

If you have a disease or illness chances are your symptoms are being managed with medications. You are not being healed of your condition only managed. Drugs do not create health. If you're tired of feeling sick and taking meds that cause another symptom that you must take another drug to fix you're in the right place. I will be adding more resources and information to empower you to create health and not manage the disease.

12 Healing Tips You Can Start Today and Begin to Feel Better

1. Stay adequately hydrated. Drink half your body weight in ounces of water per day. Check my blog to learn how to make living water.
2. Eat a wide variety of fruits and vegetables, especially fruits as the glucose protects our brain when we are under stress, overworked, angry and have anxiety.
3. Alkalize and Mineralize your body with leafy greens of various types. For added minerals Soak your vegetable in Living Water to increase your mineral consumption.
4. Sleep is critically important for our body to heal and repair itself. Go to bed at the same time every night. Between the hours of 10PM and 2AM is when the body's healing occurs.
5. Connection a deep connection with others is essential for healing. These people don't necessarily have to be family members, but they can be. If you don't have family support join a group that you can become connected with such as a Meetup.com, a church group or spiritual center that you enjoy. Just stay connected as it's important to feel loved.
6. Affirmations are helpful in changing limiting beliefs. Look into your own eyes in the mirror when you say your assertions such as I love you, you are perfect just the way you are, or you are getting better and better each day. Make up your own affirmations and the most importantly is to believe what you are saying.
7. Prayer is your wishes being made to God/Source/Divine Wisdom/The Universe or whatever name you call your higher power. Prayer is powerful especially when the prayer is prayed with feeling from the heart for another person. I have seen spontaneous healings occur when people are held in prayer. Your prayers should be with a strong feeling for whatever it is you are praying about. Rote prayers are not as robust especially healing prayers. If you are praying for someone else, feel the feeling as if they are whole, perfect and complete. Don't acknowledge them as sick or with a disease. I saw my surgical patients as perfectly healthy before going in for their surgery. Often times the surgeon couldn't find the pathology as the patient was healed before entering the operating room.
8. Meditation is God's (or whatever name you desire here) answers to your prayers. Be still and listen. You don't have to sit in any particular position or have your hands in any special place to

hear God. Just relax and hear the answer to your prayers. Some people will hear a soft voice, other feel the answer and some sense the answer. There is no right or wrong way to meditate. Just be quiet and try not to let your monkey mind chatter. If this happens just observe the thought and don't judge it. With practice you will learn to hear the inner voice within that is trying to connect with you.

9. Have fun! Have you ever watch children playing? They are so free to run, jump, play and squeal with delight. Remember? How long has it been since you swung on a swing, ran in the grass barefooted or looked for 4 leaf clovers? Think about what you enjoyed as a child and do it! You will begin to relax and feel better
10. Get up and Move! It doesn't matter what you're doing, just move in a way that brings you joy. Dance, jump rope, walk in nature, jump on a trampoline. This is so good for you and will stimulate your body and heal your mind.
11. Laugh! Have you ever heard laughter is the best medicine? It's true. Can you remember the last time you laughed so hard tears streamed down your face, and you almost peed your pants? It feels so good for to laugh and it is very healing too! Do whatever you need to add daily humor to your life. It's better for you than you can imagine.
12. Love is the emotion that heals you and those you love. Think of someone you love. Focus on the feeling you receive when you think of them. Now drop that feeling from your head to your heart and allow it to expand throughout every cell of your body. Do this simple meditation for 2 minutes a day, and you will begin to see how your health will improve.