight loss. People who follow the plan end up fixing their issues as a side effect! They became healthier from the inside out. An overwhelming percentage of people who start this program end up fixing the majority of their issues such as high blood pressure, diabetes, and more.



Soul Solutions



Angel
Message
For
Empaths

My dear souls, we remind you that taking care of the world is our job, not yours. It is ok to rest and we release you of binds that tie you feelings of responsibility and burden. Find your happiness, not others happiness for them. It stops them from finding it themselves.

The Doorway to Peace

Quiet! Your Ego is Talking!

How old is your Soul? The expression "An Old Soul" is a term that has been used over and over to describe those who find peace in everything, they always appear to be at peace, they do not long for material things, they only seek to be in harmony with the world. I use the word beings because having an old Soul is not limited to humans, all living beings have a Soul. For those who wish to be in touch with their Souls they must be not allow their Ego to be in control. What is your Ego? Your Ego is best described as the part of your brain which seeks the need to control every aspect of your life, including the desire to control others. You can think of your Ego as the Gatekeeper to your Soul and total being, the Ego develops as a result of Social experiences and conditioning. From the age of about six, children begin to lose their innate knowledge (Intuition) as a result of socially conditioning.

What does your Soul Say?

Your Soul is your pathway to peace, love and happiness, it hides deep inside your unconscious. Most people are unaware of their subconscious, they go about from day to day falling into the same old routine and following the same old patterns that have been carved based on life circumstances and social conditioning. People have been conditioned to use their conscious mind to determine and decide how to go about their lives without any thought of tapping into their subconscious for guidance. If you want to reach your Soul you need to learn how to access your subconscious.

Access to your Soul

Your subconscious is hidden deep within your Soul, it has been carefully tucked away from an early age, it's a protective mechanism, in a sense, it's a way to protect your Soul. If you want to reach your Soul and gain access to your subconscious you will need to learn how to quiet your conscious mind and open your energy sources by clearing any blocks which may be present. Energy blocks, typically are a result of years of bad nutrition and toxic metals which have made their way into your body from lifestyle choices.

SOUL SONG

What is your purpose?

SUBCONSCIOUS

Your Souls Protector

CONSCIOUSNESS

Your active Mind



Chakras are the Energy Centers in Your Body

CHAKRAS & COLORS

THE BROW CHAKRA - INDIGO

Association: Pituitary Gland, Eyes, Sinuses
Hormonal Stimulus: Various Stimulating Hormones related to multiple body functions and positive feedback
Physiological Response: Self-Responsibility, Sense of inner strength, Ability to visualize creatively, Intuition, Calmness, Clairvoyance
Complementary colors are YELLOW & ORANGE

THE CROWN CHAKRA - VIOLET

Association: Pineal Gland, Brain, Nervous System
Hormonal Stimulus: Melatonin
Physiological Response: Self-Knowledge, Enlightenment, Spirituality, Desire to express the way you feel, Ability to connect to the higher power
Complementary color is YELLOW

THE HEART CHAKRA - GREEN

Association: Heart, Thymus, Lower Lungs, Circulatory System, Immune System
Hormonal Stimulus: Thymosin
Physiological Response: Love, Compassion, Generosity, Normalizing Heart Rate, Allowing new cell growth, Ability to be supportive, Focus on family and having a safe and happy home
Complementary color is RED

THE THROAT CHAKRA - BLUE

Association: Thyroid, Respiratory System, Teeth, Vocal Cords
Hormonal Stimulus: Thyroxin Hormones (Metabolism Control)
Physiological Response: Self-Expression, Communication, Abilities to organize, plan for the future, appreciate beauty, peace and order, to live in truth and speak the truth
Complementary color is ORANGE

THE SACRAL CHAKRA - ORANGE

Association: Reproductive Organs, Kidneys, Bowels, Immune System
Hormonal Stimulus: Spleen and Adrenals
Physiological Response: Self-Respect, Pleasure, Happiness, Friendliness, Humility, Creativity, Sex, Ability to joyfully socialize
Complementary color is BLUE

THE SOLAR PLEXUS CHAKRA - YELLOW

Association: Central Nervous System, Pancreas, Liver, Digestive Tract, Skin
Hormonal Stimulus: Insulin
Physiological Response: Self-Worth, Intellectual Clarity, Optimism, Hunger, Activity, Desire to work together as a team
Complementary color is VIOLET

THE BASE (ROOT) CHAKRA - RED

Association: Spine, Rectum, Legs, Arms, Circulatory System
Hormonal Stimulus: Ovaries and Testes
Physiological Response: Self-Awareness, Physical Strength, Increased Heart Rate, Fear or Courage, Passion, Sex, Ability to focus on physical goals
Complementary color is GREEN





We hope this guide has brought to light the importance of Balance

We wish for you and your loved ones only good health,
love, peace, prosperity & unlimited happiness

#Namaste #MyLightHealing



Natural Healing Club
www.naturalhealingclub.com
www.mylighthealing.com

Further Communication from the Natural Healing Club

The club may occasionally send information related to health and wellness including proven remedies, alternative choices and recommended products that may help better prepare you prevent and/or heal illness naturally using mostly organic products.

